

hello everybody!

Posted by tehillimzugger - 09 Oct 2011 10:47

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Chevra. It took a neila but i'm here now and here to stay!

I'chaim

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Re: hello everybody!

Posted by tehillimzugger - 06 Mar 2012 13:00

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When

Shall I be released?

From the limitations

Of expectations,

Dashed hopes.

Undo the clasps

Cast the shackles...

Bob Dylan said\*

"I say my light's gon' shine then

From the west unto the east

Any day now,

I shall be released."

I wish not for the west

Or east

When my light's gonna shine

When I shall be released

It shall only shine upon

Me.

\*Thanks Zemmy for [this link](#).

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Re: hello everybody!

Posted by ZemirosShabbos - 06 Mar 2012 17:38

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Re: hello everybody!

Posted by tehylimzugger - 12 Mar 2012 12:30

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## **OFFICIAL OFFICIAL OFFICIAL POST**

I just read through this entire thread from the beginning to end <sup>[10 pgs. on ordinary computers, 3 on Gibbor's]</sup>, what sould I say, I started after Yom KiPurim, I believe that now after Yom Purim [still haven't arrived at 90] it's about time I finally start taking this thing seriously. This is about 90 days, not about Alice in Wonderland and Matisyahu, so I decided to start posting less, start being on the internet less, and start recovering more...

**Day 7**

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Re: hello everybody!

Posted by ur-a-jew - 12 Mar 2012 13:34

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[TehillimZugger wrote on 12 Mar 2012 12:30:](#)

I finally start taking this thing seriously. This is about 90 days

I agree its about taking things seriously. But it is not about 90 days. If 90 days is your focus then on day 91 youre free to go back to your old ways. It's about making today the focus of your energies and attempting with Hashem's help to reach your tafkid for today. If you live your life each day, the likelihood is that after 90 days of doing that you'll have 90 days of living under your belt. Who even knows if we will be alive in 90 days (may we all live and be well till 120). But we are here today and if we focus on that reality we can make it a wonderful one. Much hatzlacha.

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Re: hello everybody!

Posted by Gevura Shebyesod - 12 Mar 2012 16:09

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[10 pgs. on ordinary computers, 3 on Gibbor's]

It's only 3 pages on mine too, maybe *your* computer is the one that's not ordinary ;D .

Seriously though, there's a setting for it in your profile. Go to Forum Profile, Modify Profile, Look and Layout, and check the setting for "Messages to display per page". The default is 15 but you can raise it to 50.

Oh, and being on the internet less is great, but don't disappear on us!

Keep On Trucking and Hold On Tight!

Gevura!

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Re: hello everybody!

Posted by tehillimzugger - 14 Mar 2012 11:37

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Day 9

hmmmmmmmmmm

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Re: hello everybody!

Posted by ZemirosShabbos - 14 Mar 2012 14:26

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[TehillimZugger wrote on 14 Mar 2012 11:37:](#)

Day 9

hmmmmmmmmmm

"WHERE did you say it was?' asked Pooh.

Just here,' said Eeyore.

Made of sticks?'

Yes'

Oh!' said Piglet.

What?' said Eeyore.

I just said "Oh!" said Piglet nervously. And so as to seem quite at ease he **hummed** Tiddely-pom once or twice in a what-shall-we-do-now kind of way."

? A.A. Milne

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Re: hello everybody!

Posted by Gevura Shebyesod - 14 Mar 2012 14:56

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[TehillimZugger wrote on 14 Mar 2012 11:37:](#)

Day 9

hmmmmmmmmmm

<http://www.guardyoureyes.org/forum/index.php?topic=4102.0> ;D

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Re: hello everybody!

Posted by tehylimzugger - 14 Mar 2012 19:05

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[ZemirosShabbos wrote on 14 Mar 2012 14:26:](#)

"WHERE did you say it was?" asked Pooh.

Just here,' said Eeyore.

Made of sticks?'

Yes'

Oh!' said Piglet.

What?' said Eeyore.

I just said "Oh!" said Piglet nervously. And so as to seem quite at ease he **hummed** Tiddely-pom once or twice in a what-shall-we-do-now kind of way."

? A.A. Milne

are they looking for the bonfire?

'Do you know what to-morrow is, Kitty?' Alice began. 'You'd have guessed if you'd been up in the window with me—only Dinah was making you tidy, so you couldn't. I was watching the boys getting in sticks for the bonfire—and it wants plenty of sticks, Kitty! Only it got so cold, and it snowed so, they had to leave off. Never mind, Kitty, we'll go and see the bonfire to-morrow.'

Lewis Carroll- Through the Looking Glass and What Alice Found There

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Re: hello everybody!

Posted by tehillimzugger - 15 Mar 2012 15:15

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[Gevura ShebYesod wrote on 14 Mar 2012 14:56:](#)

<http://www.guardyoureyes.org/forum/index.php?topic=4102.0> ;D

Day 10

I Fell

Went back to one of them good old p\*rn sites, watched, m@sturbated...

I want s#x NOW

no you don't

yes i do

no you don't

yes i do

no you don't

yes i do

no you don't

why not?

because the torah doesn't let

well the torah doesn't allow masturbation or watching porn either

yes but that i can't help and i know that i won't be happy with sex anyway

why not

because it'll never be enough

so, start at least once

but then i'll need it again

so you'll do it again

but then i won't be able to live...

so do you want it or not?

i don't but my sick brain tells me i do

is there anything you can do about it?

no

but hashem can

you're right i should ask him for help next time

... very nice tz, very nice elucidation of the steps, but you FELL

fell shmell kot

So I leave the apartment afterwards, cuz what's the use sitting there feeling sorry for myself, also because i needed some shopping done and on the street...

I need cookies... cookies and chocolate, ooh, and that girl's legs,

Well TZ, came that voice [it didn't say TZ, it said my real name], cookies and chocolate you can afford to pursue, those legs, Nohow- Contrari-wise<sup>[lewis carroll- I had to squeeze him in somewhere]</sup>. So off course I veered to three Makolets, I didn't end up getting those cookies, but I did get some good chocolate [spent 10.6 NIS]...

Anyway, wishing all jews out there a holy, uplifting Shabbos, with Hashpaos from the holy



Rebbe Reb Elimelech, and no triggering females at the seudos that's no triggering females at the seudos I mean no triggering females at the seudos.

NO, you mean not being triggered by innocent females at the seudos...

Good Shabbos!

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Re: hello everybody!

Posted by ZemirosShabbos - 15 Mar 2012 15:21

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please excuse your appearance while you are under construction

vedok

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Re: hello everybody!

Posted by tehillimzugger - 15 Mar 2012 15:21

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Sorry To hear about your fall

Hi Tehillimzugger,

The honesty in admitting a fall is the first step. Kol Hakavod on that.

Second is to realize that you are still definitely winning this battle. You've been 10 days clean! Imagine how many times you said "no" to the Yetzer hara in that amount of time!

Third is to learn from the fall what caused it, and make new and better fences. This ultimately

uplifts the fall to Kedusha.

Fourth. Please read Principle #24-30 of the attitude handbook. You'll find a lot of great yesodos for dealing with a fall.

Remember, the addiction feeds off the depression caused by the falls. Make sure not to let this get you down! If you learned only this principle on GuardYourEyes, it would have been worth it just for that. The Yetzer Hara wants you to get DOWN about the fall, even more than he wanted you to fall.

Sometimes a person was "brought" to fall from heaven, only to see what he will do THEN.

You have what it takes to beat this. Full steam ahead!

A true warrior gets right back up after a fall. Choose your new CLEAN date and you'll see your name on the chart again in 3 days time!

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Re: hello everybody!

Posted by Gevura Shebyesod - 15 Mar 2012 16:46

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:'( for U...

I want s#x NOW

no you don't

yes i do

no you don't

yes i do

no you don't

yes i do

no you don't

You got that backwards, The "I" is the good, holy neshama inside you and the external voice is the YH.

So it goes like this

You want s#x NOW

no I don't

yes you do

no I don't

yes you do

no I don't

yes you do

no I don't

Now it's time for that Monster G.U.I.T.A.R.!!!!

(and enjoy the chocolate, it keeps the dementors away)

Gevura!

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Re: hello everybody!

Posted by Blind Beggar - 16 Mar 2012 07:00

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Chocolate is a good thing to have after surviving a Dementor attack but only a Patronus can keep them away.

Now, if only my wife was a Veela.....

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