#### **GYE - Guard Your Eyes**

Generated: 19 August, 2025, 02:23

Yaakov's Ladder Posted by Pidaini - 08 Mar 2013 17:33

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Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that usually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 16 Oct 2013 23:35

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Oct 2013 15:23

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Haven't been posting much, for what I think is for good reason. My story here is an absolute neis. Came on, met a few people on chat, got together, and formed OINK. For those that I met on chat that weren't in Israel, I have phone numbers and google chat. Hashem gifted me a network of real names, real voices, real people to open up to.

All of that is thanks to this wonderful forum, and the forum in itself was a lifesaver for the time until the other things took place. But now that I do have those other things, their help overshaddows that of the forum, and I found that I was trying more to boost my ego through the forum than to get help from it.

That having been said, this is the place of my rebirth that I cannot just leave, and I still have friends here as well, and I still need to keep a log for myself and by doing so maybe be able to help others as well.

Cont. Log

The last few days have been very rough, realized on friday that my filter wasn't working, and have been very fearful of the future. I was slipping myself silly starting sunday night, through last night.

During that time, I kept in touch with my OINK friends and even went to meet Doc Watson (we spent an hour together), opened up to them, I was surprised that that still isn't a magic pill.

By the meeting last night I mentioned that I was talking to real people and meeting real people,

) "only people?!"

It hit hard, and this morning it hit really hard, I am ready to open up to (almost) anybody except for......HASHEM!!!!! I am terrified of opening up to Him!!! After telling over that realization to TZ, I knew that there the answer lay.

So I said "Hashem, I'm here to open up to You. I've slipped miserably the last few days, because I have a lot of fears now, and I am not trusting You to carry me through them in the best way possible, as only You know what way that is. So I turned to women to escape the situation that You put me, and since pictures (slipping pictures) have not done the trick I was planning on disabling the filter entirely and going to (falling) vids. But now I am here, asking You to help me see that You are carrying me, loving me and waiting for me to look to you." I included the fears in that conversation.

I call it a conversation because I felt Hashem answering me, understanding me as if to say "I understand you, I do not expect you to be able to see Me all the time when I have hidden Myself so well. I am so happy that you came to me"
Thank you Hashem, I am trying to love You too!!!
P.S. I think that is terrifying, telling Hashem that I don't trust Him
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Re: Yaakov's Ladder Posted by MBJ - 22 Oct 2013 16:31
That was beautiful.
If you stop coming to the forum, that will be some much of a loss to the forum. You are in the list of people that I have learned so much from, including this post. So thank you.
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Re. இதுத்து disable the filter thing, is gone for the moment Posted by ZemirosShabbos - 22 Oct 2013 19:01
MBJ wrote:
That was beautiful.

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exactly my thoughts too
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Re: Yaakov's Ladder Posted by cordnoy - 22 Oct 2013 19:26
Although nevuah was given to shotim, I can say, "Lo navi ani v'lo ben navi."
That being said, I have a feeling that Pidaini's visit to the Doc. will pay tremendous dividends in the future.
I try not to write about my feelings for others or about others in a public forum, but from what I know about the doc, and what I know about Pidaini, I think this is a perfect shidduch (sorry on the term), and it will be beneficial in a huge way for both.
Yasherkoach to you.
And since I know doc reads this thread as well, I will not post twice.
b'hatzlachah
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Re: Yaakov's Ladder Posted by Pidaini - 01 Nov 2013 00:00

If you stop coming to the forum, that will be some much of a loss to the forum. You are in the list

of people that I have learned so much from, including this post. So thank you.

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Hey dum didli dum, hey dum didli dum, hey dum didli dey dum didli, hey dum didli dum.

The time is running by, with a hey dum didli dum,

The sky is grey, and it showers all day with a hey dum didli dum.

With nothing solid to do, I'm sitting in solitude,

Trying to keep busy, and I'm talking to TZ, and we sing hey dum didli dum

now everyone gather together, it's as pure as a red hepher

even though it's lonely, and sometimes we feel groany, give a hey dum didli dum

For everything is from above, all from a place of love

although we can't see it, nor can we feel it, it beckons hey dum didli dum

Do what's right for the moment, it's a vital component

for what the future brings, and past tidings is all hey dum didli dum

(all together now!!)

hey dum didli dum, hey dum didli dum, hey dum didli hey dum didli, hey dum didli dum

(coming up next: Now it's time to say Shalom)

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Re: Yaakov's Ladder

Posted by MendelZ - 01 Nov 2013 00:09

As wrote in the Talking to Hashem I had a tough night Thursday night.

Interesting is that I am basically in the same situation as I was here:

#### Pidaini wrote:

A gmar chasimah tovah to all!

Posted by Pidaini - 10 Nov 2013 02:59

So here's what happened. In the past travelling was an experience, and not such happy one. I used to start getting nervous approximately two weeks beforehand, and by the time it actually approached I was done with, even before the trip started. It was jsut every step of the way, dealing with all the new people in the airport, on the plane, immigration etc.

Anyway, I BH was able to push off the pre-travel nervousness until the actual day of travel, but it was just getting to me. So I decided to daven minchah, even though it was early and I had missed the minyan, I knew that I needed time. I spoke to Hashem and expressed that I am not in control and that He is, and that I accept what He will lead me though, and I trust Him completely to give me what I need.

The rest of the trip was an absolute dream, a neis niglah. We whisked passed check-in, security, and passport control faster than ever before! Zlatah Yentah was extremely well behaved on the actual flight. Shaindel Malkah told me afterwards "this was the best trip we've ever had!"

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### **GYE - Guard Your Eyes**

Generated: 19 August, 2025, 02:23 "??? ?? ?' ????? ???? ???? ???? ????" "???? ??? ???? ??" Thank You Hashem!!!! Why didn't I remember this on thursday night? maybe because now it's a little different, now I have an extra child, Stan, so now it's Zlatah Yentah, Stan, Shaindel Malkah, and Me that I have to deal with. Anyway, I'm still clean, I would just say that I "fell" off the sobriety train for a day or two, I jumped off for a little break. It's amazing how helpful old posts can be!! Re: Yaakov's Ladder Posted by tehillimzugger - 10 Nov 2013 14:25 Stan? as in Stanley?

# **GYE - Guard Your Eyes** Generated: 19 August, 2025, 02:23 ==== Re: Yaakov's Ladder Posted by Gevura Shebyesod - 11 Nov 2013 03:52 ==== Re: Yaakov's Ladder Posted by Pidaini - 12 Nov 2013 03:10 Internalized something new today, I cannot take an chances to seeing something triggering. If I Make an middle เขาเป็น เขาเป็ way I do when I want to look somewhere I KNOW that there is something triggering. I tried getting past my new filter, because it's supposed to be really good, so I wanted to just make sure. Guess what, it's not as good as my will to see arousing images. So I learned another level of not being able to take chances with lust, not only with actual lust, but I can't even play around with chances at all!!! \_\_\_\_\_\_ ==== Re: Yaakov's Ladder Posted by Machshovo Tova - 12 Nov 2013 03:20 Thanks for sharing that. Reminds me of whan I pass something in the street and I'm not really sure whether it was a forbidden sight. So the YH wants me to just check and make sure that this is something that needs to be avoided. And my response to him is that at this point it is a Sofek, and Sofek deOraysa leHachmir. So we must assume that it is forbidden, and we must treat it as such.

"When in doubt, do without."

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(Better to be safe than sorry.)
Hatzlacha,
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Re: Yaakov's Ladder Posted by cordnoy - 12 Nov 2013 17:39
if youre not sure if its a forbidden sight, have your wife inspect.
she will notify you.
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Re: Yaakov's Ladder Posted by BNGE - 12 Nov 2013 21:23
Gevura Shebyesod wrote:

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