

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 Pidaini - 10 Dec 2013 03:49

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and it didn't end there either....

i've written this before, although I can't find it now.

There are two issues at hand 1) the fears I was experiencing 2) the way I initially reacted, which started a process, a process called "craving" or "addiction"

So, yes, I did end up dealing with the fear correctly, or somewhat correctly. But I did not even try to stop the process of craving which I had started.

So as I was chatting with skeptical today, and telling him that I was in a "rut", and I asked him "what would I tell someone in my situation"

So he responded "I know what you told me once"

me: "yes?"

Skep: "talk to Hashem, tell Him your explicit desires"

WOW!! did I really tell that to him? I'm a complete genius!!!!!!!!!!!!

So that is what I did, I left him typing for a few minutes, and told Hashem where I was currently holding. I am in craving mode, it wasn't anymore to get rid of the fear, it was plain old, original flavored, CRAVING!! I told Him that what I really wanted was the picture that would climax me until masturbation, and since I hadn't been successful yet, I was craving for more, for porn, for that climax.

I told Him that I was lost, nothing would be enough for me now, only His help.

I think I can now say, it ended there. I've had opportunities since that conversation (and triggers) and BH I've not taken them.

Thank You Hashem!!!! I am so relieved to have found it true that no matter how many times i may forget you, you are always there to pick me back up, with a loving hug!!

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 10 Dec 2013 21:48

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Re: Yaakov's Ladder

Posted by some\_guy - 11 Dec 2013 02:58

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I have been talking to Hashem before going to bed, but not right in the middle of a lust attack. I bet He will help me just like how He has helped you.

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Re: Yaakov's Ladder

Posted by Pidaini - 13 Dec 2013 14:36

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Birshus the snow capped Yerushalayim,

I would like to thank Hashem for helping me be sober Today!!!!

**Warning: Spoiler!**

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Re: Yaakov's Ladder

Posted by Dr.Watson - 13 Dec 2013 14:43

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Birshus the boring old UK,

Wooooooooooooo....

and may I add

**Warning: Spoiler!**

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Re: Yaakov's Ladder  
Posted by Gevura Shebyesod - 13 Dec 2013 16:45

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MAZEL TOV!!!

Stay warm and safe and KOMT!!!

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Re: Yaakov's Ladder  
Welcome to level 9!  
Posted by cordinoy - 13 Dec 2013 17:44

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So proud of you, my friend.

KIU!

Since honesty is a key word in this place, I must say that I feel a tinge of jealousy and a bit of depression. We had the same start date, along with a few others (I think shteiger as well, who has been truckin' along in a lexus suv smooth ridin'), and I had a huge fall after 115. My accumulative also says 180. I know it's not a race, but we never know what it takes to turn this da@% thing around.

b'hatzlachah onwards!

KOIO!

YDM!

SRTSB!

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Re: Yaakov's Ladder

Posted by Pidaini - 15 Dec 2013 02:47

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[cordnoy wrote:](#)

KOIO!

YDM!

SRTSB!

HMMMMMM.....

Keep On "Inching On"?

Sexaholis Run Through Star-Bucks?

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Re: Yaakov's Ladder

Posted by cordnoy - 15 Dec 2013 05:16

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KOIO

You da Man!!!!

SRTSB

## Send Regards to Stan's Blanky

Posted by gibbor120 - 15 Dec 2013 10:28

Mahal Tov pidaini !!!!

Posted by Pidaini - 16 Dec 2013 02:17

I found this to be amazing!!! He speaks to us, and his mehalich in teshuvah fits perfectly with the 12 steps and finding what leads us to lust!!

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Re: Yaakov's Ladder  
Posted by ?????????? ?? - 16 Dec 2013 22:01

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Posted by ?????????? ?? - 16 Dec 2013 22:01

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Posted by Gevura Shebyesod - 16 Dec 2013 22:21

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Roll on floor juggling heavy geshtaltzemfleegins. Some Voodford, just for me, not even junior John F. Kennedy.

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