

I need help

Posted by gyegye2 - 09 May 2012 15:15

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I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by gyegye2 - 08 Nov 2012 22:29

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thank you dov

what is the other derech?

i am lost,, i feel like i have am a full time worker for my yetzer hora, yesterday i crosed out on my punch card to deduct 1 hour of work, today i am going to deduct 90 minutes. for the last 90 monutes i open a bad websites and theb gaurd your eays website and so on several times, this is no jokes it is really true, i am really struggling.

By the way are you the same dov that gives the shiurim on the phone?

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Re: I need help

Posted by gyegye2 - 08 Nov 2012 22:36

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i am actually reducing 2 hr from my card

a ganev i dont want to be

i guess that yetzer hura is easier

ha? i guess so

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Re: I need help

Posted by Dov - 09 Nov 2012 00:03

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Yeah, I give the shiurim...but they are not shiurim, of course, because I am a powerless addict. All I do is share, not diagnose or 'treat' anyone. But see:

What kind of 'rosho' is this, who porns himself out at work looking at naked people like they are gods who have all the great schoira - *and then deducts the hours from his timecard?! Do you see what's going on here?* You may be a tzaddik - but with a sickness. Ah shtick meshigeh gevoiren, ober a giteh mentch. Sick because you keep doing something you would never do if you *really* had totally free choice. So there is a possibility that you are an addict.

If you think that may be you, then let's talk.

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Re: I need help

Posted by gyegye2 - 09 Nov 2012 15:04

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thank you for your shiurim it really gives me motivation

i listen to the downlads for at least the last 6 month

you can call it addict u you want, when i sin i actually know it is not good for me

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Re: I need help

Posted by Dov - 09 Nov 2012 17:37

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[gyegye2 wrote on 09 Nov 2012 15:04:](#)

thank you for your shiurim it really gives me motivation  
i listen to the downlads for at least the last 6 month

you can call it addict u you want, when i sin i actually know it is not good for me

You have the wrong guy, the calls I participate with are not recorded. They are not shiurim. And I am clean...which no rabbonim can say they are, for they are not addicts, they do not admit their own personal lust problems in their shiurim, and they do not speak recovery.

Except for the rabbomin and mechanchim and chassidim and kolel guys who I personally know in sexaholics anonymous, going to SA meetings as I do for years and staying sober with G-d's help. Those people speak recovery, man *do* they speak recovery... And none of them talk about the "yetzer hora", kedushas habris, and other nonsense for addicts, boruch Hashem. That's a big part of why they are actually *sober*.

At least you see how it is not good for you...and that has nothing to do with not being good for Hashem or His Torah. You see how it is not good for you, yourself. And that is a great stride forward indeed! It will not stop you...but it will lead you to taking your cleaning up seriously, and to you doing some hard things you really need to do to get clean and stay clean, chaver.

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Re: I need help

Posted by gyegye2 - 09 Nov 2012 18:05

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THNKS DOV FOR YOUR REPLY

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Re: I need help

Posted by gyegye2 - 15 Nov 2012 13:51

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i was clean for 7 days yesterday i fell thru the internet.

i hered yesterday a shiur from Dovi

[www.guardyoureyes.com/component/zoo/item/windows-of-the-soul-group](http://www.guardyoureyes.com/component/zoo/item/windows-of-the-soul-group) which gave me great chizuk

["I didnt ask for the yetzer hura... hashem gave it to me" so all hashem wants is to do what you can to try to be sober](#)

[today in the norning i davened pone peice witha special "kavane" to give a punch back the yetzer... this is a battle](#)

[anyway my new geder is that since i was so desprate to do the aveira and couldndnt learn 5 minutes aboutr shmiras eineiem from now on if i will act out with out learning 5 min before i will walk for 45 minutes instead of 30 nimutes that i usualk do afte acting out](#)

[So far i have the following gedarim](#)

[i have a filter](#)

[i have a reporting system](#)

[every morning i give tzedaka fro reb meir bal hanes and ask hashem... please rescu me from the yetzer hara](#)

[if i fall beones or berutzen i give 25 cents for tzadaka and ask hashem that he should forgive me and that i shouldnt fall again](#)

[i listen to dovis downloads 1 a day \[www.guardyoureyes.com/component/zoo/item/windows-of-the-soul-group\]\(http://www.guardyoureyes.com/component/zoo/item/windows-of-the-soul-group\) i have in aditin to my filter an additonal k9 filter to block a specific site](#)

[before i fall i will learn for 5 minutes about shmiras einiem \(it can help\)](#)

[if i fall without learning for 5 min before i walk for 45 min and if with learning 5 min before i wolk for 30 min](#)

[it used to bewhen i wanted to fall i said ... why not... now i think twice](#)

[after all i know that i can not fight with angel... hashem needs to help me... or actualy do it for me](#)

[I am going to post now in the filter forum if their is anyway that i can make that i should see no pictures on my browser](#)

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Re: I need help

Posted by Dov - 15 Nov 2012 18:40

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[In all that you wrote, nowhere do I see anything that says you surrender the priveledge of using lust. Nothing like, "I agree to give up my right to use fantasy, lust, pornography, looking at or touching myself for pleasure, or using the images of pretty people today."](#)

All you write about here is doing things to try to get yourself not to use lust, or punishing yourself if you do (apparently in an effort to try and make it distasteful).

But the right to use lust, the acceptance of the fact that tasting it is still a priveledge that you reserve the right to use, is still there.

The sad fact is that sincerely "*wishing* I would not use lust at all today" is a very far cry from giving it up...even just for today. It's not the same thing, at all. One is 'for Hashem' - a sacrifice to 'be good for Him' - and the other is for ourselves...so it may seem like a lower madreigah - but it is far more honest and real, so it works. And "Chosamo shel HKB"H is *Emess*" - not *frumkeit*.

Is this food for thought, chaver, or does it just sound like gibberish to you?

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Re: I need help

Posted by gyegye2 - 27 Nov 2012 18:14

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i was clean for 10 days, i had a fall.

my new geder is that:

bli neder if i fall within the next 35 days thru the internet i will rip 60\$ in 1/2 and destroy it not to have the good feeling of giving it to charity

i had a gedr that of a fall thru ny cell i will need to buy a new cell with a diffrent screen and it worked well not to fsall that way, so i hope to hashem that my above new geder should work.

So far i have the following gedarim

i have a filter

i have a reporting system

every morning i give tzedaka fro reb meir bal hanes and ask hashem... please rescu me from the yetzer hara

if i fall beones or berutzen i give 25 cents for tzadaka and ask hashem that he should forgive me and that i shouldnt fall again

i listen to dovis downloads 1 a day [www.guardyoureyes.com/component/zoo/item/windows-of-the-soul-group](http://www.guardyoureyes.com/component/zoo/item/windows-of-the-soul-group)before i fall i will learn for 5 minutes about shmiras einiem (it can help)

[if i fall without learning for 5 min before i walk for 45 min and if with learning 5 min before i walk for 30 min](#)

[i get the GYE prevention emails and read it daily](#)

[i write my log on this form](#)

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[Re: I need help](#)

[Posted by Machshovo Tova - 27 Nov 2012 19:34](#)

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[gyegye2 wrote on 27 Nov 2012 18:14:](#)

[bli neder if i fall within the next 35 days thru the internet i will rip 60\\$ in 1/2 and destroy it not to have the good feeling of giving it to charity](#)

[Why be over on baal tashchis? Give it to me and that will also not be charity. You may even feel worse, knowing that I'm benefitting from your downfall.](#)

[Hatzlacha](#)

[MT](#)

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[Re: I need help](#)

[Posted by LookingForwardToChange - 27 Nov 2012 20:35](#)

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[MT, Once you get it, please give me the Maser!!!....](#)

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[Re: I need help](#)

[Posted by Machshovo Tova - 27 Nov 2012 20:57](#)

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[Not so poshut. I consider this a "matzil mizuto shel yam" \(saving from what would have been a definite loss\). So this is like taking from 'hefker', and hefker is potur from maaser.](#)

[MT](#)

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[Re: I need help](#)

[Posted by LookingForwardToChange - 27 Nov 2012 21:16](#)

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[No! Just the opposite, When u find something or win something you have to take off for Maser a Fifth not a tenth!](#)

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[Re: I need help](#)

[Posted by Machshovo Tova - 27 Nov 2012 21:34](#)

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[Let's hope \(and pray\) that he doesn't fall. Otherwise, we will need to go to Din Torah.](#)

[MT](#)

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