

jack-veiter

Posted by jack - 01 Sep 2011 12:49

hello all, i am starting a new thread for myself - to symbolically say goodbye to the 'old' me.in other words, out with the old, in with the new.what better time than at rosh hashanah - may the old year and its curses end, and may the new year with its blessings begin.ameyn.

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Re: jack-veiter

Posted by jack - 26 Mar 2012 17:08

i took another step - i threw out some old movies of mine.but i'm still holding on to my favorite - can't seem to part with it.

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Re: jack-veiter

Posted by ZemirosShabbos - 29 Mar 2012 19:55

Good going Jack!

keep doing mitzvos!

here are some ideas:

www.guardyoureyes.org/forum/index.php?topic=4579.msg135133#msg135133

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Re: jack-veiter

Posted by jack - 02 Apr 2012 16:06

i have one more movie that i can't part with - guard told me to save it for the biur chometz fire on

ervev pesach.do you realize what will happen if i throw this last movie out? it's the last trace of hollywood left in my house (i wont talk about my secular music).

in other news: just some thoughts that are in my head now: the world of sin beckons us.it wants to pull you in.and then you know what happens when you fall on your face? they laugh at you, and they dont help you to get up.they wait for the next victim to laugh at.lo chain nasata Hashem Elokecha - kol yisrael arayvim zeh bazeh.here at GYE people will help you up, and will not laught at you if you fall.

where would you rather be? out there in the cold world of sin, where people couldn't care less about you, or your wife, or your zees children, or your Torah laws, etc.or would you rather be here, in a safe environment, where people DO care for you and your families? remember that person (dont remember who) who needed to be tested for disease? well, I remember how everyone pleaded with him to get tested and NEVER do that again.we dont even know who we're talking to - yet we know he's our brother or sister.

Thank you reb guard!! for giving us this wonderful place that we can call home!

jack

ps. as always, i am talking to myself, and thinking out loud. there is no way i would ever tell anyone what to do.

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Re: jack-veiter
Posted by Gevura Shebyesod - 11 Apr 2012 14:20

It's getting really lonely here...

C' mon, there's plenty of empty seats on the Monstuh bus!!

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Re: jack-veiter
Posted by jack - 15 May 2012 15:22

from a psychological standpoint, addiction seems to be related to obsessive compulsive

dsorder.michelle told me that obsession is in the mind, and compulsion is the obsession carried out in deed. although not all therapists know about addictions, they SHOULD know about treating OCD.OCD is a safety mechanism.maybe, just maybe, if we treat our OCD, it can help us. sound reasonable?

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Re: jack-veiter
Posted by jack - 22 May 2012 18:25

tell you one thing - without the internet i would have never found recovery!

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Re: jack-veiter
Posted by Kedusha - 22 May 2012 20:14

[jack wrote on 22 May 2012 18:25:](#)

tell you one thing - without the internet i would have never found recovery!

Without the internet, Jack, you would not have needed recovery!

(I'm joking - I know that's not true in your case).

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Re: jack-veiter
Posted by Blind Beggar - 22 May 2012 21:23

[Kedusha wrote on 22 May 2012 20:14:](#)

tell you one thing - without the internet i would have never found recovery!

Without the internet, Jack, you would not have needed recovery!

(I'm joking - I know that's not true in your case).

Not true in my case either. I was fantasizing and masturbating for decades before I used the Internet and I only stopped when I found <http://www.guardyoureyes.org/forum/>

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Re: jack-veiter
Posted by jack - 23 May 2012 14:04

right - my thing was video stores with viewing booths or movie theatres (not many theatres left where i live).by the way, a video store just opened 10 minutes away from where i live - just my luck.and no, they don't sell uncle moishy videos!

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Re: jack-veiter
Posted by jack - 23 May 2012 14:18

my shmiras eynayim still suffers.i can't control my eyes! i guess i'm not ready yet.i already feel like i lost my whole life (po** & ma**) , now to lose even more (looking)!

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Re: jack-veiter
Posted by shteighecher - 23 May 2012 15:47

Jack.

I always think of you. when i started here over a year ago, i read your 90 day history in detail on the old, old website. You truly inspired me, i keep on saying to myself, if Jack could make it, i can too. When i feel weak, i think of Jack. When my torah learning or dovening are not as i wanted after being over 1 year clean, i think about jack, he wrote somewhere that it could take about 3 years.

Kepp on trucking.

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Re: jack-veiter
Posted by jack - 23 May 2012 16:02

thanks.i'm glad i can be of assistance.now i need more - i have to learn how to throw away the rest of my past I already threw out all my hollywood movies.r' guard told me a long time ago, shmiras eynayim will be even harder.wow - how can you get harder than throwing out the porn?! what will be left of me? i know, i know, the REAL me.but that's just in the head - i've got to FEEL it, FEEL it.

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Re: jack-veiter

Posted by ZemirosShabbos - 24 May 2012 16:48

Jack, i've got some profound wisdom to share

ready or not here comes:

Jack! Veiter!

'nuff said

keep up your great work

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Re: jack-veiter

Posted by jack - 25 May 2012 17:26

i hear, i hear.i'm a little scared to take that 'final(?)' plunge.is there a final plunge? i'm scared to give up the entire being of who i was for my entire adult life from age 11-53..on the other hand, i've come so far.on the other hand, it's terrifying.you know what that would mean? if i stopped looking? if i took away my last vestige of feeding my lust?

if anyone really pushes me, i might just listen..

jack

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