

chalom chalamti...vainee yoide-ah...

Posted by bardichev - 23 Jun 2009 20:23

ok all heiger helpful friends

Here goes

As a hakdama(bardichev always needs an hakdamah)I am sure this is a acommon question but it is important to hear your personal experiences and EITZOS.

thank hashem i am able to control myself I use my computer now for 2 reasons GUE and work (OR work ad gue)

I really try to control my eyes in the street etc.

What do you do about dreams ther are certain scenes and people I ca not get out of my head by day AND BY NIGHT

I bardichev in all humility admit I dream about things i am too embarressed to even write here(B"H its only a dream nothing else vdai lichakima bi...)

eitzos?? experience??story?? karahut?? woodford??

h&H

bardichev

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Re: chalom chalamti...vainee yoide-ah...

Posted by the.guard - 23 Jun 2009 20:47

AhHA!! So I think we found the source of the feeling down. Well, it's good you're not afraid to ask... Yes, this TOO is a reason for a Lechayim my dear friend.

I always tell everyone, that in previous generations, such dreams were considered somewhat of a fall, but in **our generation** I tell everyone, that if you are having wet dreams you should rejoice!! Why? Because it is a sign that although your body has natural sexual tension - especially because of the past, you still do not give in to it and fall! Do you know what a great thing that is? Your Yetzer Hara **cannot get you when you are conscious**. He has no choice but to get you when you're asleep! And he uses this only to try and get you down and depressed about it. That is his BIGGEST tool, to get you depressed. Because in depression, a person can easily fall back into his old ways!

Also, please see [this page](#) of our FAQ as well.

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Re: chalom chalamti...vainee yoide-ah...
Posted by battleworn - 23 Jun 2009 21:05

Reb berdichev, there's a long list of long term and short term eitzos, that I'm much too tired now to recall. But the main ones that stick out are "masbia otzmo b'divrei Torah v'lan" and krias shma al hamita.

R' Tvi Meir points out, that krias shma al hamita is one of the most neglected areas of avodas Hashem. And he suggests that we should make it one of the more heavily invested ones. If you concentrate on it and make an eisek out of it it has a great effect on the way you sleep and mimeila on how you wake up. {Limoshol he suggests saying it from a siddur standing in one place.}

About learning he says, that even if it's just a minute or two, if you learn something right before going to sleep it has a great impact.

In the mean time CHEER UP!!! Lately I've been thinking a lot about the difference between

yidden and goyim. I got so in to it that this morning, by aleinu, when I got up to "Shelo asanu kigoyei ha'arotzos" I started screaming it out. I got some interesting looks from people. Anyhow, I thought that might help cheer you up.

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Re: chalom chalamti...vainee yoide-ah...
Posted by bardichev - 23 Jun 2009 21:13

heliger guard b"h it was not a M"L at all only a cholom

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Re: chalom chalamti...vainee yoide-ah...
Posted by the.guard - 23 Jun 2009 21:24

So? Even MORE reason to rejoice!!

Be aware, that although we have changed our "actions" (since 100 days ago), it takes MUCH longer for the subconscious to catch up to our new way of life! This is Hashem's will. He wants our subconscious to take longer in order to TEST us and to make sure we are **serious** about changing **even though** our subconscious is BICHLAL not interested in changing!!

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Re: chalom chalamti...vainee yoide-ah...
Posted by Ano Nymous - 24 Jun 2009 17:02

I have to just tell you that I was "only" immersed in the junk for about 5 years, and the cleaning is still going on. I am a 20 year old with active hormones, and at this point (today is 31 weeks) I feel no urge to act out whatsoever. With that being the case, I continue to have wet dreams at random times, although it usually happens when I sleep late. I try not to sleep on my stomach, and that cuts WAY down on the wet dreams. When I first hit 90 days, I was getting a wet dream just about EVERY night! Now, I get about 1 every week-week and a half, and often they don't even include any dream. The trick is to NEVER let it bother you. Like guard says, be happy that your body is being forced to release at night because you are fighting your animal side so hard that it has no other choice! :D

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Re: chalom chalamti...vainee yoide-ah...

Posted by me - 26 Jun 2009 10:00

Chalma Tova Chazisa.....

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Re: chalom chalamti...vainee yoide-ah...

Posted by MayanHamisgaber - 18 Jun 2017 18:38

A chizuk

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Re: chalom chalamti...vainee yoide-ah...

Posted by Tirab - 19 Jun 2017 10:12

While it's true that it's a infinite amount better than consciously, you still didn't answer his question, is there an answer? We appreciate our shteiging and want to go to the next level.

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Re: chalom chalamti...vainee yoide-ah...

Posted by Tirab - 19 Jun 2017 10:19

Dear Battleworn, your post was written 8 yrs ago, I am new here and assume you must have much more to say by now, and am interested to hear it. Also what's the last word in the quote "v'lan"

Mitzapim l'tahara

Tirab

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Re: chalom chalamti...vainee yoide-ah...

Posted by MayanHamisgaber - 19 Jun 2017 11:17

Sorry if I confused you

I have this tendency to dig up old things

Battleworn has not been around for awhile and I would be pleasantly surprised if he were to answer....

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Re: chalom chalamti...vainee yoide-ah...

Posted by Markz - 19 Jun 2017 12:17

[Tirab wrote on 19 Jun 2017 10:19:](#)

Dear Battleworn, your post was written 8 yrs ago, I am new here and assume you must have much more to say by now, and am interested to hear it. Also what's the last word in the quote "v'lan"

Mitzapim l'tahara

Tirab

Dear Tirab - welcome ;-)

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Re: chalom chalamti...vainee yoide-ah...

Posted by Gevura Shebyesod - 19 Jun 2017 14:22

[Tirab wrote on 19 Jun 2017 10:19:](#)

Dear Battleworn, your post was written 8 yrs ago, I am new here and assume you must have much more to say by now, and am interested to hear it. **Also what's the last word in the quote "v'lan"**

Mitzapim l'tahara

Tirab

"and goes to sleep"

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Re: chalom chalamti...vainee yoide-ah...

Posted by Tirab - 20 Jun 2017 11:08

Dear GVshb"Y, thanks for the reply. I see that you are no spring chicken either Ke"h. I am here for chizuk, because I have learned that in this business IT'S NEVER OVER ?? ???? ???? ???? ???? the ????" has a really nasty tactic with me : lay low long enough till he's(me the victim) convinced your gone, stops worrying about you (the ????"?) and feels he doesn't need those super good fences anymore, slowly walks me closer to the edge (because of the false sense of confidence) and then attacks with a very innocuous : "do you think that if you type xyz in to the search engine(or in the olden days version :if you dial that word) even that would bring something up? Is the world that crazy? "and low and behold, what do you know! Your the winner of the latest porn jackpot? Oh really, can't be! How veit is it? Wow this is terrible, people actually got these people to pose as if they're interested in doing this? I can't believe it I gotta see how many girls have been convinced to do this "etc. Etc.

SO AS I START OUT ON MY MILLIONTH JOURNEY TO '?? ? I'M LOOKING FOR A NEW ??????, A ??? TO GO WITH.

THANK YOU

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Re: chalom chalamti...vainee yoide-ah...

Posted by Hashem Help Me - 20 Jun 2017 11:20

Tirab, If you are looking for help you came to the right place. Keep posting and connect with the oilam. It works. Hatzlocha.

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