

Holy Yid's Continuing Journey

Posted by Holy Yid - 18 Dec 2009 01:17

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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 imtrying25 - 22 Dec 2009 12:51

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[Holy Yid wrote on 22 Dec 2009 08:56:](#)

I fell again. I am only writing this because I don't want to and honesty is good.

Sorry to hear about your fall. But were really happy to see you post about it. Only good could come out of it. Wishing you much hatzlacha. Always feel free to pm or gchat.( not getting rid of )

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Re: Holy Yid's Continuing Journey  
Posted by the.guard - 22 Dec 2009 13:45

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I'm planning to quote you in today's chizuk e-mail, so you need to get UP quickly!

Contact our partner gabai at [partner.gye@gmail.com](mailto:partner.gye@gmail.com) to help you find a new partner. See [this page](#).

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Re: Holy Yid's Continuing Journey  
Posted by Ykv\_schwartz - 22 Dec 2009 20:50

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Did you see my email today?

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 22 Dec 2009 21:28

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[Ykv\\_schwartz wrote on 22 Dec 2009 20:50:](#)

Did you see my email today?

Yes. Thank you I have not yet had time to dwell on it. I will get there. It is good to know how much people really care.

I just held back from lust. Day 1 guy. YAH

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 03 Jan 2010 21:52

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Hi I am back. I have fallen a few more times, the most recent being Friday. I let myself fall saying that I was only starting out on 90 days so I can always start over. Then it hit me that if I think like this I will continue thinking like this FOREVER. So I am challenging those thoughts. The begins are hard as I do not have momentum. But I am embracing what I need to do.

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Re: Holy Yid's Continuing Journey  
Posted by imtrying25 - 03 Jan 2010 22:16

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[Holy Yid wrote on 03 Jan 2010 21:52:](#)

Hi I am back. I have fallen a few more times, the most recent being Friday. I let myself fall saying that I was only starting out on 90 days so I can always start over. Then it hit me that if I think like this I will continue thinking like this FOREVER. So I am challenging those thoughts. The begins are hard as I do not have momentum. But I am embracing what I need to do.

Ah your such a holy yid. Sorry to hear about your recent falls. But as long as we take the good from the falls we can just turn around and tell them fell shmell. So just pick yourself up and wipe yourself off and cont going. Wishing you all the best and hatzlacha.

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 07 Jan 2010 03:48

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Hi I am checking in. Just wanted to touch base. I fell since my last post. BUT I am not broken. As we know we have to keep on trucking. I recently saw a thought that gave me allot of chizuk.

Rabbi Moshe Sher worked for many years to help pass a law that the US government should fund Yeshivas. After it was passed the Supreme Court struck it down. Rav Hutner wrote Rabbi Sher a letter of chizuk. Rav Hutner writes that biggest zechus Klal Yisroel has is the Akaiyda. All the was is an act of trying. Avraham did not succeed in shechting. He succeed in TRYING. That is what we all should aim for. Go for trying.

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Re: Holy Yid's Continuing Journey  
Posted by Kollel Guy - 07 Jan 2010 05:33

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Sorry to hear about your fall. However it's great to see you get up like that.

Let it be his ratzon - that you go strong from here to 90 and beyond!!

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Re: Holy Yid's Continuing Journey  
Posted by imtrying25 - 07 Jan 2010 10:42

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Thanks for sharing HY. Sorry about the fall. Check out my last post here. Same goes here

Keep on dancing youll get there soon enough!

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 07 Jan 2010 17:41

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I still am not out of the mud. I am not very motivated to really do the hard work that it takes. I guess I am not in enough pain yet. I am trying to remember that if I don't get back on the wagon I will loose control of my life AGAIN.

Any thoughts?

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Re: Holy Yid's Continuing Journey

Posted by cleareyes613@gmail.com - 07 Jan 2010 20:43

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Read through Chizuk email 1-50.

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Re: Holy Yid's Continuing Journey

Posted by imtrying25 - 08 Jan 2010 11:32

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[Holy Yid wrote on 07 Jan 2010 17:41:](#)

I still am not out of the mud. I am not very motivated to really do the hard work that it takes. I guess I am not in enough pain yet. I am trying to remember that if I don't get back on the wagon I will loose control of my life AGAIN.

Any thoughts?

very important!!! Hit rock bottom while your still on top!!! Think about it!!

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 11 Jan 2010 00:51

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I spent a lot of time on shabbos thinking about how if I don't take work on this I will be miserable for the rest of my life and I will miss out on many very rewarding and fulfilling experiences.

I think I am more on track than I was in the past couple of weeks.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 17 Jan 2010 00:44

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Hi guys. Thanks G-d I am still clean. I think it has been around a week now. I also most thank DOV. That's right, G-d and his messenger Dov. Last week I was very down and I wanted to fall even without the web. BUT then I remembered what Dov always says- our problem is not with p\*\*\* or m\*\*\*\*\* rather it is with LIVING. We do not like (beat up on me for saying 'like' and not 'know how' but I think that our word choice is very important. We need to tell ourselves we CAN DO THIS) to deal with negative emotions so we hide in mind numbing activities.

I told myself I need to feel this and live with it. It was hard but I spent quite time with myself and felt what I was feeling. And guess what I am here to tell the tale.

I thank G-d that he sent me Dov.

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