

New to This Site, But Definitely in Need of Help

Posted by tryinghard84 - 09 Sep 2009 19:32

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As the subject reads, I am new to this forum. I have struggled with sexual addiction, in one form or another, for the last 12 years. I have seen therapists, and been found out by loved ones, but I have yet to break the destructive cycle. I heard about this site from a friend who researched similar sites, and he told me it might be effective. There is clearly a lot of material on this site; does anyone have any insight as to the best way to use this site in order to attempt to beat my addiction?

Thanks in advance,

Trying Hard, but not Succeeding

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Re: New to This Site, But Definitely in Need of Help

Posted by bardichev - 14 Sep 2009 23:34

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Re: New to This Site, But Definitely in Need of Help

Posted by Noorah BAmram - 14 Sep 2009 23:40

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I think I only found one phrase of Bakosha (at least in my Nusach), that of "V'Al Tietishainu Hashem Elokeinu Lanetzach"

U probaly heard the pshat of the great Gaon of Vilna! What do you say? You didn't hear it!

Here is a Jew, overwhelmed with worry and anxiety about his future! "Oy oy what's gonna be" says he! The girls to marry off won't be! The mortgage payment I cannot see! The YH to overcome, before I'm mince meat" oy oy"

So we say to him "sweet sweet holy yiddele" pray tell us "how did you get here up till now? who made your mortgage payment until this day?" Your YH to overcome, who made childs play?!!!  
Ok; no problemo, I will share it with you

"Ad heina azurono rachamechu" up till now it was only Your compassion Hashem, and Your kindness never left us Hashem!!

Now we know that past performance is indicative to future performance "al tidsheinu Hashem Elokainu Inetzach" Hashem our G-d will not forsake me in all my worries big and small, for all eternity!!

Very encouraging! Especially for us "warriors" and "worriers"

Boundless love to holy brother Nishmas and to all the tzadikim on this holy site

Noorah

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Re: New to This Site, But Definitely in Need of Help  
Posted by bardichev - 15 Sep 2009 03:37

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NOOOORAH FROM THE SHTEEBLE OF AMRAM THAT WAS

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Re: New to This Site, But Definitely in Need of Help  
Posted by nishmas - 15 Sep 2009 15:43

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Noorah,

No, I didn't hear this Gaon before. It's Great! Fits perfect!

By the way, why did you pick the name Noorah?

You have no idea how much help you've been to get me started and feel more comfortable. Being shy most of my life and easily intimidated, this helps. "Ah Groysin Dank" (Thanks a lot) (I still remember little bits of Yiddish). Thanks Bardichev, too. I love both of your names. They also have positive associations for me. It's been a long time, but the name Bardichev has a special place in my heart. How the Bardichiveh used to be "Dan Es Kol Haodam L'KaF Zchus". I can still picture in my mind the way I visualize the man in one of the stories I heard fixing his flat tire (maybe the wheel of carriage in those days) with his Tallis and Tefilin, and the Bardichev defending him. I've never related about the Bardichev to my kids, and this reminds me that it's about time I do. It will be perfect as we go into Rosh Hashana.

I don't have time to read through the tons of stuff on this forum, but from what I've seen, you guys are really Heilig and give tons of Chizuk. THANKS!!!

Nishmas

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Re: New to This Site, But Definitely in Need of Help

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Posted by Noorah BAmram - 15 Sep 2009 16:45

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Holy Nishmas regarding why I chose the name noorah, I copy from what I posted on my thread )

I choose the name Noraah BAmram based on the famous story at the end of Kidushin where Reb Amram Chasida was faced with the battle we are all battling on this site. when he was on June 7 my very first post on this holy forum (has it been that long ago  
halfway up the ladder to sin he shouted out "FIRE IN THE HOUSE OF AMRAM - "FIRE IN THE HOUSE OF AMRAM - I too scream out "fire in the house of Amram" "fire in the house of Amram" and all the sages came running to save him>I hope and pray that thru my continued posting on the forum and being on the 90 day chart, somehow the fires of the YH that is waging inside me will be also be extinguished. The chizuk and understanding that I received from all the members on this forum since I found this site about 2 months ago is absolutely indescribable and immeasurable. Thank u to each and everyone of you- starting of course with our beloved webmaster, affectionately known around here as "Rabienu Guard" for opening up and sharing your own struggles, tips and suggestions and thereby giving me such tremendous chizuk. I'm not the best typist in the world but i will try to keep posting as time allows.N

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Re: New to This Site, But Definitely in Need of Help  
Posted by kutan - 15 Sep 2009 17:10

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psst...

the name Uman is still available on the site.

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