

i need someone to post for me...and i'll keep you updated  
Posted by shemirateinayim - 28 Dec 2009 02:32

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i need somone to keep my '90 day journey to nitzchiyus' updated. You can use google phone, or texting. but all i got is my 'almost kosher' phone (this clunker doesn't even have normal texting). So pls, somone from the states, tag-team with me, you update my chart..and if you like i'll never talk to you or isentify you (or myself).

ps just pls don't be anyone i know :-[

email me if you'll do it [shemirateinayim@gmail.com](mailto:shemirateinayim@gmail.com)  
today....before i slip"

"don't delay respond

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Re: i need someone to post for me...and i'll keep you updated  
Posted by habaletaher - 28 Dec 2009 08:01

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I'll send shemirateinayim an email and offer to update for him....

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Re: i need someone to post for me...and i'll keep you updated  
Posted by the.guard - 28 Dec 2009 13:19

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Shemirateinayim, to really get better, we need a paradigm shift in our thinking... See Dov's amazing post (reply #31 on [this page](#)). As long as "getting better" is all about "ME", it will take a lot, lot longer. The normal "Yeshivish" approach to Yiddishkeit doesn't work very well for us addicts. See also yesterday's chizuk e-mail #667.

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Re: i need someone to post for me...and i'll keep you updated

Posted by shemirateinayim - 28 Dec 2009 16:11

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read it thnx,

As far as the addict VS musar seder approach. i know, I just got thick skin and am having a hard time getting it into my system. the truth is that when i approach a situation as a p#\$\$% addict, i find it SO much easier to deal with my Y"H. lehavdil it's like a horror movie (@#\$\$%). if someone tells you, "Now they're gonna play slow music, and in 3 seconds someone will scream, and someone's gonna run into the room wit a bloody chainsaw...". they kill all the effect of fear. hu hadin in sexual addiction. if i approach any situation knowing that , "Now there's gonna be a half-naked shiksah, and a 3/4 naked ad. And that billboard probably has 100% nudity. There's no element of surprise. You identified the nissayon, and made a dibur and hachlatah not to do the avaira. And in dong so you created malachim which are suppost to help you overcome the nissayon ( I once say this as pshat in mitzvah goreres mitzvah).

yeh i'm an internet junkie, sex addict, porn addict, sexaholic, pervert. I'm working on realizing it. thanks guard.

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Re: i need someone to post for me...and i'll keep you updated  
Posted by habaletaher - 29 Dec 2009 08:59

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I just sent you the whole book from Rabbi S in four parts . Check your email box..

Enjoy,

Haba

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