

i'm new here's who i am

Posted by gma316 - 17 May 2009 15:50

I grew up in a normal modern home and went to a modern dayschool and high school. My rebbim had a huge impact on me so I started learning every night when in 12th grade, although my problem started when I was much younger. I went to 2 years in yeshiva in ertez yisroel which included one in the mir, followed by 4 years in a yeshiva in america where I became the top bocher and got married. the whole time I felt I was living a double life and was very imbarressed as to the fact that i would look at pics on my phone as well as read stories on the phone and if I ever had internet access I would watch videos. materbation was all too common for me and I would cry at night because I was so imbarressed and I was terrified that someone would find out. B"h no one ever has. 9 months after I got married I had a beautiful baby girl B"h, and we moved to a small community kollel which ended up being a disaster and shut down. following the kollel shut down my wife left me with no warning and took my daughter with her. I am now divorced from her b"h as I was not so happy with her which did not help my problem. it is almost 3 years since she left me and I do have my daughter monthly.

I often wonder how come I am the way I am I always imagined that being the top bocher and avrech in a kollel my spirituality would keep me from stuff like this, but as time has told I have not been strong enough to fight the overpowering yetzer harah. I feel like I live a double life the person who I am that I have worked so hard to become, and the evil twin. B"h in the last few weeks discovered this web site and have been getting these emails, and since then I have only stumbled Bli eyn horah once and have gotten the chizuk to try and remain strong.

I used to think I was the only frum Jew and for sure the only yeshivish black hat Jew to have this problem even though I had heard about others I just could not believe it. Although seeing that the last 3-4 years I have spent in legal divorce issues and a horrible mess with the last kollel I was in I have had real problems as depression (which I am getting over b"h) and loneliness which is my biggest problem and makes my lust so much stronger rule my life at a lot of times although hearing others' stories and cries for help has been the biggest chizuk I have ever had so thank you as baruch Hashem I have gone 12 days without even looking at anything which I shouldn't kolshechain any masterbation. I hope to hear more tremendous chizuk stories to help me and maybe I can help some of y'all. I have some ideas which I use to help myself but unfortunately I do not have the time to post them now so feel free to ask me if you want.

P.S. these 12 days have been some of the happiest of my life as well I am not remember feeling this good in the almost 15 years in which I have struggled. I hope B"h with all y'all's help I can overcome.

=====

Re: i'm new here's who i am

Posted by maamin4ever - 13 Sep 2009 05:25

[gma316 wrote on 26 Aug 2009 01:14:](#)

i don't understand how a person who understands things and has real emnuah can know something is wrong and still do it i continue to cry and daven for hashems help

My dear, just read your post and thought this might help. as we all know there is 6 constant mizvoth we all need to keep. 1. love hashem, 2. fear hashem. 3. hashem is one. 4. no other g-ds. 5. don't follow your heart and eyes. 6. know there is a g-d. -- if you believe hashem is one and he is the one who punishes and rewards why do we need another mitzvah to not to follow our hearts and eyes? ans: there is another concept that we have been introduced to, that is, one might know that hashem is the source and that he will punish and reward, but yet that still doesn't take away the desires one has. these are two different challenges in life. check out the cd r. berkovitz from aish.com on don't follow your eyes and heart.

=====

Re: i'm new here's who i am

Posted by Dov - 14 Sep 2009 17:01

[Tomim2B wrote on 26 Aug 2009 18:05:](#)

Dear Gma316,

Courage doesn't always roar. Sometimes courage is the quite voice at the end of the day saying, "I will try again tomorrow".

2B

I just read this line today. Wow. Thank you for this gift.

- Dov

=====

Re: i'm new here's who i am

Posted by Dov - 14 Sep 2009 17:09

[maamin4ever wrote on 13 Sep 2009 05:25:](#)

[gma316 wrote on 26 Aug 2009 01:14:](#)

i don't understand how a person who understands things and has real emnuah can know something is wrong and still do it i continue to cry and daven for hashems help
My dear, just read your post and thought this might help. as we all know there is 6 constant mizvoth we all need to keep. 1. love hashem, 2. fear hashem. 3. hashem is one. 4. no other g-ds. 5. don't follow your heart and eyes. 6. know there is a g-d. -- if you believe hashem is one and he is the one who punishes and rewards why do we need another mitzvah to not to follow our hearts and eyes? ans: there is another concept that we have been introduced to, that is, one might know that hashem is the source and that he will punish and reward, but yet that still doesn't take away the desires one has. these are two different challenges in life. check out the cd r. berkovitz from aish.com on don't follow your eyes and heart.

I'm not arguing, Ma'amin4ever, but need to point out that it may be that addicts require a few steps or stages that you seem to be ignoring, before reaching the point you are referring to. That may explain how a person who is as "much" a ma'amin as a non-addict may be, can *still* be doing outrageous stuff. Just a thought. I have posted enough about this lately, that my

=====

Re: i'm new here's who i am

Posted by gma316 - 31 Jan 2010 05:23

Hi everyone I am back and I do not know whAT to say except that I am confused and very scared i have had long stretches of greatness with unbelievable smiras eyenayim but then I come crashing down in flames and I want to recover I want to move on and get clean forever and find my true strenght and kesher with the ribonoh shel olam. I keep remembeing something a rebbbe once told me that the spiritual high that I feel when I make that first step after either allowing my eyes to wander or actually masterbating (i mean the high of realizing I made a horid mistake and trying to move closer to hashem and build on that to help break my addiction) is not real ad will not be real until I solve my problem. I want the help I am a diffrent person now then what I was when I last posted 3 months ago or so I hope i am I am not even sure any more.I now that what I do is wrong and I feel sick thinking about it or even that that is me as I almost feel like 2 differnt people but I am not and I need help myself before I get worse thank you.

crying for help,

GMA316 :'(

=====

Re: i'm new here's who i am

Posted by Elya K - 01 Feb 2010 01:25

You solve your problem by totally giving up and asking Hashem to help you. But until you are a "clean vessel" to accept Hashem's help, HE will not.

Falling is part of the process. It happens to teach us a lesson. What lesson did this teach you. First of all, when you've had months of sobriety

you know how good it feels and you are never on the same level when you fall. You're on a higher level because you've experienced the

goodness of sobriety.

You feel like two people because you are. One is your pure Neshama (the real you, the inner child, G-d's child) and the other is your addiction (the Yetzer Horah).

The reason it says you should worship Hashem Bchol Levavcha in the plural is that we have to worship Hashem with both our Y Tov and our Y Horah. So even

in the depths of despair, once you make the commitment to stop and get better, Hashem will help you.

But you cannot do any of this alone. You have to stop isolating and be in touch with people, LIVE PEOPLE who can help you, guide you and have been there

before. Get a sponsor or partner, get to a meeting or a phone meeting and begin exploring what it is that you're trying to fill up in yourself by acting out

with wandering eyes and masturbation.

You're in the right place. Stick with it. never give up..... Elya

=====
=====

Re: i'm new here's who i am

Posted by silentbattle - 01 Feb 2010 02:27

Welcome back, Reb Gma316...

First of all, feel good about the fact that you were clean for so long - the yetzer hora wants you to forget that, he wants you to feel bad. Remember - before the aveirah, we focus on how deadly it is. Afterward, we focus on moving forward, we say fell, shmell. It's not an AA line, I'm quoting pretty much directly from chassidish sforim.

From a certain standpoint, there are two aspects of you - but you have to realize that it is one you, just living in a very confused state. and you're here for the same reason we all are - we're trying to get our heads clean.

What did you rebbe mean "until you solve your problem?"

=====
=====

Re: i'm new here's who i am

Posted by gma316 - 01 Feb 2010 03:39

I am trying to figure out how to become one and be clkovesh es yitzro. How to the phone groups work and how do I get involved. Thank you I need the support.

=====

Re: i'm new here's who i am

Posted by silentbattle - 01 Feb 2010 04:08

Never did the phone group thing - it's a good idea, though...

Figuring out how to become one? You mean, one person, in line with your own values?

Kovesh es yitzro...that's a hard one. Takes practice, time, and learning about yourself - and growing, in all areas of life.

Stick with us, post, read, comment...be a part of this holy group - they've helped me reach heights I would never have thought possible.

=====

Re: i'm new here's who i am

Posted by Dov - 01 Feb 2010 23:22

Yo, GMA613 - Did ya get my PM?

=====

Re: i'm new here's who i am

Posted by the.guard - 01 Feb 2010 23:46

How to the phone groups work and how do I get involved.

[Duvid Chaim's phone group](#) should be starting again soon...

Also [Zeva's group](#) is starting next week.

=====