

My Journey L'chaim Tovim

Posted by Lchaim Tovim - 22 Jun 2022 20:57

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 - 09 Sep 2022 15:52

I've been putting together my personal GYE Handbook consisting of gems I've mined from these forums. This really resonated with me.

From Markz

By MashaFaygel Tokayer - June 23, 2016

People can drown in a rip current for the simple reason that they naturally struggle to get back to shore when they realize they're being drawn forcefully to the 'deep'. This is a big mistake because the current is so strong that even an Olympic swimmer might have trouble getting back to shore that way. Too much energy is expended in the effort, people tire easily and that's how they drown God forbid.

So what to do?

1. If caught in a rip current DO NOT FIGHT THE CURRENT.

2. *If you are a good swimmer, find the white foam of the waves and swim parallel to the shore toward the waves. Once you reach the wave area, either ride a wave or swim to shore.*
3. *Another option is to allow the current to take you out to sea. There is no reason to panic. The currents only go out about 70 yards. Once you get pulled beyond the forceful current you can safely and easily swim to the right or left in order to reach an area which brings waves back to shore.*
4. *If you don't feel able to do either of the above, face the shore and raise one arm to call for help.*

While I was lounging in my bed yesterday, getting down on myself for doing 'nothing' with my life, it occurred to me that I could just accept this as a temporary stage and wait it out. I realized that there are rip currents in life as well as in the ocean. We often used the allegory of the waves approaching the shore and returning to sea to represent life's ups and downs. So then what is a rip current? Well, I figure a rip current comes unexpectedly. It is more forceful than a wave; it doesn't knock us down, it actually pulls us out to the deep water.

I decided that yesterday I was in a rip current of life. And the more I struggled with my reality, the more tired and fatigued I became. Remember rule no. 3 – Do not fight the current.

I could choose to swim parallel to the shore toward the foam (more familiar ground), I could just let it pull me out until I'm past the danger zone and make my way back to shore, or I can ask for help.

I decided to swim parallel to the shore, ie. I began doing little, yet important things from my bed – like phone my aunt in Florida. At the end of the day I would have a short yet meaningful list of things accomplished even in my lethargic state. That in itself brings me to stand on solid ground. I wasn't so useless after all.

The thought of letting myself go and get pulled deeper was compelling yet it takes a lot of faith. *We have to know where we're holding. And I didn't feel so bad off that I needed to call someone for help. Yet, sometimes that's exactly what we need – a friend who cares.*

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Re: My Journey L'chaim Tovim
Posted by Captain - 09 Sep 2022 20:54

Thanks! I hope when you're done you will put it into an ebook (pdf) and share with us!

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Re: My Journey L'chaim Tovim
Posted by Lchaim Tovim - 04 Jul 2023 18:06

It's been a while, I figured I would check in. Why? not really sure...maybe I hope I'll be hit with a lightning bolt of inspiration or something...maybe I'm just upset

So after a 190 day streak I'm at day one with many falls in between. Do I care? I'm not sure. I guess I do but maybe only on an intellectual level.

Why did I fall? I stopped being interested. Not sure why or how to change that

?Escaping life? definitely...but life needed escaping.

Now what? Truck went on without me and I got my thumb out tryna catch a ride?

Do I care? Not enough to care...Or maybe if I'm here I do?

On my way back to the bottom...maybe that's a good thing or maybe I don't need to hit bottom or maybe I'm there...who knows

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Re: My Journey L'chaim Tovim
Posted by Heeling - 04 Jul 2023 18:41

My friend I'm sorry for your pain and falls. I can really relate to that vide your post gives off.

No advice other then maybe checking in here on a more steady basis. Your last post was in Sep of last year, Maybe chekcing more often will keep you back from the pit

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Re: My Journey L'chaim Tovim
Posted by connected - 04 Jul 2023 18:59

[Lchaim Tovim wrote on 04 Jul 2023 18:06:](#)

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Heeey, if it isn't our ol' buddy, LCT!

Say, on your way to the bottomless bottom, when you pass me, gimme a wave, wouldya?

It'd be nice to see some of my last year's cronies.

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Re: My Journey L'chaim Tovim
Posted by Lchaim Tovim - 04 Jul 2023 19:18

I tell ya, it's a heck of a ride...

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Re: My Journey L'chaim Tovim
Posted by Lchaim Tovim - 06 Jul 2023 15:32

It's time...

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Re: My Journey L'chaim Tovim
Posted by chaimoigen - 06 Jul 2023 16:31

Reading some stuff here from the past, and feeling you....

Ugh. That empty, hateful numbing feeling, know it too well.....

hang on

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 09 Jul 2023 03:46

Feeling more optimistic than I have been for a long time.

Been re-reading what I've written and what others have written. Notes that I took on calls that I wish were still happening. The big book and the white book.

I stopped working it...i took the first sip...But I can't look back...

That sad and empty feeling is back but I know what you are...

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Re: My Journey L'chaim Tovim

Posted by chaimoigen - 09 Jul 2023 18:50

[Lchaim Tovim wrote on 09 Jul 2023 03:46:](#)

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I stopped working it...i took the first sip...But I can't look back...

That sad and empty feeling is back but I know what you are...

Inspiring.

Stay here with us, please...

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 21 Aug 2023 19:23

Just wanna share a thought from a great American philosopher. Interesting to note he also likes dropping his "g"

Sometimes I wonder where these thoughts spawn from

Yeah, ponderin'll do you wonders

No wonder you're losing your mind, the way it wanders

I think it went wanderin' off down yonder

And stumbled onto Jeff VanVonderen

'Cause I need an interventionist

To intervene between me and this monster

And save me from myself and all this conflict

'Cause the very thing that I love's killing me

And I can't conquer it

My OCD is conkin' me in the head, keep knockin'

Nobody's home, I'm sleepwalkin'

I'm just relayin' what the voice in my head's sayin'

Don't shoot the messenger, I'm just friends with thel'm friends with the monster that's under my

bed

Get along with the voices inside of my head

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Re: My Journey L'chaim Tovim

Posted by cordnoy - 21 Aug 2023 20:59

[Lchaim Tovim wrote on 21 Aug 2023 19:23:](#)

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Excuse me!!!!

[cordnoy wrote on 02 Nov 2017 23:03:](#)

I'm friends with the monster that's under my bed

Get along with the voices inside of my head

You're trying to save me, stop holding your breath

And you think I'm crazy, yeah, you think I'm crazy

No, I ain't much of a poet but I know somebody once told me

To seize the moment and don't squander it

'Cause you never know when it all could be over tomorrow

So I keep conjuring, sometimes I wonder where these thoughts spawn from

(Yeah, ponder it, do you want this?

No wonder you losing your mind, the way it wanders)

Yo-lo-lo-lo-yee-who

I think you've been wandering off down yonder

And stumbled onto Jeff VanVonderen

'Cause I need an interventionist

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'Cause the very thing that I love is killing me and I can't conquer it

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 22 Aug 2023 15:33

LOL Cords you rock. I think my version is more accurate, you must've added the G's

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Re: My Journey L'chaim Tovim

Posted by connected - 31 Oct 2023 20:55

Hey, Lchaim Tovim.

Will a post here wake you up?

If it does, will you come back here and help us ~~complain~~ air grievances?

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