

Bb0212's road...

Posted by bb0212 - 06 Feb 2017 14:45

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So I'm officially at 10 days. Might be more, pretty sure it's not less, I started my chart after being clean for a few days but I wasn't keeping track. I kinda gave up the long term fight, didn't see how I'd win that fight. However I finally finally finally figured out how to properly filter my phone. I was getting around every filter until a couple of weeks ago. A kosher phone made this seem possible, then I joined these forums so lots of hope here.

One of the reasons I decided to do this is to "be faithful" to whomever my next wife will be, kinda like I was clean for a year or two before my first marriage. Back then, I was only clean after giving up movies/tv. The amount "undercover" sexuality on tv/movies is mind boggling for a society where there's no such thing as sexism. I wonder why we don't see the women's lib protesting the disproportionate amount of female to male sexualizing... (I'm being slightly sarcastic). At some point I'll have to give up movies/tv again and I will. But not yet...

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Re: Bb0212's road...

Posted by lionking - 28 May 2018 10:51

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[bb0212 wrote on 28 May 2018 05:35:](#)

First of all, stop adding to the darkness.

Then teshuva takes away the klipos. A klipa is a peel. The way I understand it, the neshama is absolute light. It's beautiful and warm. When we sin, we cover the light with a peel of darkness. The more we sin, the thicker the darkness surrounding our neshama. The thicker the darkness, the more difficult it is to connect to our neshama.

So why, why why why, do I continue bringing darkness onto my life?

Hi BB,

Sorry to hear about your struggles. I pray you should be successful this time around. Can I make a suggestion to listen to Cord? He usually knows what he is talking about.

[cordnoy wrote on 27 May 2018 23:35:](#)

By focusin' on light.

Perhaps don't focus so much on stopping to add to the darkness, first focus on Asei Tov.

Hatzlocha Rabba!

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Re: Bb0212's road...

Posted by bb0212 - 30 May 2018 19:35

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My sister just gave birth to a really cute little boy.

Last year, she gave birth to a little girl, the girl died soon after.

The boy was taken to the NICU for monitoring. I'm terrified of what may happen.

BN I'm going to be clean for 90 days from today, please Hashem, shower happy news down upon us! Please, give a refuah shelaima to this innocent little boy.

You don't need me to stay clean to change anything in this world. You owe us nothing. I should be clean regardless. But I'm asking you, Abba, please take this zechus of the next 90 days of ????? ?????? ?????? ?????? and send it all to this ????? ??????.

Anybody reading this, feel free to take on something yourself. Smile to somebody today. Smile to yourself!

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Re: Bb0212's road...  
Posted by lionking - 30 May 2018 19:41

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Mazel Tov! May the simcha be Mashpia on all of us. Refuah Shleime for the baby.

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Re: Bb0212's road...  
Posted by lionking - 03 Jun 2018 05:05

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Hi bb,

Gut Voch, I hope your doing fine and not holing up in isolation. We are rooting for you.

Hatzlocha Rabba on your recovery.

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Re: Bb0212's road...  
Posted by byebye - 03 Jun 2018 07:50

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welcome back bb we missed you, the forum wasnt the same without you,refuah shelema on the baby!

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Re: Bb0212's road...  
Posted by bb0212 - 12 Jun 2018 06:05

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Thank you everybody. BH the baby is home and seems to be fine. BH I'm still clean.

Trying to straighten out my mental state. Not sure where it's at right now. Nothing crazy, but I'd prefer to be in a better place.

For now, I guess I am holing up in isolation...

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Re: Bb0212's road...

Posted by Hashem Help Me - 12 Jun 2018 06:10

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Great news about the baby BH. Hibernating season is over. Time to rejoin our society.....

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Re: Bb0212's road...

Posted by bb0212 - 29 Jun 2018 23:27

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I fell last night :/ I was surprised that I fell before 90 days. But I was expecting to fall day 91. And I "fell" again now. Not sue that it's consider it a fall if I'm not devoted to staying clean

The past few months I've been pretty disconnected from Gd.

Not always davening. Almost never davening with a minyan. Davening shmona esrei lying in bed only because I didn't daven earlier and I don't want to move from my bed.

To be honest, for a number of months (maybe 6) I've been driving away. I know that I need to put work into getting closer and staying clean, and nobody else can do that for me.

However, it seems like I haven't been willing to go that extra mile...

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Re: Bb0212's road...

Posted by bb0212 - 14 Sep 2018 07:18

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Hang on... Not sure if this post will make sense...

I suppose I could feel worse about my complete lack of self discipline. I'm routinely MZ"L without really trying to stop.

Running into lots of financial stress. In the past, stress has usually affected me in one of two ways.

Either I completely ignore the stress by shoving it under the rug or I'm completely overwhelmed and I get depressed.

Ignoring the stress would manifest itself by me using a credit card with no way to pay it up.

Otherwise... Depression should not be an option, been down that road and is the worst hell that I've ever experienced.

This is obviously an opportunity for self growth.

That said, I have to be willing to grow. I'm choosing to disconnect from God by not davening in a minyan, or even missing tefillos/tefillin completely.

The proper response in my case would be to somehow acknowledge the stress and use it to motivate me to succeed at life.

I really wish I knew how ppl who are broke survive. I'm so so so lost, dunno wtf I'm doing

Gnite

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Re: Bb0212's road...

Posted by lionking - 14 Sep 2018 11:00

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I feel for you. I'm also wallowing in financial debt, and wonder how to survive.

May Hashem bless you with lots of Parnossah and only success in life, May you be zoche to feel a closeness to Him.

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Re: Bb0212's road...

Posted by bb0212 - 17 Sep 2018 05:12

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There's this thing called "stress". Stress and I don't have a great relationship. In the past, when stress came, I made believe it didn't exist (by shoving it under the rug). If I understand me correctly, this worked because I was numbing myself to all feelings.

This led to some serious depression.

After spending time in a couple of direct psych wards and dealing with all the \*!#= that life threw at me, I started doing much better. BH.

Recently, I've been "ignoring" my financial stress. I think I'm teetering on the edge of a cliff with all sorts of depression at the bottom.

My connection to God is in the dumps.

I haven't been trying to stay clean since June, which is probably why I haven't been here much.

This Shabbos I are some challa Friday night, read PopSci, slept from 11pm? Till around 1pm (14hours) went out for a meal Shabbos day, then came back and slept till some time after Shabbos.

I'm not sure if I've davened any tefillos ("??") since Thursday, till today - I mumbled mincha while driving today. (Just remembered, did the same for shacharis on Friday.)

Not sure that this is the appropriate forum to post the above. Sorry if it ain't.

Just a random rant

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Re: Bb0212's road...

Posted by bb0212 - 17 Sep 2018 05:15

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The point of the above post was to bring out how lost I am.

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Re: Bb0212's road...

Posted by Hashem Help Me - 17 Sep 2018 11:15

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Sorry to hear how tough it has been. May Hashem give you parnassa and yishuv ha'daas. from all your posts it sounds like the thing that keeps knocking you down is finances. If you win the

**Warning: Spoiler!**

lottery, please share the winnings with others in the same boat.

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Re: Bb0212's road...

Posted by bb0212 - 20 Sep 2018 12:25

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HMM,

Here's some winnings from the lotto. One of Hashem's many generous gifts from Yom Kippur:

Some thoughts from Yom Kippur: When we daven ????? ?????... ?? ??? ??????.... How on earth am I doing teshuva on behalf of another Yid?

The answer I always heard is very simple: we are all one.

But what does that mean?

When Hashem created us, he took a "piece of Himself" and made it into a neshama. He then split that neshama into millions of pieces and put different pieces into different bodies.

Now comes Yom Kippur, the day we invite all the sinners to join us before we start Kol Nidrei, because we need ALL of us to daven together in order for our prayers to be whole. On this day, there's a special koach that Hashem puts in the world. We can connect to one another through our soul. We don't have multiple souls. It's all one soul. That means, if there's a Yid that's completely lost and disconnected, but we want his tefilla, what are we going to do?

He's not going to shul and he's not gonna daven, so how do we include his tefilla? We can daven for that Yid, if we realize that we are all the same. The only difference is our bodies, a mere technicality. So if "my soul" and "your soul" is the same soul, when "I" say ?? ???, if I have in mind to connect to a part of my neshama that's currently in another body, and I'm "davening from there" that's what is actually happening. The physical body that "my" neshama is in, it's just one branch" of our collective neshama.



We are one. You is I. I is we. We is him, is her, us, etc. We are all one soul. A gut kvitell to the all of you/me/us!

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