

????? ?' ??? - Trigger

Posted by upanddown - 11 Aug 2024 11:10

It's a day after ?' ???.

Over the past 9 days there were many restrictions, a long fast, forcing yourself to shed a tear or two during the boring ?????... you felt tied, bit down, and yucky.

Finally you feel like a free man again!

Cut your hair. Do your beard. Take that long awaited, long hot yum shower...

You're busy with intense "body-care"...

BANG! The YH strikes! "Just do it... don't think too much... its Bein Hazmanim... release all the stress... have fun... soon its Elul and you don't want to be doing this then..."

Anyone relates to this ????? ?' ??? struggle?

I can see it happening and I'm getting worried...

Together let's beat the YH this year! Who's in it with me?

If you'd like to join me in this 1 day challenge, please click the "Thank You" button on this post.

On ??? ? I'll write a new post "Mission Accomplished" and anyone who managed to stay clean on the day after Tisha Be'av will click the "Thank you" button on that post too...

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Re: ????? ?' ??? - Trigger

Posted by horizon - 11 Aug 2024 13:02

LLets do this!!

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Re: ????? ?' ??? - Trigger

Posted by upanddown - 11 Aug 2024 23:46

Amazing! We've already got a Minyan... who else relates with this struggle?

Just hit the Thank You button on the first post to join this 1 day challenge!!

Let's beat the YH together!!

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Re: ????? ?' ??? - Trigger

Posted by upanddown - 12 Aug 2024 17:22

Almost 20 special Yidden have signed up...

Anyone else?

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Re: ????? ?' ??? - Trigger

Posted by 1-12steps - 13 Aug 2024 15:24

Ready to hear a "quick fix"...?

Private hot showers aside, there's also the problem to the whole family fighting who gets to shower first, and who finished all the hot water...

Just take that first shower at the mikva. Unlimited hot water (where i go it's unlimmited hot water) and a 'supervised' setting [assuming you've never been triggered there b4 - no offense and plz do not try this if you have problems with urges at the mikva]

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Re: ????? ?' ??? - Trigger

Posted by upanddown - 13 Aug 2024 19:14

[1-12steps wrote on 13 Aug 2024 15:24:](#)

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Good idea. But if you've just cut your hair you'll likely leave behind some nice amount of hair floating in the mikva...

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Re: ????? ?' ??? - Trigger

Posted by neshomo kedosha - 13 Aug 2024 22:32

[1-12steps wrote on 13 Aug 2024 15:24:](#)

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You got a mikva thats open at 1pm with ppl there as well?

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Re: ????? ?' ??? - Trigger

Posted by upanddown - 14 Aug 2024 00:20

Last call for anyone who would like to join tomorrow's 1 day challenge...

Just click the Thank You button on the first post.

Wishing everyone a good fast!

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Re: ????? ?' ??? - Trigger

Posted by thompson - 14 Aug 2024 12:06

[upanddown wrote on 14 Aug 2024 00:20:](#)

Last call for anyone who would like to join tomorrow's 1 day challenge...

Just click the Thank You button on the first post.

Wishing everyone a good fast!

Can I join without clicking the Thank You?

Will it even be counted if I abstain without clicking?

Will Hashem know?

Cuz if not, I might as well go watch porn, what with missing the last call and such.

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Re: ????? ?' ??? - Trigger

Posted by upanddown - 14 Aug 2024 12:31

[thompson wrote on 14 Aug 2024 12:06:](#)

[upanddown wrote on 14 Aug 2024 00:20:](#)

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Cuz if not, I might as well go watch porn, what with missing the last call and such.

Thompson, we love you dearly.. and thanks for bringing in some humor into the forums..

But you missed the point. Clicking the thank you button isn't for yourself. It's for us. It's a support for others. Because when we're together in a battle then it's easier to win our enemy!!

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Re: ????? ?' ??? - Trigger

Posted by 138eagle - 14 Aug 2024 17:56

Chevra

If this is a challenging time for you during the weeks of Bein Hazmanim, as indicated by this thread, then the **???? ??????** program may be what you are looking for.

Learn any Sefer about Shemiras Einayim for 5 minutes a day, they recommend **???? ??????** in either Hebrew or in English with a calendar for the entire period from **?' ??** through the first day of **??? ???**. There are daily and weekly raffles as an incentive.

Call 732-400-9005 to sign up, follow the prompts.

Call 732-569-8564 for more information or to get booklets for your community. You must sign up by today **?' ??**.

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Re: **????? ?' ???** - Trigger

Posted by chosemyshem - 14 Aug 2024 18:29

[138eagle wrote on 14 Aug 2024 17:56:](#)

Chevra

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Yasher koach for bringing that up.

You can get a free ebook of the English version on the GYE website [here](#)

Agav, that book contains some of the most interesting stories of gedolim I've ever heard, including this gem about Rav Aharon Kotler:

On one occasion, it just so happened that Rav Aharon Kotler, ztz"l, inadvertently saw something unsuitable when turning a corner. His anguished reaction was to lean against a wall and weep. His citadel had been breached. "Ribono Shel Olam" he cried, "You took away so, so many of our brothers and sisters in the holocaust. Why did You leave me alive?" He would have preferred death at the hands of the Nazis rather than life in America if that meant sullied eyes.

Tzarich iyun katan.

The rest of the book is great.

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Re: "????? ?" ??? - Trigger
Posted by upanddown - 15 Aug 2024 12:19

[upanddown wrote on 11 Aug 2024 11:10:](#)

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Mission Accomplished bh.

Together we'll continue to fight ?? ???????!

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Re: ????? ?' ??? - Trigger

Posted by upanddown - 15 Aug 2024 22:59

Just sharing a great Chizzuk i felt when saying Kinna 23 which describes the story of the son and daughter of Rabbi Yishmoel who were captured and put in the same dark cell at night...

The boy said ??? ????? ??? ?????? ??? ?????. The girl said ?? ?????? ??? ????? ?????...

Young teeangers with such a pure ??????... This is the way a Yid refrains from an ??????. We are ??? ?????? and just don't do these things. We live a higher life. And we must make sure to give this "Stoltz" over to our children and Talmidim...

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Re: ????? ?' ??? - Trigger

Posted by upanddown - 01 Aug 2025 06:36

Bringing forward this thread from last year, as we're approaching Tisha Be'Av.

Together let's keep strong and not fall for the YH's tricks on the following day when we're busy with body care...

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