

Growing With The Chevra

Posted by yiraishamaim - 20 Apr 2017 18:43

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Good afternoon gentlemen,

I must tell you that I have not been conducting myself appropriately for the last couple of months. I have been slipping to the point that only the most *lomdeshe grobbe* finger would rule not a fall. Obviously I am not happy. Now perhaps there are those that would argue that after such a significant time of not clearly falling by an obscure standard, that perhaps I should continue counting. After all, stopping a long count can have it's own repercussions. However, I have done a lot of soul searching I want to begin my count again. Of course perfection is only in Hashem's level and slips could surely come my way. However, I plan on using the forums standards and **keeping them strictly**. GYE leaves a little room for slips/errors and that must be enough for me.

Do not misunderstand me.

I do not look at this as a self-righteous fellow who is choosing just to be *machmir*. I unfortunately, have swayed too much and starting again is in my view the only way to go.

I have tweaked my home situation so that there is no internet without either an extreme filter or a code that is not known to me. I have no phone access.

My big challenge is at work. The company where I work at has a shomer shabbos head who has installed a filter in the computer. However, it is a weak filter and the IT guy told me years ago that once the history is erased they cannot retrieve your viewing sites.

I still need some hadracha in that vein.

I am in contact with someone on the phone and our dialogues are honest and helpful.

I plan to participate more on the forum.

I sit here with mixed emotions. I am sorry that I haven't lived up to the standards I should have but I am very excited to start fresh with a truly legitimate count.

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Re: Growing With The Chevra

Posted by yiraishamaim - 28 May 2017 05:04

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Shabbos was just awesome. Very meaningful and productive.

Guests at table. Other guests show up unannounced at different times.

Then I have a chevrusa. My time was taken up, and for mitzvos to top it all off.

Simply no time for foolishness.

Thank you Hashem

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Re: Growing With The Chevra

Posted by yiraishamaim - 29 May 2017 13:15

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My partner called me and suggested that we talk much more often but for small amounts of time.

This he believes will be both helpful and have a good chance to last.

So far so good.

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Re: Growing With The Chevra

Posted by yiraishamaim - 15 Jun 2017 10:47

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Oy vey! bad night and fell.

It started as usual with my work computer.

I had some good moments this run like being alone in a hotel room and not even opening the TV.

I am down and not happy. Will begin again with modifications. I made a kind of Taphsic neder for 90 days.

Not really my style or philosophy the Taphsic. After giving it much thought I think I need the jumpstart. Even though it can be argued that it is self-defeating in trying to build the right

attitudes.(and taphsic is no guarantee either)

I need to:

keep my -seder hayom better.

discussions with my partner

learning sedarim

Keep my viewing of the computer at work in check

Cannot bicker too much - need to get up and accomplish - one day at a time

There is a bit of excitement this time - (I've sung that song before mind you)

This time I will really make it!

May Hashem intercede and help make it a reality!

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Re: Growing With The Chevra

Posted by Hashem Help Me - 15 Jun 2017 11:25

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Its great how you are picking yourself up so quickly after a fall. Just curious. You mentioned earlier that you have someone you speak with. Did you call him when the challenge arose? If not, could you set that up for the future? Sometimes its worth it to have 2 partners, one in USA and one in Eretz Yisroel (or other opposite time zones) so you can always reach someone. Continued hatzlacha. Your posts are a big chizuk for all. So well written with real *toichen*.

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Re: Growing With The Chevra

Posted by Markz - 15 Jun 2017 12:43

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[yiraishamaim wrote on 15 Jun 2017 10:47:](#)

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There is a bit of excitement this time - (I've sung that song before mind you)

This time I will really make it!

May Hashem intercede and help make it a reality!

Sorry to hear that

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Re: Growing With The Chevra

Posted by yiraishamaim - 15 Jun 2017 12:47

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[Hashem Help Me wrote on 15 Jun 2017 11:25:](#)

Its great how you are picking yourself up so quickly after a fall. Just curious. You mentioned earlier that you have someone you speak with. Did you call him when the challenge arose? If not, could you set that up for the future? Sometimes its worth it to have 2 partners, one in USA

and one in Eretz Yisroel (or other opposite time zones) so you can always reach someone. Continued hatzlacha. Your posts are a big chizuk for all. So well written with real *toichen*.

Thank you for the wise advise and support.

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Re: Growing With The Chevra  
Posted by cordnoy - 15 Jun 2017 13:13

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It should be with hatzlachah.

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Re: Growing With The Chevra  
Posted by tattysjunk - 15 Jun 2017 14:41

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Do you have a filter? maybe you could share what was your fall was it on the computer?

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Re: Growing With The Chevra  
Posted by yiraishamaim - 15 Jun 2017 18:57

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[tattysjunk wrote on 15 Jun 2017 14:41:](#)

Do you have a filter? maybe you could share what was your fall was it on the computer?

It was with my computer at work. It has a filter but it is as if it doesn't have one. You tube and other sites can be accessed. It went from work, to recreational watching to youtube to .....

At home it is a different story.

Yet, I have had hundreds of days sober where even with access to a computer that is not filtered

I will not act out.

I need to work my way up once again.

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Re: Growing With The Chevra

Posted by tattysjunk - 16 Jun 2017 15:13

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to recreational watching to youtube to .....

Why don't you block your self from entering the stuff after youtube on your filter?

by the way what filter do you have?

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Re: Growing With The Chevra

Posted by yiraishamaim - 16 Jun 2017 20:30

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I am essentially "safe" at home with no easy access to unfiltered devices. However, at work the filter is basically useless. I have ample opportunity to use the computer with no accountability.

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Re: Growing With The Chevra

Posted by Hashem Help Me - 19 Jun 2017 11:21

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Can you leave your office door open? Many have used the term "issur yichud" with the internet.

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Re: Growing With The Chevra

Posted by yiraishamaim - 20 Jun 2017 03:49

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interesting. maybe I really could do something like that. Thank you.

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Re: Growing With The Chevra

Posted by yiraishamaim - 20 Jun 2017 11:11

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5 solid days of sobriety. Keeping to a schedule, keeping /moving eyes and thoughts where they properly belong.

Know full well that more tests will surely creep in due to my nature and acquired bad habits.

I also have proven that with Hashem's help sobriety is surely in reach.

I believe I have been having a particularly rough time lately 'cause G-d does not want at this time of my life, that I to be sober and simply chugging along. After all, I have had hundreds of days of sobriety a couple of times and then fallen flat on my frustrated pathetic face.

He wants me to soar and reach my potential in life.

I realize that.

HOWEVER, it all starts with baby steps one step/day at a time. If I truly **desire** sobriety, **daven** sincerely, **follow my** constantly modified **program**, over time don't get lulled into a false sense of security, I will get there and stay there.

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