

I Fell

Posted by Lechayim - 17 Aug 2009 15:58

I hate to say this to All these chat rooms ,and you tube is terrible . Their all terrible. I was good for two weeks and bam back to the nisyoinois and falls. I am lost and broken . How i will over come this??? Anyone with good eitzos? I had an eitzah till now that i learned here from this GUE site. There are computers which i need for biusness and those computers are not blocked.The last two weeks i made a neder that i must pay \$200.00 if i don't learn 15 minutes of some tape or read this GUE threads , chizuk emails, or stam tapes for chizzuk, and take a walk for 15 minutes or say tehillim before i enter those computers and it worked. The neder was over and i failed miserably. I am learning the 12 steps do i continue my neder or hope the 12 steps will help me eventually. if i stop the neder isn't it like going against the steps?

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Re: I Fell

Posted by Eye.nonymous - 18 Aug 2009 07:00

There's no reason why you can't do both--nedarim and 12-steps. A solution for the short-term, and a solution for the long-term.

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Re: I Fell

Posted by kutan - 18 Aug 2009 12:03

[LOYNATA HOILECH wrote on 17 Aug 2009 21:37:](#)

Kutan you really have a strong will to help bh. Thanks to you and all the others here! I even see your monitering my progress of exactly what i wrote earlier times! You write "Some people find that it helps to spend time (say when you're on line at the bank, or whatever) visualizing yourself in the situation, seeing yourself stay in control... and taking pleasure in the good feeling that comes with that. Being proud of yourself..."

Listen if i can put this some how in a package and remember how good it feels when stay in control or worse to package how bad it is that day when i lose control .That would be great. However this sickness we forget the next day how rotten we felt yesterday!!! I'm not sure why but i have that many times. I'm working on it. Haboa Letaher Mesyin loi Min hasmaim. We all

found a place here Bezras HKB"H.

Dear Loynata Hoilech,

Yes. It is true, I have been following your progress. I really care on how you are doing, and I feel with you on every fall.

the reason is that your first post brought tears to my eyes. Literally.

You come from a sheltered background. You are busy with providing parnasa for your family.

This is all VERY noble.

and yet for some reason, that is as unfathomable perhaps as the holocaust of WWII, you have been thrown into a lions den on nisyonois, through the internet, the type of which never existed since shaishes yimay b'raishis. What does Hashem want from us? Are we malachim? What are we to do?

But Hashem has his ways. He always gives us a pesach.

It is GUE. In the internet itself he provided a solution.

Yet, you don't seem able to benefit from the site. I don't know why. Maybe your English is not good. maybe you don't have the patience needed to read through all the posts (although it is worth it, once you do it!). So I really feel for you.

I really do.

kutan

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Re: I Fell

Posted by the.guard - 20 Aug 2009 09:33

Dear Loynata, sorry I didn't see your post till now. (I am so busy, I don't get to read the forum as much as I wished). It seems that you made the neder in a very smart and safe way. You didn't make it directly against the behaviors, but rather *around them*, in such a way that you know you can for sure keep them. Very smart. And like Will said, the trick is to find the nedarim that work for you **and renew them before they are up**. Make sure to write them down, so it is easy to renew. and if you find a loophole, quickly make a neder to block the loop-hole, and add it to your list... Before you renew the nedarim, check if perhaps something needs an update, and add it in to what you wrote before making the new set of nedarim.

As you find what works well for you, you can make the nederim for longer and longer periods of time.

For a frum addict, nedarim is truly a wonderful solution - and pretty much a *MUST*, and I believe they **can** help even for the long term, if the nedarim are made wisely...

But of-course, continue with the 12-Steps as well. That will teach you a whole new attitude in this struggle which will make the whole thing so much easier (and easier to keep the nedarim)

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Re: I Fell

Posted by kutan - 20 Aug 2009 11:51

Sh'koyach Guard for helping.

You seem to be able to understand and help **everyone**.

much appreciated,

kutan

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Re: I Fell

Posted by bardichev - 20 Aug 2009 16:44

LOYANATTTA HEILIGE TZADDIK

VE AZOI GAYT ESS EPPES???

NUU ROSH CHOSESH SEEDAH??

bardichev

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Re: I Fell

Posted by Lechayim - 20 Aug 2009 17:28

Barditshev Tzadik Bh A Gitten Rosh Chodesh

So Far So Good Lomer ale Huben A gitten Heilige Chodesh

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