

Home of Ich Bin Zainer

Posted by ich bin zainer - 04 Apr 2014 03:07

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hi im starting a new thread.im done with the introductions.its been almost a week for being clean.i havent felt so good about myself in a long time.i was litterly dancing in my dorm room last night. but anyway this is my new home .feel free to pos

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Re: Home of Ich Bin Zainer

Posted by dd - 22 Jun 2014 01:55

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hi IBZ!!!!

ok is 1 day possible then pull through only 1 day...

then after that again 1 day....

and so on 1 day.....

KOMT!!!!

p.s. i know its much easier said then done.

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Re: Home of Ich Bin Zainer

Posted by Dr.Watson - 22 Jun 2014 02:19

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Good voch!

[ich bin zainer wrote:](#)

Ok today im going to try day 1.

Every day is day 1. There is no difference between day 1 and day 100.

Similarly, a fall doesn't mean you go back to square 1.

[ich bin zainer wrote:](#)

im going through a challenge

You're not going through it. That would imply that you expect to come out the other side of it, presumably to a place where there is no such challenge. That is not the case. This is the purpose of life. Every day has its own challenge.

If you hope that one day this challenge will be a thing of the past, you may find it more frustrating than it needs to be.

[ich bin zainer wrote:](#)

and i want some zechusim.

I'm not sure what you mean here.

[ich bin zainer wrote:](#)

once im on for a few days it gets much easier.

Perhaps. But the last time you fell you had a few days so clearly time in and of itself is no solution. What are you actually going to DO to practice positive sobriety on a daily basis?

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Re: Home of Ich Bin Zainer  
Posted by Pidaini - 22 Jun 2014 07:34

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Thank You Dr!! Very insightful!!

IBZ, what are you looking for? Where are you trying to get to? Be honest about it!

Is it to be like everyone else? Is it to just be able to live life without worry?

Do you know what you are looking for?

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Re: Home of Ich Bin Zainer  
Posted by ich bin zainer - 17 Jul 2014 22:57

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Im struggling alot in life and i can atribute that to my

shivchas zera levatala.i cant stop when i get an urge.i think that

when i stop hashem will make my life better

thank

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 17 Jul 2014 23:01

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Welcome back

How do you plan on stoppin'?

Have you checked out the teen thread?

b'hatzlachah

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Re: Home of Ich Bin Zainer

Posted by Pidaini - 17 Jul 2014 23:14

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I would have to say that Hashem loves you now just as he will when you stop.

Also, what's the point in speculating, where's it going to get you?

Check out the teen corner, there's more opportunity to find people that are more similar to your situation.

You haven't answered the one question that everyone has been asking you,

What's your plan?

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Re: Home of Ich Bin Zainer

Posted by gibbor120 - 17 Jul 2014 23:43

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[ich bin zainer wrote:](#)

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thank

You have no idea. You are not a navi.

It's far more likely that your struggles in life are triggers that lead you to be mz"l. Give yourself a break. Learn to deal with stress in a healthy way and your life will get better.

The "G-d is punishing me for my sins" syndrome only leads to more sinning.

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Re: Home of Ich Bin Zainer

Posted by Dr.Watson - 03 Aug 2014 15:12

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[ich bin zainer wrote:](#)

Im struggling alot in life and i can atribute that to my  
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thank

I absolutely relate to that. This thought is the main reason I started working on this in the first place.

I still get this thought and people always tell me it's not true and Hashem always does the best for me whether I'm behaving myself or not, but I can't entirely shake off this thought either.

However, it's not a thought that helps me stay clean. It may have been my original motivation but I don't think about that any more. Having decided to try my best to do what I need to do, I just need to do follow through with the actions every day, whether I feel like it or not.

If I only worked the program when I felt like it, I would never get off the ground.

I haven't posted in a while and I can see that I responding 2 weeks late to this, but I think that if you believe that your life is lacking in some way as a consequence of acting out then you can use that as a motivation to take some real action.

Now, what action are you going to take?

What action have you taken and what was the result?

Please tell us more. Otherwise you're not gaining anything from this.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 15 Mar 2015 00:30

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Im almost four days clean and its been pretty hard. Im calling my sponcer tomorrow which is a big deal for me. The reason why Im stopping is because I've read that porn use could make anxiety and social problems worse and give you a low self esteem and im dealing with those right now. I realize how porn is destroying my life.The urge to fall seems to get stronger and stronger and its really hard to control.

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Re: Home of Ich Bin Zainer

Posted by dd - 15 Mar 2015 11:33

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Hi Ich Bin Zainer!!!

I feel with your pain and wish you loads of hatzlacha.

The best thing to do in moments like these are to reach out. So make sure you reach sponsor.

Stay in touch and all the best!!!

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 09 Apr 2015 00:52

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help i cant break free of this monster

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 12 Apr 2015 06:00

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[ich bin zainer wrote:](#)

help i cant break free of this monster

I noticed a post of yours about a year ago that you were plannin' on speakin' to your sponsor.

Do you still have one?

Do you work a program?

b'hatzlachah

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