

First pangs

Posted by Kollel Guy - 10 Dec 2009 01:05

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OK, so im good for two days now, before that - a week, before that - i fell a couple of times within a week, and before that - 39 days.

Now, earlier today i was so happy, bec i was sure that after finding gue - my problem would be solved. I was convinced that these eyes would never again view the things it previously had.

About 5 mins ago, for the 1st time since finding the site, i started getting the 'why don't you' feeling again. Don't get me wrong, I'm not saying I'm about to fall again c"v, but I would like to know from those who have had success before, what is the correct way to deal with the first pangs? Do i chase them away angrily? Do i ignore them? Do i say shema? Do i learn some reishis chochmah? Do i have a little sa meeting in my head? Fill me in here please!! I can't afford another fall - i'm pushing 25 and married!! And besides, I really don't want to go thru the down again...

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Re: First pangs

Posted by Ineedhelp!! - 10 Dec 2009 01:43

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Hey Kollel Guy,

Not sure what you mean but you can email me at [Yiddle2@gmail.com](mailto:Yiddle2@gmail.com) and we can chat there...

-Yiddle

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Re: First pangs

Posted by Tomim2B - 10 Dec 2009 02:04

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Hey Kollel Guy,

G'luck,  
I censored myself (for language) and decided to reply via PM.

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Re: First pangs  
Posted by Noorah BAmram - 10 Dec 2009 03:39

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Sweet sweet dearest Kolel Man,

One of the fundamental rules here are not telling anyone what to do or what not do, rather we "share" what works 4 us.

For me, without the strongest no-nonsense filters (with someone else holding the password, of course) I wouldn't last long at all, and I dare say that I probably speak for most of us here on the forum in this respect.

Ck out the GYE filter page

In short, the filter spares me from the constant distraction of those "first pangs" that you

If I were u, I would forget the Reishes Chochma for now;)

The GYE attitude handbook will have to suffice as our Reishes Chochma for the time being!

With tremendous love and respect to brother warrior

Noorah Hakutan

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Re: First pangs

Posted by the.guard - 12 Dec 2009 22:11

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what is the correct way to deal with the first pangs?

Withdrawal symptoms are common with any addiction. Read the stories on our site and see where these things lead to. This will give you strength to be strong and not go back!

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