

Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 09 Nov 2014 23:22

Married happily, with kids blie"h

but neighbor women on my block is my biggest trigger,

by now (after a few yrs)

went a little more then passing on the street (pls don't think the worse)

what should i do?

who can help me?

(details inquired within)

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 08 Jan 2015 01:09

Easier said then done

but its for sure the Truth.

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by Shmeichel - 08 Jan 2015 01:27

oh duddy hello

maybe you can help me create a prayer for the women in mind, as i need one for myself

thanks

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 08 Jan 2015 01:42

Maybe have more Kavanna in the Tfilah

????????? ???? ???? ??? ...????...?????...????? ??... ?

but i doubt that this is what Dov means

he means and talks about A Tfila for Her Health, Mental and Social Etc.

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Shmeichel - 08 Jan 2015 04:15

exactly

i am tryin to do them dov tefileh

i need your 2 sense

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Shakeitoff - 09 Jan 2015 04:37

Maybe this will be useful to you? I'm new here. I've set myself to read aloud each day one Principle and one Tool, in order. Reading it aloud helps me slow down and pay attention.

This is what I read on the discussion of Tool 3 (I think): As someone who is working the 12 Steps once wrote:"Today, the fight is much easier for me. When I have urges, I admit powerlessness, acknowledge that Hashem is the only One that can - and will - help me, and I ask Hashem to remove the lust from me. I am frankly surprised by how much better this works than fighting the urges head on".

I have a constant problem because my work takes me to schools and nursing homes in the non-

Jewish community, where most staff are female. Today, I was at a nursing home, writing my visit note, when I glanced up and noticed that of the 6 staffers 10 feet away from me, 5 were female...and young. I mentally asked HaShem to take away my improper thoughts. It worked instantly.

Best of luck to you and all of us.

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Shmeichel - 09 Jan 2015 05:09

wow! gevaldig!

dear duudy i need your help!

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 11 Jan 2015 20:30

GM reb Shmeichel

wonder what help i can offer u?

im here tzadik

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Shmeichel - 12 Jan 2015 17:57

i need you to compose a tefileh for my poor soul

a prayer to god, in which i pray for that wonder women

that everything should be good and perfect for her, in every aspect of her life

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 13 Jan 2015 20:22

isnt it easier to try not to think at all from her>???

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Shmeichel - 13 Jan 2015 22:18

in the short run, it might be easier

but in the long run, no its not!

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 23 Jan 2015 20:19

who knows the real truth?

1 thing is that i know for sure...

for sure life is much easier and less stress without her being in it (not every second scared that ill be caught or so)

even its hard to avoid, and to look away.....

so let put it that way:

hard to live all without her, but much much harder with her, believe me guys

but the thing is when the addiction works up, we forget the real emes

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Shmeichel - 23 Jan 2015 20:28

so we have to avoid the addiction from working up, for any price

how can we do that? any idea?

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by yidtryingharder - 23 Jan 2015 20:32

by giving up our lives thoughts and fantasies to hashem and realizing that he can wants and will
take these nissyons from us IF we give them to him

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Shmeichel - 30 Jan 2015 20:49

duddy how are you?

thinking about you

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