

I am lost

Posted by לב נשבר - 23 Feb 2012 01:01

I am lost

=====

=====

Re: I am lost

Posted by gingy - 23 Feb 2012 01:09

I'm a newbie too; Post sign up day #3, and with the community and resources present, you are found.

What makes you think you are lost? Tell us your story, or read the ones here. You are among friends.

=====

=====

Re: I am lost

Posted by לב נשבר - 23 Feb 2012 01:11

i cant run arround and read so many stories.
Your not anymore!

i am offically tight in time.

i work many many hours a week.

but i am batteling like crazy and not getting anywhere

i have tried many things.

but i am lost now.

=====

=====

Re: I am lost

Posted by gingy - 23 Feb 2012 01:43

Next time you find free time, read other people's posts. You won't have the time to fall then.

Or, if you do not want to "run around and read so many stories" write down your own and post it, and post the reasons you think you aren't getting anywhere, what you have tried, where have you failed, and what you are now taking on.

=====

Re: I am lost

Posted by last - 23 Feb 2012 09:14

[gingy wrote on 23 Feb 2012 01:43:](#)

You won't have the time to fall then.

good advice!

looking for P&M takes alot of time too

decide that just today instead of falling you will read a few posts

may hashem be with you on your journey to recovery

much love

LT

=====

Re: I am lost

Posted by geshertzarmeod - 23 Feb 2012 11:15

[?? ???? wrote on 23 Feb 2012 01:11:](#)

i cant run arround and read so many stories.

i am offically tight in time.

i work many many hours a week.

but i am batteling like crazy and not getting anywhere

i have tried many things.

but i am lost now.

My broken hearted friend

welcome aboard!

HKBH never turns away a broken heart.

Your Yetzer Hara has you running around with no time just to keep you away from HKBH. Much like Pharoh wanted the yidden to be so busy that they wouldnt thinking about breaking out of mitzrayim. GYE is your yetzias mitrayim. Take a minute or two. You'll be hooked and you'll see that you do have more time, and it can be used properly.

I wish you the best, we are davening for you.

and here to help, just ask!

=====

Re: I am lost

Posted by tehillimzugger - 23 Feb 2012 16:07

Shalom! Welcome Aboard!

You obviously *want* to be helped, or you wouldn't have posted here saying, "I am lost".

Your help will come, we all got it, just KOP [Keep On Posting]!

Hoping to get to know you better,

TZ

=====

Re: I am lost

Posted by helpme! - 23 Feb 2012 21:12

shalom aleichem

if time is the issue, how about dedication 10 minutes a day to this website to help you..?

=====

Re: I am lost

Posted by ' ; ' ; ' ; ' ; ' ; - 24 Feb 2012 01:48

thank all of you for putting in time and effort to respond to my lost thread.

Yesterday I felt in deed lost. I feel LOST very often after doing again what i didn't want to do.
After finding out again that I am powerless in this area.

but today i am in my second day clean on my private 90 day chart.

I do need a lot of chizuk.

No I don't have time. its not a joke!

i work very hard!

i will come and visit for a few minutes perhaps every day.

but to read other treads is not going to be my easiest task.

who ever will be so kind to try to help me in my thread with support and chizuk i will appreciate
ey"h and bless them with the Bracha of TIZKU LEMITZVOIS ulemaisim tovim in all areas.
Umein.

=====

Re: I am lost

Posted by Gevura Shebyesod - 24 Feb 2012 04:11

You are no longer lost, you are HERE!

Use what time you have to read the handbooks, and keep posting. You're doing great so far!

Gevura!

=====

Re: I am lost

Posted by have2changeNOW - 24 Feb 2012 06:32

? ???L

Welcome Aboard! I have had that lost feeling many times, hopefully now you can feel it start to
change.

Here's a good recommendation to give you strength that takes no extra time. Whenever you are walking somewhere outside or your home, be very careful to 100% look away from women. Consciously close your eyes, keep you eyes down, turn away etc.

This should take no extra time, and will give you a feeling that you are doing something to help yourself, and could make you feel a bit better. Could also help to keep you less triggered.

Keep in touch with us, your new chevra!

Good Shabbos!

Have2changeNOW

=====

Re: I am lost

Posted by geshertzarmeod - 24 Feb 2012 07:53

[?? ???? wrote on 24 Feb 2012 01:48:](#)

who ever will be so kind to try to help me in my thread with support and chizuk i will appreciate ey"n and bless them with the Bracha of TIZKU LEMITZVOIS ulemaisim tovim in all areas. Umein.

Umein!

I'll take that bracha and send one back to you!

There's a tefillah that we say in the chazaras Hashatz of the yomim noraim

and its applicable to this weeks parsha, and to all of us here at GYE.

it appears in 2 forms

??? ?????

and

??? ????? ??????

you must see it inside to get the full beauty of the tefillah

but in short we are saying to HKBH that you have the greatest malachim ready to say your praises and yet you want to hear from us, unworthy beings made out of dirt (and unfortunately sometimes full of dirt)

But that's exactly it HKBH wants a place to be here in this world, specifically where all the physicality and garbage is. He wants a place in our hearts! He wants to hear us, yes specifically us! We who are stuck in the lowest places! He wants us! He wants you! He wants to hear your praising him! He wants to hear you call to him!

???? ?? ????? ?????? ?????

In each and every one of us. No matter where we've been what we've seen or done!

He wants us! Specifically us!

He wants you!

The doors are always open. Come home! Open your broken heart and I bless you HKBH will come in despite your past, or should I say because of your past! He wants a place in your heart!

May you feel the connection today, this shabbos, and every day for the rest of your life!

=====
=====

Re: I am lost

Posted by tehillimzugger - 24 Feb 2012 07:57

Thank You Gesher.

But I want to say something.

A LEIV NISHBAR CHODESH ADAR ? ? ? ? ? ? ? ? ? ? ? ? ? ? ? ? ? ?

[ben durdayah wrote on 07 Feb 2011 21:19:](#)

A moiradige vort that I heard this afternoon (b'sheim HaRav Geldzahler *I don't know if it's Shlit"a or Zatza"*):

The Gemara says "K'sheim shemishenichnas Av Mema'atin be'simcha, kach mishenichnas Adar Marbin Besimcha" (or something like that)

What would you do if you walked into a shteeble on the 3rd of Av and saw a group of chassidim sitting around a table eating meat, drinking wine, and listening to music?

Of course, you'd run over to them taken aback and say "Chevrah! Es past duch nisht! (*This is inappropriate behavior*) for the month of Av", and you'd show them the Shulchan Aruch where these laws are discussed.

If so, what are you supposed to do when you enter a shteeble/beis medrash/Jewish home on the 3rd of Adar and you see them walking around with the blues, shoulders down, nose drooping down to the floor etc. etc.

Obviously, you should be doing the same thing!

Of course, you'd run over to them taken aback and say "Chevrah! Es past duch nisht! (*This is inappropriate behavior*) for the month of Adar", and you'd show them the Shulchan Aruch where these laws are discussed, and maybe have a round or two of Mishe Mishe Mishe Nich Nas Adar...

Revvig up our engines,

Love all of you,

E. ben Durdayah

=====

Re: I am lost

Posted by geshertzarmeod - 24 Feb 2012 11:08

you're right TZ

but the mitziyus is that he's nishbar

questioning how he could be that way in adar

may only further depress the situation

=====

Re: I am lost

Posted by לב נשבר - 29 Feb 2012 04:23

[Gesher Tzar Meod wrote on 24 Feb 2012 07:53:](#)

[?? ???? wrote on 24 Feb 2012 01:48:](#)

who ever will be so kind to try to help me in my thread with support and chizuk i will appreciate ey"n and bless them with the Bracha of TIZKU LEMITZVOIS ulemaisim tovim in all areas.

Umein.

Umein!

I'll take that bracha and send one back to you!

There's a tefillah that we say in the chazaras Hashatz of the yomim noraim

and its applicable to this weeks parsha, and to all of us here at GYE.

it appears in 2 forms

??? ?????

and

??? ????? ??????

you must see it inside to get the full beauty of the tefillah

but in short we are saying to HKBH that you have the greatest malachim ready to say your praises and yet you want to hear from us, unworthy beings made out of dirt (and unfortunately sometimes full of dirt)

But that's exactly it HKBH wants a place to be here in this world, specifically where all the physicality and garbage is. He wants a place in our hearts! He wants to hear us, yes specifically us! We who are stuck in the lowest places! He wants us! He wants you! He wants to hear your praising him! He wants to hear you call to him!

???? ?? ????? ?????? ??????

In each and every one of us. No matter where we've been what we've seen or done!

He wants us! Specifically us!

He wants you!

The doors are always open. Come home! Open your broken heart and I bless you HKBH will come in despite your past, or should I say because of your past! He wants a place in your heart!

May you feel the connection today, this shabbos, and every day for the rest of your life!

thank you so much for your kind warm heartwarming words i appreciate every word you wroth.

i did have a great day today.

and one day at a time i hope to grow.

=====