

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

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
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

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

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

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

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

Enjoy,

Haba

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