

GYE - Guard Your Eyes

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Liar, Liar, Liar.

Posted by Pure yid - 30 Nov 2011 03:37

Liar,Liar,Liar. I only need to see something, I just must check on this, I'll make one call, I can't.. I need... I'll never ... I am done.

Liar get away from me, you are not me, you are a Dis-ease who did not ask me, and came to live in my had like a "Dibuk". From now on I don't want to listen to you any more, and I will make sure to let my self know, that all the feelings that I feel Is not me, it's that big fat Liar witch is you, the crazy Dis-ease, the biggest Liar in town that wants to kidnap me, my brain, and my family. NOT ANY MORE.

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Re: Liar, Liar, Liar.

Posted by ninetydays - 30 Nov 2011 16:42

So true. When we start the fall the YH never lets us see where we are going to end up.

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Re: Liar, Liar, Liar.

Posted by alexeliezer - 30 Nov 2011 17:41

Rationalize: to tell one's self rational lies.

Early in recovery, when I was in the throes of withdrawal and frequent attacks, I found yelling loudly at the Y"H helpful. If I was in the company of other people, then I would yell loudly in my mind.

It's good that you can identify your Y"H as "not me." This is a critical realization, and one that is very important to instill in our children.

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Re: Liar, Liar, Liar.

Posted by Pure yid - 01 Dec 2011 04:51

I know that's why I wrote this because I got this idea of saying liar get away Its one of the things I do as part of the work out.

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Re: Liar, Liar, Liar.

Posted by Hashem Yaasfeni - 01 Dec 2011 14:32

The Bal Hatanya describes our daily battles and struggles as US people being like a tower and there are 2 soldiers who are trying to gain control.

One is dark and evil and wants to control us to follow the animal beast and yetzer and the other is bright and white and tries to keep the Tower clean and pure so that the G-dly soul can shine and fulfill its purpose in life.

Its up to us who we FEED and who we let take control of our minds. hating the bad guy and calling him names should help....

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Re: Liar, Liar, Liar.

Posted by me - 01 Dec 2011 18:54

The emmes is, there is really only 1 lie which is: "You can't do with out me, and you can never stop".....Kal Hashaar.....stam perushim.

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Re: Liar, Liar, Liar.

Posted by Pure yid - 04 Dec 2011 01:24

You right but it's interesting how he comes in from every window.

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Re: Liar, Liar, Liar.

Posted by me - 04 Dec 2011 09:09

For me, he not only comes in from every window. He digs tunnels and comes up through the floor. But, really.....he is not really "coming", he is always "there" living inside my demented brain. What helps me is when I no longer engage him in conversation, and when he starts to talk, I must call a friend and tell him exactly what he is saying. He lives and thrives in secrecy, so when I "let the secret out", it helps alot.

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Re: Liar, Liar, Liar.

Posted by Pure yid - 05 Dec 2011 02:57

Nice. Good night.

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