

I'm newI hope I came finally to the right place
Posted by ulay-yachus - 25 May 2011 20:34

Shalom!

I will start that I'm a native Israeli' and that is why my English isn't so good....so I guess you will see many many mistakes...what can I do?

Ok ' so I found this site at Pesach' and was soooooo happy! at last' I found a place that I can be there and share and hear from others[The only problem here' that I need something like that' in Hebrew' and the Hebrew forum here is died....and the only Hebrew site I know is ATZAT NEFESH, but I found this site is much more helpfull for me]. I just came to a point where I can't continune any more...I'm 35 years old' father of 5 lovely kids. I have learned in a Yeshiva for years, and also got a Smicha [I use Hebrew words, I hope you will understand me] , I teach Tora, and try to serve Hashem, as much as I can.....but as I talk to him, I tell him, HTZ"L is my main problem in Avodan Hashem....for 22 years I have tried and tried but it just didn't work! Lately' I thought to my self going throw 12 steps recovery group, but I have few problems with that : 1) what shell I tell my wife? 2) The truth, I'm ashame [MITBAYESH] to be with others' and although the gmora on kidushin says, about that Rav who saied , I prefer being MEVAYESH my talmidim in this world and not in the next world....It's difficult.

Anyway' I red the handbook, and I really got new advices! I read the e- mails' each and every day, and get a real chizuk! I have srtated my journey for the 90 days, for now I got to 29 days!! I have never got so many clean days! I used to mastrabte at least 3 times a weak, there were weeks , that I did it for 7 times a week. I just can't belive it , that with g-d help, I have 29 clean days.

I make a Neder, that if I use porn , I will pay 3,000 nis[New Israel's Shekel] for tzdoka, I make this Neder at Shabat, and I say that it is only for 1 week, until the next shabat. The reason I do that is , that at shabat and Friday, I don't do these sins [for years] so shabat is a time when my soul is high, and the mind can control the body. At the last Shabat ,I found it very tough, to make the Neder, like my brain said to me : "What?! for the whole week you will not be able to get any relief? What will happen if you will feel bad about yourself, or be in stress, what will calm you?!" The last week was not so simple, and this is why the Yestzer Harar got to talk to me so hard! He may be fulish and old, but he defantly[bevaday] has his weapons.... ok so thats's my story for today....I wish I can continue , but I have to do some other things now... Thak's alot!!!! You are raelly great.... [My **real desire** today is to come to the Yomim Noraim, when I am clean for months....

I hope for all of us, just all the good in the wold, Bezrat Hashem....

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Re: I'm newI hope I came finally to the right place

Posted by jack - 14 Jun 2011 18:26

dear ulay - i was addicted for more years than you are on this earth.i'm only telling you this so you don't feel bad.it is not an easy task you are undertaking - but the rewards are phenominal.dont do it alone - come to this forum often.you will get support.you can't climb a mountain without help from other human beings.it's going to be tough - as you know already.but fight it out - the rewards will come later, not right away.in the beginning, you'll see no rewards - only withdrawal anxiety.but after 90 days, you'll begin to feel better.

see jack's recovery story to see how hard it was for me in the beginning - it was absolute torture.it is much easier now, and i feel much better to be free.

hatzlacha raba, chabibi!

jack

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Re: I'm newI hope I came finally to the right place

Posted by Dov - 14 Jun 2011 20:30

AMEIN to that!

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Re: I'm newI hope I came finally to the right place

Posted by ulay-yachus - 14 Jun 2011 22:28

Bs"d

I hope that one thing is really getting better , my English, I think that since I had been a young bochur, I haven't red and wrote so much English....

I am very grateful about all the things you guys write to me, and I have no idea how, here I'm with 50 days clean...Hasdey Hshem!! I do have hard times, I guess, my hard times are something like 2 days a week, and they have a connection [usually] to bad feelings.

Jack can you send me a link to your story? I couldn't find it, and I would like to read it.

Today I didn't feel the lust, but I pray for tomorrow, when I need to be a lot, at the streets, I will

Dov, I think you right about getting a freind who is a real sobbor, who can guide me.

Tov, I'm in a rush.

kol tuv

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be able to look only on birds kids and the blue skys.... :

Re: I'm newI hope I came finally to the right place

Posted by jack - 15 Jun 2011 17:12

dear ulay - i'm sorry but i dont know how to do that.look in the recovery stories on guardureyes.org. i think it might be there.or when you first open guardureyes.com, you get the stories also.

i'm a batlan, what can i say?

jack

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Re: I'm newI hope I came finally to the right place

Posted by jack - 15 Jun 2011 20:20

and also see the story about the guy whose wife got pregnant and had to wait 6 weeks and didn't know what he was going to do and called r twerski - an unbelievable story.also see the

recovery story of the guy who took a drive for 7 hours and turned his life around.and of course,
look at all the other stories - you will see you're not alone

jack

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Re: I'm newI hope I came finally to the right place
Posted by Dov - 16 Jun 2011 20:42

I suggest not worrying about tomorrow at all. It sounds nice to daven and worry about tomorrow,
but really we can only daven for today, today. Each day has it's own din, right?

From a recovery point of view, though, the ikkar really is living right in my next step. Not trying to
live right in the step that I will take in twenty steps from now.

I cannot eat an extra dinner that will let me not eat dinner tomorrow night, right? I cannot go to
the bathroom now, for tomorrow. I cannot breathe extra now, for tomorrow.

Give up on tomorrow today. Live **today** with Hashem (for Whom there is not today or
tomorrow!)....and when tomorrow comes, you will be better equipped to live for it tomorrow.

The only insurance you can buy for living *tomorrow* right - the **only** kind - is living today right,
be"H. Period.

One day at a time. Asher anochi metzav'cho **hayom**...al levovecha.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 19 Jun 2011 20:14

Thank you all for your chizuk!!

I'm still clean, chasdei hashem. Today I'm on my 55th day....but today, was such a hard hard day, unless I made the shaboth neder, I guess I would be acting out by now.....I was so nervous [again my English ...I know I didn't spell it right]' and couldn't do anything in order to clam...the only thing I could think about is m*. I got into this MADHIM [hebrew word] site, and got a great chizuk, while I red Jack posts, in his journey at the first 90 days....The idea that I just need to give this urge wave to pass, and not to be in a debate with it, was [I think] what I needed to hear.....now, I'm feeling that the sea is getting down, and the waves aren't so dengerous....I hope so.....Thanks Jack!!! You helpded me a lot, at least today....

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Re: I'm newI hope I came finally to the right place
Posted by jack - 20 Jun 2011 18:45

dear ulay, (mind if i call you ulay?) did you read those recovery stories? some of those stories started out much worse than ours did.also, if i help you today, and someone else helps you tomorrow, and someone else helps you the next day, what's bad? hey, i got an idea! maybe each one of us should have 365 people we can call, one for every day of the year? (one extra for leap year). or, we could go by the lunar year. that way, we would need only 354 people, except in a leap year when we would need about 384. reb guard, do we have enough people on this forum for this idea? (oh, i just realized, this post belongs in the just having fun thread).yes, having fun is important, too.\

by the way, dov, when i was walking to shul this past shabbos, i felt your energy reaching from wherever you are to wherever i am (i dont know sometimes)

love all of you, jack

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Re: I'm newI hope I came finally to the right place
Posted by Dov - 21 Jun 2011 04:49

My doctor did say that for some reason I am prone to having Theta wave bursts, at times. He says it may be because my mother dropped me in a Jeffreys Tube as a child while we were on the Enterprise.

Live long and prosper, amigo.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 21 Jun 2011 21:10

I can't belive it! HASHEM THANK YOU A LOT!!!!!! I'm on my 57th day, and the day is almost gone.....

How can it be?!

Thank you all !

I still have struggle, but the fact is that, hasdey hashem - I'm clean for about 2 months...

Hshem, please, let me be clean for the next month...[and the month after, and the month after and the month after and the month after....]

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Jack, ulay tikra li ulay?

Re: I'm newI hope I came finally to the right place
Posted by jack - 22 Jun 2011 15:16

the struggle never completely goes away.but you are not alone - we are all here to be together with you in your (OUR) struggle. yes, it is OUR struggle - because ALL jews are connected. but remember, you have to be by yourself at some point, so just think of us at those times.

every day, r' guard does it again! what made him do this for us? we're not his immediate relatives! but he knows we are all related, after all. we all come from the same holding place in shamayim!

as dov said to me - KOT (keep on truckin')

jack

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 23 Jun 2011 23:24

Thanks Jack!

The 59th day....

I hope that Hashem will help.....I'm a bit afraid.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 23 Jun 2011 23:32

I had to go to a wedding tonight, which is something, which brings me lots of Nisyonot and fallings....I was about to go there, and my thoughts were : "Ok' it's all over, tonight you are going to fall, since you really can't beat the YEZTER at a wedding! That's not for you.

BUT I was there, and although there were some "problems" with looking where I shouldn't, it almost done nothing to me.

I can't belive it, but it's true....maybe it means, that there is a hope....hashem yazor...

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Re: I'm newI hope I came finally to the right place
Posted by shteighecher - 24 Jun 2011 15:18

There is definitely hope and things are getting much better with Hoshem's help. But, don't make the mistake of becoming over confident. Just continue to be very careful and pray to hoshem that he should continue to help you.

Keep it up. One day at a time. We are so proud to have you in our team.

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