

Home of Ich Bin Zainer

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

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 ich bin zainer - 06 Apr 2014 06:56

loved it.it was so true

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 06 Apr 2014 07:19

the fact that its a sin will not prevent you from stoppin'

the fact that youre scared others will find out will not prevent you from stoppin'

b'hatzlachah

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 07:25

so what should?

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 07:28

so what should?it sounds like first i have to hit rock bottom and only then ill really want to stop

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 17:13

hey guys.i want to share a couple tips that ive seen and worked for me 1.when u have an urge tell yourself that ure going to do it in 2 hours.ull find that in 2 hours u can push it off for another 2 hours until its gone. 2.set up alarm systems.meaning find things that could lead u to falling and be carful of those things.examples dont take phone to bathroom if u did a alarm will go off in ure head and ull be more carfull or just get out of there quick.3.i find when im bored its much harder so i started doing stuff during my breaks.ex.exersize,gye,learn, etc.

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 06 Apr 2014 20:30

hittin' rock bottom helps...although it might not be so advisable to aim to get there

im not sure, but by me....realizing that my wife was unmanageable in its current spiral.

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 06 Apr 2014 20:41

oops....as Gevurah pointed out....but I will leave it there, for there is an element of truth in that as well...although in reality, it was my life that I was concerned about

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 21:01

id rather not hit rock bottom

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 06 Apr 2014 21:24

do you find your life spiraling outta control?

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Re: Home of Ich Bin Zainer

Posted by Dr.Watson - 06 Apr 2014 22:31

[ich bin zainer wrote:](#)

id rather not hit rock bottom

Doesn't that depend on what rock bottom is for you?

Speaking for myself, I only started to improve when I hit some sort of bottom. Not a disastrous bottom but certainly a point where I was fed up and felt an overwhelming urge to change.

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 06 Apr 2014 23:36

Hitting bottom is important for STOPPING.

Hitting bottom shouldn't be so important to a yid who wants to do the right thing.

I've always wanted to stop. I've always gotten discouraged at my inability to stay stopped. Yes hitting bottom helps with the staying stopped. But our goal needn't be staying stopped. In fact, it shouldn't be. Our goal should be to stay clean for today.

For today I don't need to hit bottom.

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 07 Apr 2014 00:34

I don't really understand.

The argument here (if there is one) seems to be kinda silly.

Of course one does not strive to hit bottom; what is the sense in that?

If one hits bottom (whatever that means to each person), it might serve as a catalyst to help him stop.

Now, TZ might be bringing out a point that for one to stop this second, he needs nothin' except the will to control oneself for right now, and with the help of God he can. For one to have the

ability to continuously do so, havin' hit rock bottom in the past might help him further. But TZ says: what da heck is da difference, for I am only focused on right now? A galgal hachazer.

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 07 Apr 2014 01:08

OOH, are you going to write a Perush on my Perush to Shev Shmaatsa? Or only on my posts?

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 07 Apr 2014 01:50

please...send me the Pirush on the Pirush on the S"S...I'd love that.

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{There's over 2100 more