

just starting - going 1 day at a time

Posted by ineedhelp - 09 Mar 2011 12:35

I figure this founmn will be the better place to post

I hope you will be able to help me with a daily or twice daily (or more) boosts or upgrades to my fight. I find that having an online discussion dealing with my problem helps me cope with my addiction.

I'm on day 3 from joining the website. I started counting from then.

Thank you all.

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Re: just starting - going 1 day at a time

Posted by geshertzarmeod - 09 Mar 2011 13:08

welcome aboard! You made a great move! The guys here are great! Someone is always around to give you a boost. I just joined less than a month ago, and I would not have been able to stay clean if not for the support that i got here. Post as much as you can, and as I was told the more you express the difficulty you have the more specific help evryone else can give you. Its a bit uncomfortable in the beginning but as you read the other posts you see that there is nothing to be embarassed about, we've all "been there done that" and we are working toward the same goal. Hatzlacha Rabba!

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Re: just starting - going 1 day at a time

Posted by ineedhelp - 09 Mar 2011 13:20

Thanks, ill try to post as much as possible.

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Re: just starting - going 1 day at a time
Posted by Yosef Hatzadik - 09 Mar 2011 16:17

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Re: just starting - going 1 day at a time
Posted by pinokio - 09 Mar 2011 16:22

We are waiting to give you your 'boost'. Just tell us what 'flavor' you prefer.

please listen to the advice of my peers and tell us what's going on

YOU ARE NO LONGER ALONE

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Re: just starting - going 1 day at a time
Posted by ZemirosShabbos - 09 Mar 2011 16:55

great to have you here

stick around

the place is also known as the University of Living

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Re: just starting - going 1 day at a time
Posted by ineedhelp - 09 Mar 2011 17:25

yosef, "Just tell us what 'flavor' you prefer."

I am more connected to logic and reasoning than my emotions. besides that im a kollel man and a tech geek.

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Re: just starting - going 1 day at a time
Posted by Yosef Hatzadik - 09 Mar 2011 17:26

.... but if you don't yet feel comfortable with sharing any details. Don't worry about it.

There is a lot of help available even without that.

Just stick around & read. read. read.

Look for someone who seems to be in your 'style' & keep following him around.

May Hashem help you & lead you in the right path!

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Re: just starting - going 1 day at a time
Posted by ineedhelp - 09 Mar 2011 18:33

is this the style you are referring to ?

www.guardyoureyes.org/forum/index.php?topic=3630.0

I do not mind sharing information, im all for it

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Re: just starting - going 1 day at a time
Posted by Rising Up - 09 Mar 2011 19:17

Welcome Home yougothelp!!

Choose your style and let it flow, no need to worry if your style doesn't let you fit in. Everyone here adjusts to make more room for the next guy. Good to see you!

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Re: just starting - going 1 day at a time
Posted by Yosef Hatzadik - 09 Mar 2011 19:19

ooops! We messed up. We thought that you just arrived..... :-[:-[

I guess i should just be quite & let the more technically advanced guys speak up. ;D
We'll start with the credit card info and your SS#. Just Kidding!!

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Re: just starting - going 1 day at a time
Posted by ineedhelp - 09 Mar 2011 20:19

when i have discussions here with friends, I dont have inner discussions with my yetzer hara.
my arrival time is still in the early beta stages

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Re: just starting - going 1 day at a time
Posted by geshertzarmeod - 09 Mar 2011 21:30

after reading your other thread, I see that we have a lot in common. For me also, stress is a major cause for M, that quick fix. I would tell you to see my thread on stress management, but 90% is hijacked. (No hard feelings, guys)

I found that stress is the YH's way of getting us to feel overwhelmed and distanced from HKBH. I've been focusing on retaining the kirvas Elokim in whatever way I can. Learning, tehillim etc... But the bottom line is that I couldnt do it without posting here each step of the way, and getting the support from the chevra. Keep it up! HKBH loves you ~~no matter how many times you fall~~ b'davka because youve fallen. He wants to be close to you. Thats why its so hard. the YH knows how special your connection to Hashem is. Dont let him get in the way. Its yours grab hold of HKBH and dont let go!

the views expressed in this post are mine and not indicative that this is the only way to go. Just what worked for me. Take it or leave it

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Re: just starting - going 1 day at a time
Posted by ineedhelp - 10 Mar 2011 08:18

Thanks for the good word. One of my problems is that my yetzer hara can convince me to masturbate. the reason being that over my lon trek in the dirt I have mastered masturbation without shichvas zera (most of the time). I then dont see the wrong in masturbation as long as if im destressing myself without looking on porn and keeping evil thoughts away.

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Re: just starting - going 1 day at a time

Posted by geshertzarmeod - 10 Mar 2011 13:08

I dont remember where I saw it, but it is brought down that the issur of ?? ???? includes the action of M without being motzi zera. I will try to find the source.

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