

Hello I'm new here

Posted by yishmoreininow - 09 Apr 2014 18:28

Hi all. I didn't think I would need this forum but since I went back on Facebook for business it's been tough. I am deliberating if HaShem jut is testing me to see if I'm gonna stay on FB and having to keep dodging the shmutz and un friending anyone who posts such things or will I just deactivate my account? It's a tough decision because I'm part of a group that helps my business. Any thoughts?

Thanks

YEN

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Re: Hello I'm new here

Posted by cordnoy - 09 Apr 2014 18:50

Welcome,

Work, Facebook, the streets, Life, Internet, etc. are all part of our daily struggles.

Action must be taken.

Only you know your issues and your triggers.

b'hatzlachah.

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Re: Hello I'm new here

Posted by gibbor120 - 09 Apr 2014 19:08

WELCOME YEN! It's hard to say anything based on a few sentences of a post. Why don't you tell us more about your struggles? What type have you had? How long have you had them for? Is this a relatively small problem or a huge one?

FB is definitely bad in general, and should be avoided if at all possible. It's difficult to keep "dodging the shmutz". How much does your business rely on it? What would happen if you did give it up?

Keep on posting.

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Re: Hello I'm new here

Posted by pischoshelmachat - 09 Apr 2014 19:11

Hi Yishmoreini,

It's amazing how what is normal life for a regular citizen is a barrage of incoming missile fire for addicts like me.

The only thing i have found works 100% of the time, ONLY IF I DO IT, is keeping is close contact with friends like you.

We all care about you daven for you and will work together one day at a time and we will be misgaber by allowing HKBH to be misgaber for us.

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Re: Hello I'm new here

Posted by yishmoreininow - 09 Apr 2014 19:13

basically every time I go on there I look around for the other gender and scroll through pics. talk about triggers, I recently went to buy a phone and the rep (not white!) was kinda being seductive and when I left the store she stuck out her hand and I shook it (not new for me, a

different discussion) and I held it for a few seconds. Seems like aveira goreres aveira! So i'm working hard on shmiras einyanim but I keep on struggling. Hope that helps.

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Re: Hello I'm new here

Posted by gibbor120 - 09 Apr 2014 19:21

Have you read the handbook? It's a good place to start. I have a link to it in my signature.

Is the facebook thing the beginning and end of your problem? How long do you spend looking for pics? What kind? General non-tznius, or are we talking pornographic?

I'm not trying to be a pain, but sometimes people come here saying they have this "small problem", and after some prodding, they reveal that they have a much bigger problem than they let on.

If your only problem is FB, and you can get rid of it without much difficulty. Just do it, and move on.

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Re: Hello I'm new here

Posted by yishmoreininow - 09 Apr 2014 19:21

thank you very much for your encouraging words. it's weird that as I was posting this I felt the urge to go on FB and search for someone and then it was downhill, but BH nothing really explicit. I also occasionally watch provocative movies on phone and online, not something I ever really did since being married. The way I see this is it's very hard to be perfect everywhere but I don't want to "limit this aveira" to online.

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Re: Hello I'm new here

Posted by cordnoy - 09 Apr 2014 19:33

[yishmoreininow wrote:](#)

So i'm working hard on shmiras eiynanim but I keep on struggling. Hope that helps.

"Hopin'" never helps....actions help!

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Re: Hello I'm new here

Posted by yishmoreininow - 09 Apr 2014 19:36

personal nes in Nissan. Just by starting on this forum I have deactivated my FB account. Baruch HaShem. tahnk u all for your support! We should all be zoche to the geulah shleima for the klal and prat.

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Re: Hello I'm new here

Posted by yishmoreininow - 09 Apr 2014 19:37

personal nes in Nissan. Just by starting on this forum I have deactivated my FB account. Baruch HaShem. thank u all for your support! We should all be zoche to the geulah shleima for the klal and prat.

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Re: Hello I'm new here

Posted by yishmoreininow - 09 Apr 2014 19:39

absolutely correct thanks for ur timely comment. now back to avodas HaShem bishleimus

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Re: Hello I'm new here

Posted by yishmoreininow - 09 Apr 2014 19:43

I started reading it very good stuff. BH

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Re: Hello I'm new here

Posted by dms1234 - 09 Apr 2014 22:54

WELCOME!!!

Its great to have you and good work on deactivating!

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Re: Hello I'm new here

Posted by yishmoreininow - 10 Apr 2014 00:49

thank u. it wasn't easy but I feel free now. Wow!

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Re: Hello I'm new here

Posted by gibbor120 - 10 Apr 2014 19:14

MAZAL TOV! Great news!

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