

## HELP-SOS

Posted by pinokio - 27 Jan 2011 17:35

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Shabbos is coming. This holy day unfortunately always throws me into depression. don't have time now to explain why, but point is its starting to set in my little brain right now.

I need support from any hands on deck at GYE. Im working on the inyun and am not gonna fix it overnight, but i just need a little friendship to keep me till motzai shabbos. Not embarrassed to say, and Im anyways gonna decide now that i wont let my feelings get out of control, hashems with me, and everything will be alright. ill be besimcha as best as i can. this isnt gonna be some amazing profound 100page thread, its just right now i need a little, yeah, you know already.

Ive gotta log off but will check later.

Help.

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Re: HELP-SOS

Posted by pinokio - 14 Feb 2011 16:28

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Rebbe, if only you knew

clocks running out, nesayon's gonna close soon,

god's smiling, angels cheering

avos are playing jazzed up carlebach

Avraham on electric guitar

Yitzchak on the bass

Yaakov doin mad drummin

Yosef's goin wild,

Shvatim are on their knees w/ crayola markers, drawing s/thing on a big poster

cant see what it says yet...

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Re: HELP-SOS

Posted by pinokio - 14 Feb 2011 16:48

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stalemate, ive curbed the opposition but how do i stop him?!

i feel i cant hold out, i know its just a mind trick, i could do anything, gye attitude hndbk-gra says what u think and what u can do are two seperate things

SO BYE BYE BRAIN! i'm gonna run without you for a few days, and act a little crazy, zany, maybe i'll drool on my orange beard but no lust!!!!!!

Yh, im pleadin with ya, enuff already!!!!!!

God, save me

god save me

god, i cant do anything more, even when i shutdown my pc you know i can act out bigtime, so im your problem know, i surrender the situation to you-i cant do anything else. Enjoy

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Re: HELP-SOS

Posted by ZemirosShabbos - 14 Feb 2011 16:53

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you have a good attitude rabbi rambo-tzadik!

take out a tehillim and say a kapitel slowly

then crank up the speakers and do a little 'kol atzmosai tomarno'

wake up the neighbors!

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Re: HELP-SOS

Posted by pinokio - 14 Feb 2011 16:55

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wow! lol mamesh! talk about the roscharch test for psychos!

So im studying on the pc between posts for a math test,

and the teacher says "now lets do the distributive property with multiplication-negative six x parentheses six x plus positive six x....." and all i hear is negative s\*ex....positive se\*x.....("sicks ecks"=s\*x)

I really am crazy!

god, im your problem, pick me up

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Re: HELP-SOS

Posted by pinokio - 14 Feb 2011 16:58

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Yipee! im goin home, sweet home alabama.....

Half the battle is won!

Yh, you filthy worm

dont try geurilla warfare in the home on me

filthy worm

filthy worm

god, pick me up, im your problem, god, this is last post prob. for now, so god, you know my matzav, i dont need to press you, you see and know my sitch, enjoy it cuz now its really only your concern. Have a nice day.

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Re: HELP-SOS

Posted by ben durdayah - 14 Feb 2011 20:44

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Wow!

I always show up after the action dies down!

KOT tzaddik,

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Re: HELP-SOS

Posted by Yosef Hatzadik - 14 Feb 2011 20:47

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Be happy with that!

Many don't show up at all after they die down!

Unless they are megulgal in a Mekubal.

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Re: HELP-SOS

Posted by ben durdayah - 14 Feb 2011 21:10

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What a coincidence!

I think I met the guy who has his other nostril!

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Re: HELP-SOS

Posted by bardichev - 14 Feb 2011 21:30

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ok sabra chummus it is

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Re: HELP-SOS

Posted by silentbattle - 15 Feb 2011 06:28

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Hey - glad to hear the positive attitude!

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Re: HELP-SOS

Posted by DovInIsrael - 15 Feb 2011 10:24

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hi Tzaddik90 -

you said:

and the teacher says "now lets do the distributive property with multiplication-negative six x parentheses six x plus positive six x....." and all i hear is negative s\*ex....positive se\*x.....("sicks ecks"=s\*x)

WOW!

you are on a high level!!

you have a very elevated neshama!

There is a very deep connection between six and s\*x... the six letter of the hebrew letters being vav.

vav - being a letter that connects.

(also deeper stuff on the level of the spheriots - and how shefa comes into the world)

what is s\*x all about - connecting with another person, going beyond ourself.

what does the neshamah want - to connect with The Creator!

when you get these drives and thoughts, rather than run from them, and fend them off... take a step back, be thank ful for them.. and realize that they are coming from a very deep holy place, trying to connect you with your Creator!

WOW!

outstanding!!!

dov.ii

see you Tues - we are jumping in, and learning how to be a better 12th stepper, and a better person, by reaching out to others.

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Re: HELP-SOS

Posted by pinokio - 15 Feb 2011 14:16

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WARNING THE FOLLOWING POST MAY BORE YOU TO DEATH

PLEASE SKIP IT OR READ QUICKLY WHILE DIALING 101(911-USA)

Dear GYE's,

I sit here today, ridden with R.I.D, halted by H.A.L.T, and I feel fried like an omelette with fried onions and pepper. I have been overtaxing myself recently, and it's no good.

As you may have read, I put up quite a valiant affront yesterday to the YH on this thread. I am a fighter-I know what it means to struggle, no pain no gain. Without all the pain I wouldn't have all the resilience that I have today. I remember my first fight, in the good old days (my quasi-kid at risk days, geshmak...), in the streets,

when I got my first punch into my front two teeth. Bleeding, and feeling so vulnerable, I realized then that I'm not the tough guy that I claimed to be. Of course, I fought fiercely back like a koala bear who battles an armadillo over an acorn, and I won.

It was the fact that I got hit that one time that turned me into a tough guy, with a die hard mission to win and succeed no matter

what. This is a common phenomena in the fighting world. My training partner too joined the fighting world after he was mugged for the first time, in Tel Aviv.

And so for years, aside from the myriads of struggles in my life, id fought as well the fronts of lust. And being a brave, fearful but insane street fighter, I'd fought hard. I battled lust every day, every night.

In the fighting life, by the graces of Hshem, I'd won every time and never been dangerously beaten into submission in the street, but it got pretty close a few times. The feeling of being chased by several people with guns was an all time favorite, exhilarating as it was.

I could have died ten times, yet I lived.

And when I'd say hallel, I'd mamesh say lo amus ki echyeh with my heart.

And I'd think about all the pain and then say even ma'asu habonim, haysah lirosh pinah

Then I'd look at all my accomplishments of how I'd built myself up to be a geek, orange bearded kollel dude, and I'd continue ma'ais Hshem haysah zoas, HI NIFLAOS BIAINAINU.

In my battles of lust, it's paralleled the whole time.

I won, iv'e lost. But I always stayed in the game. I'll never go down without a fight-I'd rather die

in a blaze of glory (rebbe wolfenstein).

I've won many times, and been clean for my countable streaks. I've taken the measures to keep dry of addictive triggers as well, to throw this out, not go there, don't touch this, etc.

A few times, w/ the parallel, I've done some stupid and I mean stupid things in the lust underworld too, and I've almost lost. Some people hit bottom bec. They're caught doing s/thing stupid, right?

And again, by the good graces of Hshem, and my great bubbies tehillim n' trerren, I've won those too. And as well, I've never been beaten into submission in the lust world either, although it's come close, too close a few times.

THE NIKUDAHHH:

So it can be said that I've won too many times for my own good, so that I've never felt I need to hit bottom to be misakein. And I know, here the handbook philosophy is to hit bottom while still on top.

So through the gentle persuasion/suggestion of a certain tzaddik here, I joined gye not long ago. I was clean a bit, thought I'd never fall again. I was certain.

Especially not last night, after I'd battled the yh and stood strong for so long yesterday on my thread and at home.

And then something dumb happened. I fell....twice. No, it wasn't s/thing drastic that involved another; just the little old aveirah. And it wasn't in the full blown fashion either, it was 50% gramma you could say. And no, I'm not depressed, I'm not experiencing timtum halev (na'ases lo kiheter), I'm not confused, upset. It's just that I realized something that I already knew but didn't yet know experientially, until 1:30 am last night.

WHY I FELL( HERE MODERATOR WILL SAY YOU FELL BEC. THIS IS gD'S PLAN..).In the handbook it says that one must make recovery a #1 priority. I couldn't do that last night, or last week for that matter.

True, life has it's turns, surprises and whatnot. So recovery's supposed to be possible in this life,



in our society. And I believe it is.

It's just that iv'e been overwhelmed with work recently. Up to my neck. And I haven't cranked it out quick enough. The pressure started rising, feeling all gooey. All I started thinking about was finishing this work.

THIS TOOK MY ATTENTION OFF MY RECOVERY BEING #1 PRIORITY, AND SO LAST NIGHT AT 1:30, TIRED AND ALONE, I DIDN'T FEEL LIKE FIGHTING-MY ATTENTION WAS NOT THERE. And I fell. Simple.

DOV said in an email that you shouldn't run to do tshuva so fast w/o thinking who you are and what you did- he said you have to try on the truth like a shirt first. It's ingenious.

So I know I can recover better. I know iv'e got the motivation, tools, skills, friends, resources, cheese... . So I'm gonna push off my #1 priority to fully recover for say a week, and make it #2-not by choice-rather, I just have to accept the reality of what Hshem's givin me right now.

So if you are well learned in star wars torah (asur to say that?) you'll know that several times in all 300 movies and 90 books there is a concept of where a fallen jedi goes into exile, for introspection, to take it easy and rebuild his values and goals. So me, little old tzaddik90, I'm gonna do that too. Don't worry, I'll prob. fold in 5 minutes and check the thread and other's-still, iv'e gotta really get back together.

Gee, I feel bad for the moderators-having to check a 1000 word post like this one, just in case s/o in the middle of the boring part says he's gonna jump off a building or s/thing. Or worse, like threaten to upload an avatar of Mahatma Ghandi at the age of 101 with that spindle picture and bring down the whole network.

Still hovering bye, jedi in exile, Tz90

i LEARN MORE BY THE DAY HOW TO STOP FIGHTING AND SURRENDER to god, i feel i dont have it yet, i'll get there.....

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Re: HELP-SOS

Posted by pinokio - 15 Feb 2011 15:52

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i'm just startin to feel yearning for k'dusha again. been so distracted by wok recently, life, that i

havent felt this in too long;eyes got back on gaurd in streets of jerusalem, carrying a tanya in my hand, i'm gonna learn it again and enjoy holiness. here i go.....

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Re: HELP-SOS

Posted by DovInIsrael - 15 Feb 2011 17:15

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hey Tzaddik -

BH.

Looks like you figured out you cannot do it by yourself!

come join us later on the Tues call 2:30 eastern (9:30 pm Israel)

Lots of good stuff !!!

Dov.ii

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