

I hope this works

Posted by Amlsrael - 19 Apr 2016 07:13

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I've actually had this website bookmarked for over a year now and this is the first time I'm looking at it. I've been so addicted to this world since I was 13, and it's definitely taken over my life a few times in the past. I became a Baal Teshuva about 2 years ago, and I stopped everything cold turkey, but I've slipped back into the darkness. To be honest it doesn't make sense to me sometimes how I can know Hashem is real is His Torah is emet, yet I still do things I know I shouldn't, even with those thoughts in mind during the act. I'm really hoping I can once and for all get over these desires and live a life of holiness, and serve Hashem properly with love and joy!

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Re: I hope this works

Posted by shmulyz19 - 20 Apr 2016 19:22

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hello AM,

I am tempted by lust, and I usually look at the JHF( just having fun) posts.

To be frank with you, there is no way to sugarcoat lust and temptation or your struggle.

I would pray to Hashem to help you when your mind is overcome my lust.

I wish you hatzlacha.

As far as facebook, I am allowed on only when my parents are around. The desktop isn't filtered so I have to be careful.

You can do it. KOTAP. ( keep on trucking and posting.

Again... Hatzlacha... Shmuly

see my signature... I am a concerned poster offering encouragement.

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Re: I hope this works

Posted by Amlsrael - 20 Apr 2016 22:14

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[realsimcha wrote:](#)

With all due respect, going to a gym with girls, and looking at a picture on facebook is not called that you tried everything. Why dont you try not going to the gym and not going onto facebook? Among other things.

Because I want to stay healthy, and mostly follow Torah pages.

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Re: I hope this works

Posted by markz - 20 Apr 2016 22:16

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[Amlsrael wrote:](#)

[realsimcha wrote:](#)

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We are the people of the book, but not that one

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Re: I hope this works

Posted by Amlsrael - 20 Apr 2016 22:33

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[markz wrote:](#)

[Amlsrael wrote:](#)

[cordnoy wrote:](#)

Welcome,

Good move.

Any specific plan in mind? (Not that you need one at first.....just wondering)

Recovery should be with hatzlachah.

I don't... But I guess I need one.

Amlsrael

If cordnoy asks me a question, the only Person that can answer it is me, no-one else

If he asked you something, look at the GPS in my signature, and try if possible, to get back to him.

Follow his Coffee Truck all the way, and you'll get sober with Gd's help!!!

I read the replies to cordnoy and I gotta tell you they gave me a huge push of motivation to keep

"trucking".

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Re: I hope this works

Posted by Amlsrael - 20 Apr 2016 22:36

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[shmulyz19 wrote:](#)

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Again... Hatzlacha... Shmuly

see my signature... I am a concerned poster offering encouragement.

Thanks Shmuly, you're right I can't sugarcoat it I have to overcome it completely.

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Re: I hope this works

Posted by realsimcha - 21 Apr 2016 02:08

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[markz wrote on 20 Apr 2016 22:16:](#)

[Amlsrael wrote:](#)

[realsimcha wrote:](#)

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Because I want to stay healthy, and mostly follow Torah pages.

We are the people of the book, but not that one

look, i am all into being healthy. But whats the point of being physically healthy if its gonna make me emotionally sick? Go running. Do a home workout. Find a time or a gym that there arent women there. I dont know. Just not this. I wouldnt survive going to a gym with girls..

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