

Free Iust Truck Towing - see page 1  
Posted by Markz - 15 Oct 2015 00:52

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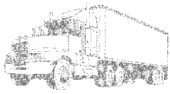
7. [Audio](#) ?

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**Welcome Aboard:** I'd like the first few pages of this thread to be publicly shared / traded. My intent is to include universal trucking tips many guys can benefit from - that aren't found (yet) in 30 tool section.

**Please Comment:** I'm open to any input. If there's something in the first pages that you'd like to add or comment on, please do so right here

Keep on Trucking!!!



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Truck Towing #1 - Success Stories  
Posted by Markz - 15 Oct 2015 01:00

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**UPDATED - 100 day Success Stories**

Click on the Link of any user to read his Great Trucking Story

**Member Story Link**

- [cordnoy](#)
- [Gevura Shebyesod](#)
- [Dov](#)
- [gibbor120](#)
- [serenity](#)
- [Watson](#)
- [Workingguy](#)
- [Yesod](#)
- [GrowStrong](#)
- [Singularity](#)
- [Hashem Help Me](#)
- [yechidah](#)

**E-mail**

- [thenewme613@hotmail.com](mailto:thenewme613@hotmail.com)
- [yesod25@gmail.com](mailto:yesod25@gmail.com)
- [wequithiding@gmail.com](mailto:wequithiding@gmail.com)
  
- [Gomu2serenity@gmail.com](mailto:Gomu2serenity@gmail.com)
  
- [yesod613@gmail.com](mailto:yesod613@gmail.com)

There are 500+ success stories on the [WOH](#), but I have selected only those which I feel are most beneficial, i.e. users that post regularly

If you would like your story added, removed, or the links changed, or whatever, please let me know

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Truck Towing #2 - Join the Polls  
Posted by Markz - 15 Oct 2015 01:00

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**Add Your Vote**

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1. What was your [Primary Source of Recovery?](#)
2. Your [Biggest Concern](#)
3. Do you think [You're an Addict?](#)
4. Chasin' general Pleasurin' - do you [Minimize?](#)
5. [How would you react](#) to being recognized here by someone in real life?
6. [How did you find out](#) about GYE?

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Truck Towing #3 - Great Links  
Posted by Markz - 15 Oct 2015 01:00

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**GREAT LINKS**

1. [Dov Quotes](#) - thanks gibbor
2. [SA white book](#) | SA [pamphlet](#) | [AA Red Book](#)
3. The [3 Second](#) RULE
4. [Objectifying](#) Women
5. [GYE Glossary Of Terms](#)
6. Skep's [Tips](#)
7. gibbor120's Colorful [Links](#)
8. The GYE [Handbook](#)
9. Frequently Asked [Questions](#)

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Truck Towing #4 - Great Posts - Recovery  
Posted by Markz - 15 Oct 2015 01:01

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**GREAT POSTS - Recovery**

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- 0- [Recovery Mistakes to Avoid](#)
- 1- [Sobriety's not about beating a previous high score](#)
- 2- [Why do I act out?](#)
- 3- [Think you can do it without the 12-Steps?](#)
- 4- [SA Meetings?? Are They Necessary?](#)
- 5- [Am I An Addict?.](#) See also [here](#)
- 6- [leaving only pornography](#)
- 7- 90 Day Chart - A great instrument [when used with other tools](#), also see [here](#)
- 8- [Disclosing to Wife](#), see also [here](#) and [here](#) and [here](#) and [here](#)
- 9- [Lust is a state of the mind](#). If your brain is lust free, regular life situations won't bother you, not even surfing gye forums
- 10- [Appropriate Dress in Shul](#)

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Truck Towing #5 - Great Posts - Life Situations  
Posted by Markz - 15 Oct 2015 01:01

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**GREAT POSTS - Situations**

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- 0- Reaching Out for [Help on Shabbos](#)
- 1- The Bathroom - [MY SHUL](#)
- 2- What to do about [Wet Dreams?](#)
- 3- Prayer before watching a movie [click here](#)
- 4- [Boys In Yeshiva?](#)

5- Does anyone go to a [Psychologist woman](#)?

6- [Not Married](#)? Grab the opportunity to recover **today**

7- [Divorced](#), see also [here](#)

8- [Attraction to well dressed women](#) (copied [here](#))

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Truck Towing - #6 Chizuk

Posted by Markz - 15 Oct 2015 01:01

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## **CHIZUK**

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The Mark of Torah - [Lust Chizuk](#)

## **PART A**

### **1. TORAH TAVLIN**

: a) Torah is not a blanket protection and can actually do the opposite [if not approached correctly](#)

. b) May not work for all forms of [Yetzer Hara](#)

### **2. Gd wants our small [sacrifice](#) and [effort](#)**

### **3. ODAAT: [One Day at a Time](#). And a nice [source](#) for ODAAT.**

### **4. DO SOMETHING:**

When facing a personal challenge, We can't say "I tried, I cried, I prayed", No no no! [Do something positive!!](#)

### **5. BECHIRA**

: The "main" bechira we have i

s to [avoid triggering situations in the first place](#)

### **6. THE 3 SECOND RULE:**

[The pasuk is telling us - do not follow your heart to take that s  
econd look](#)

### **7. THE REAL PROBLEM**

: To me it se

ems poshut that the problem is lusting [not shmiras eynayim](#)

### **8. WHITE KNUCLING: Is not [the Torah way](#) so cut the**

Confrontations

. Which according to the Torah way will not succeed

9. Is everyone in the world an addict?
10. **WIFE:** Is she your Pas Besalo?

**Warning: Spoiler!**

Quote: "

*I promise you there is no mishna gemara chazal responsa or chasid isha vort anywhere that says it is ok to lust and fantasize and stare at women in the street if you are married because a holy jewish wife has to save her holy jewish husband from sinning by being his [outlet]."*

11. **INTENT**

: I'm a lustaholic and I want Intimacy leshem shamayim. Honest?

12. **TESHUVA**

: Teshuva (the way we understand it) is NOT recovery but a ploy in the Zohar, it is said the sin of wasted seed is the worst sin for which no recovery is possible. And that relations with non-Jews attaches to us even in Olam Haba.

What are the defenses against these charges?

**SCOURCES :**

1. The prohibition of V'NISHMARTA and V'LO SASURU
2. including undressed unmarried gentile women
3. A wife is like bread?

**HOLIDAYS**

1. Chanuka - ODAAT
2. Thank Gd - Al Hanissim
3. The 3 Weeks - We are building the Beis Hamikdash with GYE

**PART B**

1- moshol by Watson

2- Can we truly correct 30 years and have a ?????? ?????? in 90 days?

3- [What in the world does Hashem want from me?](#)

4- Repent! Teshuvah Hamishkal - For addiction its enough the tremendous effort and accomplishment of getting over the addiction! [Rav Vosner](#)

5- [Great Shiurim](#)

6- [Can an addict be a Chazan](#) for the Yomim Noraim???

7- Click [HERE](#) for a prayer to recite before watching a movie)

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Truck Towing- #7 Audio  
Posted by Markz - 15 Oct 2015 01:02

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**AUDIO**

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1) The [chasan schmooze you never got, and many more great lectures](#)

2) **Shalom Bayis** - Attention Affection Appreciation, and more!!

Enter your Login to [torahmedia.com](http://torahmedia.com) go to "Speakers" from the main page, then select the "**Pamensky, Rabbi Aryeh**" lectures and enjoy!

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Truck Towing  
Posted by markz - 15 Oct 2015 01:02

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Truck Towing - #10 Just Having Fun  
Posted by markz - 15 Oct 2015 01:03

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[Im just having fun](#)

[tryingtoshteig wrote:](#)

[Gevura Shebyesod wrote:](#)

Donate your Karma today! Call 1-800-KARMA-4-KIDS

It's 1-**877**-KARMA4KIDS.

You clearly don't listen to the radio enough. That's probably a good thing.

You can also get **FREE** towing, a **FREE** vacation, a **FREE** tax deduction, and, for a limited time, we will even throw in... an absolutely



**FREE** membership at guardyoureyes.com!!

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Truck Towing - #11 Ideas  
Posted by markz - 15 Oct 2015 01:03

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**Ideas**

1. **It's best to share what has worked for us in our own experiences rather than trying to think up good advice for the person we are chatting with.** We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful. **Cordnoy wrote** "*Know (or try to know) who you are talkin' to, and talk from experience and how it was productive, or how it wasn't*". If you don't have experience e.g. what to say to a teen, take a back seat, relax, someone will be in shortly with right thing to say

Please forgive my bluntness, but [HERE](#)'s an example of many foolish pieces of advice

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Re: Goal Posts  
Posted by markz - 15 Oct 2015 01:03

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Re: Goal Posts  
Posted by markz - 15 Oct 2015 01:04

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