

My Journey L'chaim Tovim

Posted by Lchaim Tovim - 22 Jun 2022 20:57

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This is my first post but I've been lurking for years. Years which I've shed many tears...tears of sadness...tears of shame...tears of fear...tears of anger. Anger at myself, my rabeim, women in the street and Hashem.

There were times that I felt hopeful and times that I felt hopeless. Surrounded by people yet so alone. Trapped in a prison that I had created with my biggest enemy my mind, as a cell mate.

I didn't understand why I was wired this way. Why I was the only one that a simple chol hamoed trip could be so disastrous. What was the use of everything I'm doing, of my trying to be a good Jew when I am such a bad person. If I'm chayiv misah bidei shomayim and can't do teshuvah, what is the purpose of my life.

I know, when I'm married and have "pas b'saloi" it will finally be easier. But it wasn't and what now. Not only is what I am doing affecting myself, but I have a wife and a couple of kids now as well.

Then I saw the ad "now when I shake the rabbi's hand, I no longer feel ashamed" (or something like that. Could it be? Are there other people out there that are like me??

I joined GYE and saw that not only was I not alone, but that some people had fallen lower than I had and had picked themselves up. All my life it had been drilled into me that the highest aspiration was to be a Talmud Chochom but now I saw tzadikim...real tzadikim, lamed vuvniks even. I learnt so much from so many people on the forums, that I decided to pick myself up and that I too could become a tzadik.

I was going through a terrible time financially and told Hashem, I can't make more of a hishtadlus for parnassah than I already am doing, please let this nisayon be the zechus I need. I was clean for 173 days, when previously, I had never made it past 3 days. I was convinced my life would change, I was starting over, becoming a new person, surely I was going to have Siyata Dishmaya. I started writing a book on shemiras einayim and the struggle but...

Not only did my financial situation not improve it got worse. I was so depressed in a place of complete Yiush that I fell after 173 days.

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person I am inside. Why? Why? Why?

After that over the next few years there were more downs than ups. I felt that I had completely reverted back to my old self. Interestingly enough, my financial situation stated getting better. But I always had this tickling feeling in the back of my mind. What if I hadn't fallen after day 173, was that my Yosef Hatzadik moment and I failed???

I decided to try again, it's been about a year now of trying again, never making it past 2-3 days but now I'm at day 12.

Sorry for the long post but I will continue b'ezras Hashem with why I feel like it will be better this time around and why I decided to post.

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 05 Aug 2022 17:19

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It took me 50 something days to realize that it's not about the 90 days. This is about me, my wife and my life.

You can't go back and change the beginning, but you can start where you are and change the ending.

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Re: My Journey L'chaim Tovim

Posted by Trouble - 05 Aug 2022 17:53

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[Lchaim Tovim wrote on 05 Aug 2022 17:19:](#)

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someone on a different thread wanted to change one word to a post; perhaps you should change/delete two words from your post as well.

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Re: My Journey L'chaim Tovim

Posted by Trouble - 08 Aug 2022 16:51

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[Trouble wrote on 05 Aug 2022 17:53:](#)

[Lchaim Tovim wrote on 05 Aug 2022 17:19:](#)

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can you guess which two?

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 08 Aug 2022 17:06

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[Trouble wrote on 08 Aug 2022 16:51:](#)

[Trouble wrote on 05 Aug 2022 17:53:](#)

[Lchaim Tovim wrote on 05 Aug 2022 17:19:](#)

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my wife?

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Re: My Journey L'chaim Tovim

Posted by Trouble - 08 Aug 2022 17:12

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[Lchaim Tovim wrote on 08 Aug 2022 17:06:](#)

[Trouble wrote on 08 Aug 2022 16:51:](#)

[Trouble wrote on 05 Aug 2022 17:53:](#)

[Lchaim Tovim wrote on 05 Aug 2022 17:19:](#)

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ding, ding, ding!!! [and just for that, you win one free intimacy session with your wife, on the house, no questions asked!]

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 08 Aug 2022 17:17

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No questions asked??? I'm in...

I knew you would say that but this really is about her...I do want to change my relationship with her and the way I view her, for the better. Yes, I need to change myself for this to happen but, she is part of the reason I want to change myself.

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 09 Aug 2022 15:49

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I don't know if this is connected to my journey or not but nothing else has really changed in my life. I'm curious if anyone has experienced something similar.

For the first 7 weeks of working this, I was very tense and had this struggle on my mind all day. For the past 10 days or so, I've felt very very calm. However, every couple of nights when I'm in bed and my wife is sleeping I feel extremely sad. Not depressed-just what could only be described as an overwhelming sadness but I don't know why I feel that way. When I wake up in the morning, I no longer feel sad and I'm back to feeling happy and calm.

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Re: My Journey L'chaim Tovim

Posted by Vehkam - 09 Aug 2022 16:02

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Absolutely. For me that sadness is loneliness.

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Re: My Journey L'chaim Tovim

Posted by connected - 09 Aug 2022 16:10

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[Lchaim Tovim wrote on 09 Aug 2022 15:49:](#)

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If by "overwhelming sadness" you mean loneliness, I'm with you.

I find that I need to come to terms with the fact that this is ultimately my own journey, and my wife's support and the amazing Chevra on GYE notwithstanding, I'm trekking all alone.

I know that The Almighty is there, but I need to learn how to feel his presence.

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Re: My Journey L'chaim Tovim  
Posted by forging on - 09 Aug 2022 17:55

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I also feel very sad sometimes now that I am clean, I always had felt that way I just didn't notice because I was using in order to cover it up.

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Re: My Journey L'chaim Tovim  
Posted by Hashem Help Me - 09 Aug 2022 22:14

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That feeling of sadness may be actually emptiness. You used to have a thrill machine available to you, which BH you gave up. Time to look for healthy replacements.... In healthy life, thrill and excitement are not daily sustenance, but from time to time, we all need a lift...

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Re: My Journey L'chaim Tovim

Posted by Sapy - 10 Aug 2022 04:47

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I love good awareness, especially emotional ones....

I dont think anyone can tell you what it really is, it might be the underlying reason what your running away all those years with lust, might be something else.

I would just advice you to be curious rather than judgmental toward that feeling, be kind and compassionate towards yourself, if you let yourself sit with the feeling with openness and curiosity, in my experience many times you will be able to identify what it is.

And btw sometimes this is actually an opportunity to figure out what you really need in life to make you feel more fulfilled and content.

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 10 Aug 2022 18:19

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You know the feeling when you check behind you just to make sure you shouldn't be looking...?  
**Warning: Spoiler!**



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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 11 Aug 2022 13:57

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So yesterday I slipped.

I looked at some womenfolk on the street a bit more than I should have and didn't move on in my mind afterwards.

When I got home, I realized that I had brought a friend with me. A friend that I had slowly been drifting away from. Her name is Resentment and she was with me all evening. I couldn't shake her off.

Went to sleep tense and upset and woke up with a headache but I think I'm in a good place again.

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