

hello,im new to this program

Posted by needhelp101 - 03 May 2012 22:36

hello,im new to this program, and unfortunately i am drowning in my sea of averios. i have always wanted to stop this terrible sin of wasting seed but my yetzer hara always gets the best of me,But on the other hand im glad i joined this program because its a start and its almost the end..

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Re: hello,im new to this program

Posted by tocontrolmyself - 03 May 2012 23:06

i was in your position 2 weeks ago...you dont specify your problem exactly so its hard to help(e.g. do you have access to the worst of the internet or do you already have a filter).personally iwas being motzi zera le vatolah basically every day and now 2 weeks later im 8 days clean...best run in 1 and a half years....

HOW DID I DO IT???

basically started with basic kabala like this....every time i intentionally begin to arouse myselfby whatever ...the next day i have to say however many kappitelach tehilim(i did 40)and whos got that much time on any given day and if i dont do the tehillim then i must give a significant sum of money to tzedaka(i give the tzedaka on tnai lechatchila if i fall and dont say the tehillim) .so..who wants to part with their money so fast...

I fell, once said the tehillim and 'i havent looked back'.

Additionally i joined a call group for the 12 steps.was hard to start but is brilliant. its good for stopping lust and generally..

GO ON AND AND START LIVING THE REAL LIFE!!!!!!!!!!!!

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Re: hello,im new to this program

Posted by mifatfait - 04 May 2012 07:38

NeedHelp,

Welcome.

Soon the experts here will give you some real advice, but in the meanwhile try to take it slowly, to stay clean one day at a time. Slow and simple, that's the name of the game.

Your Friend,

MB

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Re: hello,im new to this program

Posted by Machshovo Tova - 04 May 2012 14:01

Sholom aleichem NH!

Take my word (and then prove it on your own) - finally there is hope, and it's called GYE. Stick around, read the handbook, read the posts, keep on posting, and be"H you'll see the light shining brightly at the end of this dark tunnel.

And as Moshe Rabbeinu told his shver:

?????? ?????? ?? ?????? ??? ??? ?' ????? ??? ???

We [at GYE] are journeying towards the destination which Hashem said, "I will help you attain that level [of Kedusha/recovery]

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

Please join us, and we will share our good fortune with you.

"Thank you for choosing GYE, and have a successful journey."

MT

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Re: hello,im new to this program
Posted by tehillimzugger - 04 May 2012 14:18

[Machshovo wrote on 04 May 2012 14:01:](#)

Sholom aleichem NH!

And as Moshe Rabbeinu told his shver:

?????? ?????? ?? ?????? ??? ??? ?' ????? ??? ???

“Thank you for choosing GYE, and have a successful journey.”

MT

MT, we at GYE interpret that passuk to mean "We are trucking to Hashem's destination"- we don't look back, we KOT [keep on trucking]

oh and by the way "need help 101"- you'll get it, stick around here- it's a wonderful place!!!!

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Re: hello,im new to this program

Posted by Machshovo Tova - 04 May 2012 18:13

[TehillimZugger wrote on 04 May 2012 14:18:](#)

Sholom aleichem NH!

And as Moshe Rabbeinu told his shver:

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Mein tayer kind (or einikel), TZ:

Yodati bni yodati, I read and chapp the lingo around here, but when you reach my age (quite

over the hill, biz 120), you will also opt for a senior scooter instead (do they come with monstuh wheels?).

BTW mein kind/einikel, when Zaidy was young, we used the trolly and push-carts (oy did they make a racket!).

Bottom line is like Dr. Suess would say, "Marvin K. Mooney, you can go by plane, you can go by train... Just keep (whatever)ing".

Thanx for bearing with me (as this week's Parsha says - Respect your elders),

Shabbat Shalom

MT

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Re: hello,im new to this program
Posted by Gevura Shebyesod - 04 May 2012 19:45

Hi MT.

Try here: <http://www.monsterscooterparts.com/mobility.html> ;D

Good Shabbos and KOMS!!!!

Gevura!

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Re: hello,im new to this program
Posted by emunah17 - 13 May 2012 16:30

it is very difficult for me to keep on posting i rate my recovery on how much i post it has not a lot to do with sobriety but with inner attitudes and the guys on this sight are the ONLY ones who can restore us too sanity you'll see the best place in this world is here talking with these "balei

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Re: hello,im new to this program
Posted by happyjew - 15 May 2012 16:06
tshuva"

[tocontrolmyself wrote on 03 May 2012 23:06:](#)

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i hear what ur saying but why doesnt ur yetzer hara tell u not to say it or not to pay? i mean if it can get u to look which is the worst...y cant it tell u to just not say the tehilem or pay? this is y im afraid of making any neder or wtvr

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Re: hello,im new to this program
Posted by tehillimzugger - 15 May 2012 16:30

[happyjew wrote on 15 May 2012 16:06:](#)

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It depends. Does your YH make you surf the net on shabbos? why not?

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Re: hello,im new to this program
Posted by happyjew - 15 May 2012 16:44

bec in my head chillul shabbos is out of q...but to not say a few perakim of tehillim? eh who cares..its not as bad as looking on shabbos...

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Re: hello,im new to this program
Posted by tehillimzugger - 15 May 2012 16:46

Our problem is that we can't reprogram our heads with regard to porn- our heads are damaged, but if we never transgressed a shavua [to say tehillim] there is no reason to start transgressing shavuos now....

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Re: hello,im new to this program

Posted by happyjew - 15 May 2012 16:49

but a shevua is not so chamur in my head like shabbos

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Re: hello,im new to this program

Posted by mifatfait - 15 May 2012 19:49

only by a shevua does the Torah say:?? ?? ????? ?' ?? ?? ??? ??? ?? ??? ????.

But Shabbos is kares, so there both pretty heavy.

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Re: hello,im new to this program

Posted by E-Tek - 15 May 2012 19:57

[happyjew wrote on 15 May 2012 16:49:](#)

but a shevua is not so chamur in my head like shabbos

One of my Rebbeim said, when we started learning Maseches Nedarim/Shevuos, that saying a Shevua B'Sheim is like comparing your word to Hashem's existence- that what you are saying is AS TRUE as Hashem. Meaning, no half-truths, misrepresenting or stretching, and of course no white lies, because Hashem is as true as truth gets.

It's a serious thing to say about a statement, which is why many people are scared to say any shevua at all.

Hope this helps you take it seriously.

By the way- Shabbos is a statement about Hashem's existence, too- they are similar.

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