

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

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Hi everybody,

After almost 6 months of observing this forum as a guest, I finally decided to introduce myself (...painfully shy - even in anonymity). I'm not a youngster - over 40 years on the roller coaster; so obviously my addiction started long before the internet. Like many of you, I've tried and failed over and over, but B"H never gave up. Until finally Hashem helped me discover GYE. I had a good streak of 168 days which ended this week (still not ready to say "f-e-l-l"). I am starting again be"H. The following is my 3-point plan, based on what I learned on this forum.

I am using a Mishne in Pirkei Avos to remember these 3 points:

Im ein ani li mi li - I must avoid all forms of lustful images and thoughts at all times.

Uchshe'ani le'atzmi moh ani - I must surrender my lust to Hashem and pray and ask for his help.

Ve'im lo achshav eimosai - Forget about yesterday or tomorrow - one day at a time.

Looking forward to meet you

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Re: Good intentions

Posted by Machshovo Tova - 02 Jan 2014 21:13

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A happy Rosh Chodesh to all!

As the holy sforim say, Shvat (???) stand for:

???? - Guard them

???? - Bless them

???? - Purify them

Amen!

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Re: Good intentions

Posted by tehillimzugger - 03 Jan 2014 14:29

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Re: Good intentions

Posted by Machshovo Tova - 03 Jan 2014 19:48

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[tehillimzugger wrote:](#)

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Hatzlacha

MT

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Re: Good intentions

Posted by kilochalu - 05 Jan 2014 05:01

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[Machshovo Tova wrote:](#)

[tehillimzugger wrote:](#)

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but maybe you shouldn't rush it

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Re: Good intentions

Posted by tehillimzugger - 06 Jan 2014 10:52

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HEY! you mix out

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Re: Good intentions

Posted by kilochalu - 07 Jan 2014 04:05

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sorry

you are right. I can't stop you from fantasizing.

It is up to you.

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Re: Good intentions

Posted by tehlimzugger - 07 Jan 2014 16:17

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OK, Now You got me irritated. Hope you're happy about it.

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Re: Good intentions

Posted by Pidaini - 07 Jan 2014 16:24

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Re: Good intentions

Posted by Machshovo Tova - 08 Jan 2014 02:36

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In this week's Parsha (today's Chitas ????) we read:

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And Rashi explains:

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"They just gotta keep on truckin'!"

And Rashi continues that if they trust in Hashem nothing will stand in their way.

Hatzlacha,

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Re: Good intentions

Posted by tehillimzugger - 08 Jan 2014 13:36

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Chita"s is a type of vegetable?

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Re: Good intentions

Posted by ZemirosShabbos - 08 Jan 2014 22:50

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[guardyoureyes.com/forum/13-BEIS-HAMEDRASH/6572-Parsha-Tidbits-from-Bardichev?limit=15&start=120#93262](http://guardyoureyes.com/forum/13-BEIS-HAMEDRASH/6572-Parsha-Tidbits-from-Bardichev?limit=15&start=120#93262)

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Re: Good intentions

Posted by gibbor120 - 09 Jan 2014 01:55

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Thanks for digging up that classic!

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Re: Good intentions

Posted by Machshovo Tova - 18 Feb 2014 22:07

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### **Congratulations!**

Once upon a time an elderly gentleman walked into a fancy bake shop. He ordered an elaborate birthday cake with all kinds of trimmings. He kept on insisting that it had to be decorated very lavishly. Finally, the exquisite masterpiece was completed, and the old man nodded his approval. They asked him how he wanted it wrapped and where it should be delivered. He replied, "Just give me a knife and fork and I'll eat it right here." To their amazement, he tucked a napkin under his chin and proceeded to eat the fancy cake, seeming to enjoy every little bit of it. When he noticed their astonishment he explained, "Today is my birthday, and so I'm celebrating."

The nimshal: This is my 1000th post, and so I'm celebrating. I'll forgo the fancy cake. I'll just mark this momentous occasion by declaring: Boruch shecheyanu vekiymanu vehigiyanu lazman hazeh! Thank you Hashem for bringing me to GYE, which has helped me live with more clarity and more sanity and more sobriety than ever before. No, I'm not perfect, and I don't plan to ever be. But I've B"H reached a level of satisfaction and serenity. Through the help of GYE, it's holy founder, and its choshuve members, I finally came out of my decades-long nightmare. I finally got a clear diagnosis and prognosis. i.e. I finally came to realize and accept that this is what I am - a bit strange, but that's OK. And I finally came to believe that Boruch Hashem Yom Yom - with Hashem's help, life is great and will continue to be great.

I conclude by wishing all the chevra, may you each find clarity and serenity and happiness in all your endeavors, and special success on your GYE journey.

Hatzlacha

MT

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Re: Good intentions

Posted by TehillimZugger - 18 Feb 2014 22:39

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Just a minute...

How old did you say you were, Zeidy?

I can tell you I'm happy you joined GYE!

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