

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 inastruggle - 31 Jul 2013 04:29

Welcome back, let's KOT to and through the next zman.

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 02 Aug 2013 02:29

[Avrom wrote:](#)

I had a great week BH. I didn't feel a lust at all. ...is that even normal?? When I see a attractive women on the street I say to myself "I don't need this - I can and will be a happy person without looking and fantasizing gorgeous women." This is a new approach - as until now I told myself "Its soooo good - but I can't have it" (aka: Holding your breath) I really hope my plumbing is doing OK - but acting out won't help it (thanks gibbor)

Hey guys, I was gone for the summer, but I am back. Baruch Hashem, I had an amazing experience, it was liberating not having any internet access.

I'm still getting caught up, but this quote is the ikkar for me (I know, I've probably enumerated more than 13 ikkarim by now, but I really mean it for this one. This is being ready to let go of lust.

I can't guarantee that I will post once a week, because bli neder I will try to cut out internet use as much as possible.

However, if I am using the internet (which is likely, as I'll be in college), it's only fair for me to stop by once a week.

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 02 Aug 2013 03:20

Welcome back!!

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 02 Aug 2013 04:53

Oy vey, I just fell.

I should block YouTube.

I think I will go on a hiatus from the computer, for real. Because really, there is nothing I need from a computer. However, I am actually going to buy a NEW computer tomorrow--for college. Really missed you here
Anyone know if K9 works on Windows 8?

No YouTube. For sure.

I get haughty when I have a big clean streak.

The point for me (another one of Chachaman's famous ikkarim!) is that it is all one upward trajectory. No spiritual schizophrenia. I am the same person as I was a week ago; life is one unified thing; I will walk in the ways of Hashem, God willing, but most importantly with anovoh.

Also--I am trying to convince myself that a life free of lust is acceptable, the world won't implode, and I will be happier.

Tough with the way the media presents things.

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 02 Aug 2013 04:54

[Avrom wrote:](#)

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Don't know why but I found that really funny.

Welcome back CHACHA

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 02 Aug 2013 14:12

I also just had a fall. I made a kabbalah not to take the Ipad in to my room. Last night I gave in. Lying in bed with an Ipad is a ticking timebomb for me.

I feel powerless now and looking foward to start the 12 steps at the mushroom table.. However once I gain a couple of clean days, that feeling usually fades.. oynk?

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Re: Tcholent for the Soul (the Group)
Posted by Pidaini - 02 Aug 2013 15:25

OINK OINK, that's the spirit!!!

when you back? the caramel is burning!!!

just curious, does the feeling of "if lust hits I'm a gonner" fade, and you now think "next time I'll be able to overcome it"?

By me the feeling I have often is , "yes, *if* lust hits then i'm a gonner, but i'm doing so great it can't possibly come to me anymore" and I let my gaurd down, don't stay in contact with people etc. I think that is a much easier thought to deal with, for we know that we cannot predict the

future, and we do really know that it WILL come, and we need to be ready for it. AND the OINK meetings are just way too exciting to miss them, so I end up going anyway.

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Re: Tcholent for the Soul (the Group)
Posted by nitzotzeloki - 02 Aug 2013 15:46

i relate to both those feelings. pre fall "oh its not gonna be so bad i can stop if i want to" or everything i know flies out the window. then i'll be clean for a few days and start to feel invulnerable which eventually leads back to the pre-fall forgetting.

as it says in tehillim: "va'ani amarti beshalvi bal emot leolam" capital 30. now that i'm looking at it im seeing the whole cycle in the capitol.

hitting bottem

crying out to Hashem

Hashem in His Mercy saves us

we take the credit

fall

realize what we did and remember that our sobriety comes only from Hashem

Hashem saves us again

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Re: Tcholent for the Soul (the Group)
Posted by gibbor120 - 02 Aug 2013 18:57

Welcome back Mr chacha! Yes, youtube is a no-no. You are just asking for trouble. I think K9 does work on windows 8, but I have found monitoring to be necessary as well. We can get around filters. Do you have anyone that can monitor your computer? Making some sort of kabalah or taphsic as to how and for what uses you will use the computer can help too. Keep it for necessary business only. Aimless surfing is a segulah for drowning, or getting eaten by a

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 05 Aug 2013 21:34

Small update:

This bein hazmanim started great. I got up on time, had a seder every day etc. I stopped watching movies and playing online games. But my mistake was that I didnt fill the up the missing time. Although the first 2 weeks were great... The last week was hell. (Excuse my language, but I have no better way to describe)

And after I fell I coulnt resist to watch movies again. So I feel that im back to square one. Elul is coming - but staying clean during elul is no big deal. Bein Hazmanim is the true test - that I failed. Nothing positive comes to mind now. But the past is over and I have to focus on to the future.

Enjoy the rest of you vacation and bein Hazmanim!!

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Re: Tcholent for the Soul (the Group)
Posted by joeshmo - 05 Aug 2013 21:43

Hey Guys,

Married w/kids SA addict looking for some tcholent for the soul. Can I join your group?

I am/was back to my "old self"
Thanks!

Joe

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 05 Aug 2013 22:28

[joeshmo wrote:](#)

Hey Guys,

Married w/kids SA addict looking for some tcholent for the soul. Can I join your group?

Thanks!

Joe

"Yes!" - from avrom

You seem to know that you are an addict. So just to be clear - posting is very very helpful but a SA program seems to be the only way out. Have you tried that yet?

(
tcholent floats??)

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 06 Aug 2013 02:54

Yes from me.

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Re: Tcholent for the Soul (the Group)
Posted by joeshmo - 06 Aug 2013 21:58

Hello Avram, Inastruggle and everybody else.

So how you doing? tell us a little about yourself

Yes I am a recovering addict and have tried SA on and off over the years but kind of dropped out after 3-4 meets or so. I had my real awakening back in 2009, when I got fired from my job and realized that I have to change my lifestyle or risk losing everything. Since then it has been quite the struggle.

My longest sobriety patch would be around 75 days (give or take) and I have been struggling with addiction for close to 25 years (ever since I was a kid).

B"H so far I have made it to day 7 (one day at a time), which is kind of the longest streak I have had in a while now.

I'm married, modern orthodox, with 3 little kids living in the Yerushalayim area.

How about you guys?

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