

Holy Yid's Continuing Journey

Posted by Holy Yid - 18 Dec 2009 01:17

Hi I am alive. I am past 90 days, through the Hand of God, so I am starting a new tread for myself and my friends.

I still don't accept that I am an addict or even if I am an addict I do not accept myself as a full fledged one. Because of that I do not always take all the precautions other people on this site take. I want to diverge for a second and say that I respect all those who do take those precautions I just like to believe that I can get away with less. Anyways I felt that I should be ???? in ?????? ?????? so I spent a week acting as though I was a fully addicted addict with almost zero resistance.

I was very careful about what I saw outside, when I used the web and what non Jewish stuff I looked at and so on. I discovered a shocking thing. That after the week I was calmer and felt more in control of my life.

Maybe I'll *pretend* to be an addict long term.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 20 Apr 2010 06:09

To come 'clean' i fell 3x tonight.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 20 Apr 2010 06:53

i fell to avoid having to deal with stress.

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Re: Holy Yid's Continuing Journey
Posted by dovekbashem - 20 Apr 2010 19:00

Holy Yid.

So did I. I am now, baruch hashem, on day 2 of a new streak. JIP gave me the advice to try going for a run to get rid of your stress. Most importantly, just remember that we have all fallen and now its time to bring ourselves back up. Let's work toward a day when we don't have to STRESS over our relationship with HaKadosh BaruchHu... because we will be clean, pure and holy yiddin.

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Re: Holy Yid's Continuing Journey
Posted by Ineedhelp!! - 20 Apr 2010 21:37

We are medicating our stresses, anxieties, depressions, etc. with lust because thats the only way we know how to do it. Teach your mind and body next time to react in a different way. Say that next time you have stress you'll squeeze a stress ball. In the end they both accomplish the same thing right?

-Yiddle

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Re: Holy Yid's Continuing Journey
Posted by Holy Yid - 21 Apr 2010 01:56

fell again. to be honest i am starting to loose hope. somedays when i'm outside & see woman i feel like i am going crazy!

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 21 Apr 2010 02:15

i have very little coach left i do not really believe i can stay clean like the others who have gone so long. i feel that have not done much in my 9 odd months on the site.

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Re: Holy Yid's Continuing Journey

Posted by DovInIsrael - 21 Apr 2010 07:59

oh please, yid!

cut it out.

ok - lets out your life in terms of music - that seems to be the common topic in several threads, these days.

lets start with the basics -

how many notes are there?

7 right?

start at C - and keep climbing... eventually you will hit C again, right?

(if I am wrong I want you to tell me!!)

ok - so you are at C again, right?

so whats the difference?

its C, but at a higher octave.

keep up the music mystro..you are doign great!

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 22 Apr 2010 01:48

doing better. still no hope long term but i geuss that is why we take it one day at a time.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 22 Apr 2010 02:07

i wanted to fall and I told myself 'wait 15 minites' and SHOCKER i did. This is the first time in a while that worked for me. LOL

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 22 Apr 2010 07:39

i now understand Dov a little more. If I were a goiy on the street I would have to stop to be able to act like a human.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 25 Apr 2010 04:11

Mazal tov to me I had a friend lock the internet on my cell phone. This has been a problem for me and I finally took care of it. I rationalized that I needed it because I read the chizuk emails on it but I was losing the battle so I finally admitted that it had to go. It took me a long time(weeks) to do this but now I am SOOOOOOOOOOOOOOOOOOOO happy that I did.

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Re: Holy Yid's Continuing Journey
Posted by Chazak Amenu - 25 Apr 2010 04:17

good for you! because sooner or later if you were not able to your cell phone would have ended up in almost as bad condition as your computer!

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Re: Holy Yid's Continuing Journey
Posted by DovInIsrael - 25 Apr 2010 10:41

welcome to your journey to freedom!

no more being a slave to your technology!

hurray !

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Re: Holy Yid's Continuing Journey
Posted by DovInIsrael - 26 Apr 2010 14:05

my wife recently told me , that we've gone with out a cell phone for long enough (unofficially I think I am one of three people in Israel that do not have a cell-phone. Did you know a key part of cell-phone technology was invented in Israel)

I asked my wife why we need one, and explained to her that I dont feel the need for one, since at the end of the day I already know she needs me to stop at the store and get some bread, milk and cheese.

(said of course with a smile on my face)

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