

Halacha shailah...

Posted by Kollel Guy - 08 Dec 2009 18:01

Does anybody know if your allowed to wear cloths which got sz on them? I heard you just can't daven in them, can anyone give me a mekor for this?

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Re: Halacha shailah...

Posted by Kedusha - 08 Dec 2009 18:06

Dear Kollel Guy,

If it's dry, I don't believe it's a problem even to Daven in them.

Welcome to our community! Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama*
And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and post away on this forum. You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you get out of isolation!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a

group of other from Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

May Hashem be with you!

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Re: Halacha shailah...
Posted by kanesher - 08 Dec 2009 18:20

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Re: Halacha shailah...
Posted by Me3 - 08 Dec 2009 20:06

Shulchan Aruch & Mishna Berura seem to feel the halacha relevant?

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Re: Halacha shailah...
Posted by Me3 - 08 Dec 2009 20:22

I believe Kaneshner already pointed out that the halacha does not pertain to wearing clothes rather to tefilla or as you say krias Shema.

Your psak is noted.

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Re: Halacha shailah...
Posted by Kedusha - 08 Dec 2009 21:21

Kollel Guy,

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Re: Halacha shailah...
Posted by kaneshner - 08 Dec 2009 21:33

Rage! I'm in 100% agreement with you - the first priority is certainly the addiction; I was quoting an answer to a question. All I mean to say is that I don't think it's talking about wearing! As far as

being dry, I don't know, because the Sefer Chassidim says you shouldn

't treat it like tzo'ah, but he says to wash them, and I imagine that some dry zerah would remain. But that's conjecture. But the entire discussion is only about krias shema; not about wearing clothing, hence I imagine that it's not a problem.

But the rage man is right. If you are a fellow addict, your first address is the handbooks, not the mishnah berurah.

I personally had extensively halachic Shimush in Rage's Beis Din and pretty much everyone was chayav misah...hence, who I am to argue with his psakim?

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Re: Halacha shailah...

Posted by imtrying25 - 08 Dec 2009 21:57

rage im very suprised. I think thats the first time you misquoted. Its with pringles and it goes .once you pop you cant stop. Oh i guess rage isnt an angel afterall.

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Re: Halacha shailah...

Posted by Kollel Guy - 08 Dec 2009 23:11

Wow guys! Thanks for the welcome....

Actually, the reason i'm on this site is bec. i want to correct the problem which is - yes, far more important than these halachos. However, the one thing i managed to keep strong in my mindset, is that doing an aveirah doesn't mean your mitzvos don't count anymore, or that you can be more relaxed with the things which you ARE strong with. And I refuse to allow myself to believe that because i have this problem, i can't REALLY care about h"kb or what he says. Therefore i won't refrain from doing my best in all areas where it's possible.

You (rage) did get me thinking however, about where the focus should be concentrated, so thank you for that.

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Re: Halacha shailah...
Posted by Steve - 08 Dec 2009 23:12

It's actually from Lays Potato chips:

"You can't only eat just one!"

Some of us old fogeys can remember when things first started...

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Re: Halacha shailah...
Posted by Steve - 08 Dec 2009 23:17

Kollel Guy,

WELCOME!!

Please take time to look over all the goodies this site has to offer, some of which which Kedusha linked in his intro pkg to you.

It's all worth it.

This site is your life raft. It's the only place on the planet for frum people to break free from this addiction.

Hang with us, and enjoy the ride.

Steve.

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Re: Halacha shailah...

Posted by imtrying25 - 08 Dec 2009 23:23

Welcome welcome. I guess i wont be the only kollel guy anymore. Check this site out. Its got lots to offer. Im sure kedusha or Guard will be here soon with your welcoming package. In the meantime Chazak V'ematz.

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Re: Halacha shailah...

Posted by Kedusha - 08 Dec 2009 23:50

[imtrying25 wrote on 08 Dec 2009 23:23:](#)

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Actually, Guard authorized anyone to do the welcome. rehab-my-site.com/guardureyes/forum/index.php?topic=1135.0

But, you're right - I did it this time.

rehab-my-site.com/guardureyes/forum/index.php?topic=1336.0

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