

Freedom

Posted by yiraishamaim - 03 Feb 2015 05:17

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I have just finished the 90 day journey!

Having struggled with this challenge for 15 years on and off I am well aware that it is a lifetime battle. I know I need to avail myself of more of that which GYE has to offer. I just want to take the opportunity to thank the organization for all it does for me and countless others. I feel that I am moving steadily in the right direction with others who are striving for a healthy moral and meaningful life. Thank you! Thank you!

" I have been transformed from a hungry frightened insecure animal to a very cautious proud free man"

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Re: Freedom

Posted by newaction - 13 Feb 2015 04:27

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My friend Yiras each and everyday is a milestone !! KUTGW !!!

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Re: Freedom

Posted by yiraishamaim - 13 Feb 2015 19:03

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Yeah I really do care. I am like a little boy running to tap the spot that says I am still clean. I want that mitzvah note. Ha ha! I guess whatever works.

I have read the chizuk you all give me and you should know, it truly helps.

Thank you.

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Re: Freedom

Posted by long breaths long days - 13 Feb 2015 21:05

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Funny how tapping that little option can be so motivating, yeah?

Every hour's precious, even at 100.

ESPECIALLY at 100. Keep it up!!!

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Re: Freedom

Posted by neshamaincharge - 15 Feb 2015 03:01

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[viraishamaim wrote:](#)

Sometimes a few times a day...just feels good

Yeah I really do care. I am like a little boy running to tap the spot that says I am still clean. I want that mitzvah note. Ha ha! I guess whatever works.

I have read the chizuk you all give me and you should know, it truly helps.

Thank you.

I so relate!

It's a highlight of my day when I check GYE to connect with the chevra and click that button. I really don't care how silly it is, because it's working for me.

The ripple effect of making better choices has spilled over into areas of parnassa, eating properly, and of course shalom bayis.

In the six months since I started with GYE, my life is immeasurably better in so many ways. It's

I'm sure that Hashem was always showering me with bracha, I just didn't have the eyes and ears to absorb it.

May Hashem continue to shower us all with bracha and hatzlacha in all areas of our life!

makes a big difference when you actually believe what you're saying in davening.  
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Re: Freedom

Posted by shomer bro - 15 Feb 2015 03:04

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Amen! You rock bro!!

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Re: Freedom

Posted by yiraishamaim - 15 Feb 2015 03:31

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Great stuff guys. I see that we share in what motivates. I am glad that nesh has found success may we all be able to claim the same soon. As for serenity you said if I can do 100 and can do 1. That is a point I want to keep with me always. Cause our score of days should be used really to motivate ourselves every moment.

Let's all have a terrific week!

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Re: Freedom

Posted by serenity - 15 Feb 2015 03:40

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Thanks guys for all the positive vibes and chizuk in these posts!

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Re: Freedom

Posted by cordnoy - 15 Feb 2015 17:39

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Keep up the great work; whatever works, work it! For you are worth it!

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Re: Freedom

Posted by yiraishamaim - 17 Feb 2015 03:39

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I noticed something interesting lately. I enjoy world news - seems harmless enough. doesn't it? yet noticed I was being drawn to the stories of how ISIS was abusing women. Or how in Nigeria they are kidnapping young girls. Clearly someone wants to slowly - or not so slowly get my mind going in a potentially dangerous direction. one thing leading to another.

May G-d help us all stay alert and on our game.

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Re: Freedom

Posted by neshamaincharge - 17 Feb 2015 04:31

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[yiraishamaim wrote:](#)

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May G-d help us all stay alert and on our game.

Good for you! I can't tell you how many times my falls were precipitated by just that type of thing

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Re: Freedom

Posted by yiraishamaim - 17 Feb 2015 05:00

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Thank you. It helps to know that others have similar experiences.

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Re: Freedom

Posted by Shmeichel - 17 Feb 2015 14:50

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oh yes

those innocent sites and adverts or news

are the perfect trap for me

therefore i avoid them

i dont even look at the adverts on the buses or on the billboards

i dont even check to see "maybe they are kosher"

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Re: Freedom

Posted by yiraishamaim - 17 Feb 2015 14:54

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Now I see the one of your secrets of your success. Its time I do the same.

Thanks Shmeichel

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Re: Freedom

Posted by yiraishamaim - 17 Feb 2015 15:11

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One thing I see from Shmeichel and others that need to be sober is so valuable that a person must be willing to be moser nefesh in many ways. If I need to get rid of enjoyable hobbies like world news - so be it.

I only know too well how many hours have been wasted on it with the excuse I deserve some down time. Time to learn more. I have more Chaishek now anyway.

Now -Something **nice** to share with you. I am a little shy by nature and during the years I was deep in the shmutz I was afraid of looking people in the eye at times. I felt my occupation could be somehow seen through my eyes. I felt I simply lost some Yidishe Chain. Lately that's been changing. I look directly at people- eye to eye contact.

Of course-I know I am really still a beginner and always a recovering addict but the self-

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confidence that I starting to get back is sweeter than sweet.