

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

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

MT

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Re: Good intentions

Posted by cordnoy - 09 Sep 2014 19:55

[Machshovo Tova wrote:](#)

Parsha Perception

In this week's Parsha (Ki Savo) there are two pieces of Rashi (in the same posuk, 26,16) that seem to contradict each other:

Thanks for spellin' it out for us!

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Re: Good intentions

Posted by Dov - 10 Sep 2014 09:06

[Machshovo Tova wrote:](#)

A Great Strategy Against the YH

There is a piece in Mesilas Yeshorim (chapter 13) that relates to this week's parsha and is worth repeating:

Our sages teach us regarding lust, that one who sees a degraded Sotah should stay away from wine. Note that this is a great strategy for a person, so that he may save himself from his evil inclination. For when one is in the throes of the sin, it is difficult for him to control and subdue his desires. Therefore, when he is still far from the sin he needs to continue keeping himself at a safe distance. This way, it will be harder for the YH to get him close to the sinful act.

Hatzlacha / Shabbat Shalom / Gut Chodesh

MT

All beautiful. Wine is mutar, no?

OK. So if anyone here is serious about putting this Torah eitzoh into action, let's please have it right here:

Can anyone list a couple of real things that they have been regularly staying away from even though they are essentially mutar (or at least 'not that bad'), for the sake of their staying clean?

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Re: Good intentions

Posted by Machshovo Tova - 10 Sep 2014 18:13

Following is a (partial) list of thing I have been regularly staying away from be"H even though they are essentially mutar:

1. I do not use the internet unless it is absolutely necessary , e.g. no news, entertainment, etc.
2. I do not use a phone/gadget that can access triggering images.
3. I do not read secular newspapers or magazines that may have triggering images.
4. I do not touch myself from the waist to the knees unless absolutely necessary.
5. I do not watch movies, even clean ones.
6. Etc.

And B"H it helps my staying clean.

MT

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Re: Good intentions

Posted by Shmeichel - 10 Sep 2014 18:16

amazing will power

but be careful, as long as there is a possibility to go wrong

even if you absolutely dont want to

you are still in the danger zone

be wise and install a proper foolproof filter

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Re: Good intentions

Posted by cordnoy - 10 Sep 2014 18:30

Mr. Shmeichel,

Please identify who you are respondin' to.

And if you're talkin' to Reb Machshovo Tova ha-Zeidy she'b'GYE, kindly show some more respect please.

He can teach you, I and others a thing or two.

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Re: Good intentions

Posted by Shmeichel - 10 Sep 2014 18:32

you are 100% right

i apologize

i have'nt been here for a few years

but i am still smiling

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Re: Good intentions

Posted by cordnoy - 10 Sep 2014 18:35

no problem

keep smilin'

I wasn't here yet when you were here last.

Why would you tell M"T that he needs a filter?

I have a kasha on your first post on a different thread, but I will hold off.

b'hatzlachah

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Re: Good intentions

Posted by newaction - 10 Sep 2014 18:53

I do the same as M Tova in points 1,3, 5.

i told my wife not long ago that i want to go just to such and such restaurant that the waiters are all males. (i reside in E.Yisrael).(i know you can argue about it)

i stop altogether listening to any Goishe music even without words. (so far classical music excluded).

i am starting to develop a new addiction though which is GYE Forums --NO JOKE--

i learned a lot but i have to learn to choose between them, i spend hours in the computer only reading forums . its a problem , B"H a healthy one.

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Re: Good intentions

Posted by Shmeichel - 10 Sep 2014 18:53

i am hungarian not romanian

and in chungarry we speak strait language

sorry

should i delete my first post?

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Re: Good intentions

Posted by cordnoy - 10 Sep 2014 18:57

[Shmeichel wrote:](#)

i am hungarian not romanian

and in chungarry we speak strait language

sorry

should i delete my first post?

Mr. Shmeichel....

I believe you are respondin' to me, but from what I wrote in a different thread.

It is gettin' kinda confusin'.

you can use the quote button, located on the bottom right of the postin' box.

I don't see a reason to delete any of your posts.

and regardin' straight language, just ask what you don't understand.

thanks

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Re: Good intentions

Posted by Shmeichel - 10 Sep 2014 19:07

[Machshovo Tova wrote:](#)

Following is a (partial) list of thing I have been regularly staying away from be"H even though they are essentially mutar:

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5. I do not watch movies, even clean ones.
6. Etc.

And B"H it helps my staying clean.

MT

excellent!

sorry for interrupting before

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Re: Good intentions

Posted by AlexEliezer - 10 Sep 2014 19:36

Welcome back Shmeichel!

Glad to see your teeth are holding up.

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Re: Good intentions

Posted by gibbor120 - 10 Sep 2014 20:24

Wecome back! How have you been?

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Re: Good intentions

Posted by Shmeichel - 11 Sep 2014 00:25

hi boys

nice to see you

i am b"h fine since

came a long way with all your help

how are you doing ???

r u still shtalzemfeegen, woodfording, possumming?

or now its a complete new theme?

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