

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

Tcholent for the Soul

(Nuu! Eat it while its hot!)

By:

Inastruggle

Chachaman

Some_guy

Zvi

Hopefull

joeshmo

Avrom

Credits:

Our dear father in heaven

and GYE - thank you so much!!

(This group started [here](#))

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Re: Tcholent for the Soul (the Group)

Posted by zvi - 09 Jul 2013 02:18

Just to let the chevra know: I'm taking a break from GYE for a while (till 6th August to be precise), so that's the end of my Thursday night kishkas for the time being...

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Re: Tcholent for the Soul (the Group)

Posted by gibbor120 - 09 Jul 2013 21:39

Have a nice summer! See you rosh chodesh.

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 12 Jul 2013 02:56

BEIN HAZMANIM DAY 1:

First the bad news: Advertisement popped up (in an app!) was very tempting and I gave in by clicking on it (to see the enlarged version). A few minutes I was looking at the "real stuff." Boruch hashem I don't count days - so there was no voice telling me "you anyways are resetting your count." So after a few minutes BH BH I was able to stop.

Yes, I had a really bad slip (my psak)!! I wasn't mz'l and I'm not giving up!!

The good news: I was mekabel, for this Bein Hazmanim, not to watch any movies (alone) and also not to play any computer games. Movies is an old battle of mine. I never looked at gaming as a problem. The truth however is, that (for me) its just another form of escapism. Thanks pidaini for inspiring me to stop gaming.

Someone once asked me: "how do i know what categorizes as an "healthy outlet" or "a form of escapism?" After giving it a lot of thought I think the answer is simple: A healthy outlet is, if you take yourself to a relaxed place and forget about your worries etc. (Picture yourself Smoking a cigar on the Swiss alps)

Escapism however, involves not taking yourself anywhere. In fact you forget who you are and what you aspire - "escaping" our own self. No growth can take place there, because it doesn't really exist!!. The irony is that when we don't deal with the problems - by escaping them the problems have a mushroom effect. They just get worse and worse..

Now we can start bein hazmanim, Enjoy!!

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 12 Jul 2013 02:58

Well miss you zvi,

on the other hand WELCOME BACK inna!!

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Re: Tcholent for the Soul (the Group)
Posted by some_guy - 12 Jul 2013 20:36

Hi everyone,

I had a tough morning, but I pulled through. This is the longest streak I have had for a long time.
Have a nice Shabbos everyone!

--some_guy/Elias/Eliyahu

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I feel so proud of myself.

Re: Tcholent for the Soul (the Group)

Posted by gibbor120 - 12 Jul 2013 21:18

Hi Avrom,

Yasher Koach on your kabblah! What are you going to replace it with? Movies seem much more dangerous to me than gaming, but you are right they are both a form of escape.

I thought your question was interesting. How do we define an activity that is an escape. I don't think it is necessarily the activity that defines if it is an escape or not. Any activity done to
just yet. I'll explain.

Hold it, hold it, don't throw tomatoes

I remember Dr. Sorotzkin talking about the kid who learns in beis medrash all day, never goes out to recess or eats lunch with friends. All the teachers and parents tell him what a great masmid he is, BUT really he is just socially inept and learning all day is a way to ESCAPE having to learn to form relationships which he is afraid of... until one day it becomes a big enough problem that he ends up on a couch in some psychologists office.

In contrast, I remember Dr Twerski telling a story of how he was stressed, so he wached (maybe listened to?)15 minutes of a football game to relax.

I will grant that there are certain activities that are more commonly used for escape, and others

that are more commonly not used as an escape. But, at the end of the day it depends on the person's motivations.

One should certainly avoid movies, video games etc. They are highly addictive because they are a form of escape.

So, we need to be honest. Are we living or escaping? It's a difficult choice. It's the choice of live or death. Ubacharta Bachaim.

(disclaimer: I am as guilty of using escapes as the next guy) I hope my post gives *me* some chizzuk.

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Re: Tcholent for the Soul (the Group)
Posted by Gevura Shebyesod - 12 Jul 2013 21:58

[some_guy wrote:](#)

Hi everyone,

I had a tough morning, but I pulled through. This is the longest streak I have had for a long time.
Have a nice Shabbos everyone!

--some_guy/Elias/Eliyahu

We are proud of you too. Glad you're back on track. Have a great Shabbos!

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Re: Tcholent for the Soul (the Group)

Posted by inastruggle - 12 Jul 2013 22:15

Wow this place has been busy in my absence.

What should i say?

Bye chachaman.

Bye zvi.

Great job Avrom.

Great job some_guy.

Great job Pidaini.

Not such a great job inna (i had a nasty slip recently, it's on my thread).

Thank you Gibbor for the inspiring pictures, oh yeah and for all the good advice you gave.

I think i covered everything...

Good shabbos chevra, enjoy your fleihigeh cholent.

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 14 Jul 2013 01:58

[gibbor120 wrote:](#)

Hi Avrom,

Yasher Koach on your kabblah! What are you going to replace it with? Movies seem much more dangerous to me than gaming, but you are right they are both a form of escape.

(...)

One should certainly avoid movies, video games etc. They are highly addictive because they are a form of escape.

So, we need to be honest. Are we living or escaping? It's a difficult choice. It's the choice of live or death. Ubacharta Bachaim.

Thanks for your insight. Greatly appreciated!!

I'm actually struggling right now with... lots of extra time on my hands. I'm so use to wasting truckloads of hours playing games and watching movies that lusting has become a bigger problem. I need to find something to keep me busy. I do have regular sedarim in the morning. But at night it really gets hard. The time bomb is ticking..

Any ideas?

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Re: Tcholent for the Soul (the Group)
Posted by Pidaini - 14 Jul 2013 15:59

I'm with you, wanna learn b'chavrusah? (probably won't work cause I can't talk on the phone to people from GYE at home)

I wrote a list of things that I want to do when I have extra time, It has helped me a lot, like right now, I am itching to play something just to make the time pass quicker, but the list reminded me that I'm supposed to finish Bava Kama, so on that note, I'll see you all later (and I'll let you know when the Siyum is)

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 17 Jul 2013 04:12

[Avrom wrote:](#)

...I've seemed to have missed out on a lot here sorry for the delay guys!!

Please let me explain why this group is so important to me. It seems like we are loosing momentum here.

What happens AFTER the fall??

By default I'm toast! The world ends and I try to wash away the pain and guilt with more porn. More shame follows - and somehow I still think that masturbation is the solution. This is the famous cycle.....

(14 days later the pain of acting out, is to hard to bear - a new starts like a rotten seed)

This group has only one rule: "You must post once a week" (tehilim was added later).

"But what good does that do, I post 10 times a day!?"

Yes, you are right, you are posting because things are going great, you are x days clean and the world never was a better place! You are just bursting with kedushah and wisdom...

But what when you DO fall and DO feel depressed - not wanting to speak to anyone - THAT'S when we need this group. Comes end of the week (or whatever your day is) you know that the guys in the group are waiting for you. You don't want to let them down, but you know that by not posting you are letting them down even more. When writing to others we are giving chizzuck,

but most of all helping ourselves get out of the confusion and devils-cycle. It gives us a few moments to reflect, and often that's all it takes to get back on track. If not for this group, my last fall would have taken way longer to recover from (as above! Truth is, I logged on to post about my fall - that's it. But while I was writing I was able to gather strength to start again from new. But even if we are letting the group know that we are not planning to get back up - the chizzuck response (of all the members) makes all the difference!!

Thanks Chevra!!

(This group has thus two functions: accountability and Chizuk of course)

So please Some_Guy, stay with us - this is what we are here for. Your not holding us back!! On the contrary, you are telling us all "we are honest - no secrets" thank you so much for sharing!!

Chacha, I dont think this group is a stira to having your own threads as long as you make a tcholent to share how the week was overall (I always love yours, and Zvi's kishka is the best!!). I think that's what inna does (-we miss you brother) Any member can gladly make this your home and post 25 times a day:) It just adds and bring us much closer!!

I beg for forgiveness for what I'm about to say: A new member that doesn't post weekly never really joined the group, it makes this group look like a joke and weakens the morale. I'm not talking about missing out a week here and there or going on vacation without internet possibility. I'm talking about welcoming a new brother to our home, that goes abroad and just comes back for the simchas.. (and levayas)

This is my personal view and if you guys think I'm wrong, I will 100% accept that.

This group has been great as it is. New and old members are always welcome to join!! Just don't forget the one and only rule.

This all was just my point of view, I'm not the leader of this group - we all are. Please don't hesitate to correct me.

I deep appreciation,

Avrom

Going to the mountains for 10 days!! Have a restful vacation!

Seeing that there are many new members, Please accept this as an official invitation to join the group. Above I'm quoting myself. If you feel that this commitment will help you in any way - don't hesitate to join.

Posting on a regular basis helps 1) to stay focused on updating your goals and gedarim 2) to get out of a fall cycle. You just have to accept the one and only rule. It has helped me tremendously. We need guys like you! Yes you!

I won't be here to make the official greeting ceremony, but I'm sure inna can take over. Thanks!

Will be back iyh on the 27th with major update, I'll miss ya all!!

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Re: Tcholent for the Soul (the Group)

Posted by inastruggle - 17 Jul 2013 04:36

Bye, we're gonna miss you. KOT and KUTGW. Don't forget to use the bathroom before you leave.

[Avrom wrote:](#)

I won't be here to make the official greeting ceremony, but I'm sure inna can take over.

Anyone who wants to join has to post on the just having fun section first. All in favor?

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Re: Tcholent for the Soul (the Group)

Posted by some_guy - 17 Jul 2013 06:01

inastruggle,

Do we have to post a any particular thread in the Just Having Fun section? Wether the answer is yes or no, I like the idea.

--some_guy/Elias/Eliyahu
Who? me?

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 30 Jul 2013 19:11

I'm back!

Sad things first: I did have a fall yesterday. On my trip I wasn't careful about shmiras eynayim. Then I read some erotic stuff. Thinking "its only..." One thing leads to the next and last night I fell.

BH haven't fallen back to the addictive pattern - where I would deprive myself from sleep and continue until the morning. The reason is because the lpad battery died.(technically I could have gotten the charger)

I know right now, that if I start watching movies - I'm toast. It will kill me and lead me right back to porn.

My yetzer hora tells me "Just finish that one movie - that's it!!!" Thing is I know this yetzer hora very well. As soon as I finish that movie he's gonna tell me. "Whats one more...." And one thing leads to another.

Its very hard right now - its a long day. But thanks for listening - you just inspired me to go jogging.

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