

Just Starting

Posted by humanbeing - 04 Jan 2010 17:34

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Hello fellow brothers,

I can't begin to describe my feelings of love and gratitude to all you kind Yidden. Kal Yisrael Araivim etc. and now I can truly see I'm not alone...

A little about me - I'm 32 years old with 4 B"H beautiful children and a very wise wife whom I truly love and cherish.

I have been struggling with remaining clean since I'm 15/16 years old...I fall once or twice a week since then.

When I got married (8 years ago) I was able to control myself for quite some time. However, the pressures of Parnossoh and the pitfalls of the high speed internet. R"L... Due to technical difficulties (I marked 1/1/2009 instead of 1/1/2010 as my first day) mistakenly my wall of honor post shows a previous streak of 364. I am now clean for 4 days since the Goyishe New Year and I hope to make that 364 days clean (and beyond) a reality.

I hope to find a sponsor or at very least a partner to whom I can entrust my internet filter/Accountability software. I will need that person to spend time in the beginning to tweak the settings since I have to use the internet extensively as part of my job. Unfortunately, I spend many hours alone in my office...I pray that this accountability and sense of community will help me attain a daily victory over my Yetzer Horah and desires for many years.

I also hope to find a Phone Group that would work with my schedule...I'm in the West Coast

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Re: Just Starting

Posted by imtrying25 - 30 Jan 2010 21:55

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HB wat up?? Seems like your keping your little corner quite lively. Hope your past a week now.

Have a great week and lookin forward to hearing from you.

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Re: Just Starting

Posted by silentbattle - 31 Jan 2010 06:56

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Hey there - hope everything's going well, but no matter what, we want to hear from you!

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Re: Just Starting

Posted by Steve - 31 Jan 2010 19:56

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OK, ***ENOUGH IS ENOUGH!!!***

It's been 6 whole days (or is that Down in "Hole" 6 days?),

AND NOT A SINGLE **HUMAN BEING** HAS SHOWN HIS FACE ON THIS THREAD!!!

Yeah, there's a guy who's *trying*, another guy who, *ha-lev-ai* WANTS to behave like a human being, and another guy who used to drive a tank who's fighting anything but a *silent battle*, but NO human beings!! Oh, and now there's yet ANOTHER DERANGED dude who's blasting in from the past, apparently deluded enough to think he's an upgraded cucumber.

***WHAT'S WRONG WITH THIS PICTURE??!*** WHERE THE BLANKETY-BLANK-BLANK IS THAT ONE, UNIQUE **HUMAN BEING** WE ARE ALL SEARCHING FOR??

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Re: Just Starting

Posted by imtrying25 - 31 Jan 2010 22:24

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Steve seems like he might be in a pickle. Wanna help him out maybe?!?  
Re: Just Starting  
Posted by Steve - 01 Feb 2010 16:11

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O where, O where have the peeeople gone,  
O where, O where can they beeeeeeeeee?  
With their caaaares and such, and that HUUUUUMAN touch,  
O WHERE, O WHERE CAN THEY BEEEEEEEE?

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Re: Just Starting  
Posted by humanbeing - 01 Feb 2010 19:15

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I have a big smile on my face now...Thanks Guys...My shriveled, immature, teenage (no offense teenagers) self-esteem reallly thrives on those big letters and lots of posts.  
Escpecially you Stevelle ....Ecspeciallly You (Guess where I got that from?)

Bezras Hashem Yisbarech...Full update will be by this time tomorrow...Oy... I've been feeling lower than the feces of a donkey the past few days. (V'lo Kechamor shel Pinchas Ben Yair - for you Lomdishe types)

I have alot to say. I have been doing sum thinkin'.

Hey anybody hear anything about when DC's Phone Club starting again?

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Re: Just Starting

Posted by sci1977 - 01 Feb 2010 20:14

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KUTGW!!!

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Re: Just Starting

Posted by imtrying25 - 01 Feb 2010 21:10

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It should be starting anytime soon. He told me begining to mid feburary. Sorry to hear your not doing so well. :-\ But lets not let this keep us down. And feel good. YOU GOT A PICKLE TO SING!!! WOW!!!!

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Re: Just Starting

Posted by humanbeing - 02 Feb 2010 00:58

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[imtrying25 wrote on 01 Feb 2010 21:10:](#)

It should be starting anytime soon. He told me begining to mid feburary. Sorry to hear your not doing so well. :-\ YOU GOT A PICKLE TO SING!!! WOW!!!!

Hey Thanks for the info Mr. Trying who never just Tries - **He gets IT DONE!!!!!!**

I consider it one of my Life accomplishments o Get tjhe Pickle Himself to sing...In the spirit of humility check out my singing on his thread!!!

Shlomo, Steve, Sci1977 (was that the year you were born? or you just liked the look of those numbers), Imtrying25, so very not silentbattle and Halevi...I'm reading every word you guys write, (even when I'm hiding like a little boy, ashamed) and I'm gaining so much strength from you daily/weekly struggles.

I fell last Wed. So now I'm on my fifth day for the 3rd time since I started this journey with you holy fellows.

I've come to start knowing myself better (I know it's sounds weird..But for me to have clarity of what exactly I'm feeling takes effort) since I joined GYE.

I'm highly attracted to but not addicted to pn or women...I am addicted to mt...a week and a half is relatively easy for me to control myself...but after a week when i see thing I shouldn't see i get really crazy...Literally my hands start shaking and I go crazy... this past time for 3 days....after I fall I'm pretty OK for the next week...This is better than before when I would out sheer laziness fall 2 times/week...This is the Al chet Shechatanu Lefanecha B'yetzer hara....That 2nd time I actually would have to go and find the jerk..I need to not be lazy and figure out why I have that strong urge....BEZ"H DC Group will help me get there.

All in all so far cutting the Aveiros by half is pretty good...But thank G-d you guys won't let me get away with just pretty good.

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Re: Just Starting

Posted by silentbattle - 02 Feb 2010 07:10

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We're just here to cheer you on while YOU achieve the greatness that you're destined for!

It's not strange at all - very few people are aware of the feelings they have, especially in regards to their actions and responses to other things. So if you're getting to know yourself better, that's an incredible accomplishment!

A couple of weeks ago, i posted about how a seeming low point turned out to be a great opportunity for growth...if you can't find it, I'll try to help you, but right now I'm exhausted, so look

Keep on rocking!

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for it yourself

Re: Just Starting

Posted by imtrying25 - 02 Feb 2010 12:20

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Like Sb said it aint that simple. Getting to know oneself may be the single most important thing we need to do here on this world. It brings s to all the great things we can accomplish!!

So keep it up. Your teaching us, or at least me, what it really means to be a human being!  
Thanks!

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Re: Just Starting

Posted by Steve - 02 Feb 2010 16:01

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Getting to know oneself is very important, and when we get to know our motivations, it's VERY GOOD because we begin to see up the road before we get to the stumbling blocks. And if WE STOP AND THINK, we can prep ourselves and overcome.

Like a stutterer, who knows what words and concepts trip him up, ends up seeing his conversation from a few sentences in advance, and anticipates the problems before he gets there. So one choice he has is to not do anything, expecting to fall into his old pattern, and that

builds the tension and anxiety that makes that particular stutter unavoidable. But his OTHER CHOICE is to USE that foreknowledge to fortify himself BEFORE he gets to his regular impasse. He remembers that he learned relaxation and breathing techniques, even to the point of using "singing" thru that phrase he fears, and he pumps himself up to use what he knows works. When his conversation reaches that point, he stops or slows down, and handles it like a charm on the exhale. At first it's very mechanical, but after a lot of practice and role playing, it becomes second nature.

This moshul is really very good for us. Did you guys know that James Earl Jones was a terrible stutterer? That amazing actor with the deep, resonant and poetic voice that has captivated millions of people world-wide. He overcame his handicap through perseverance and technique.

JUST LIKE WE CAN, **AND WILL!!**

And while we get to know ourselves, another important point comes to mind: V'Ahavta L'Rei'echa Komocha works both ways, too. Just like we are commanded to love our fellow by being Dan L'Kaf Zechus like we want other people to think for US, well, WE ARE ALSO COMMANDED TO LOVE OURSELVES LIKE WE LOVE OUR FELLOW. Which means that we ALSO have to be Dan L'Kaf Zechus OURSELVES!! Even when we c"v fall, BE CREATIVE and find the ZECHUS in ourselves, and FOCUS on that POSITIVE aspect instead of beating ourselves up!!

"OK, I may have fallen, but look at ALL THOSE GOOD DAYS IN BETWEEN!!"

"It took MORE of a buildup till I lost it this time - WOW - I'M SLOWLY BUILDING A RESISTANCE that i didn't have before!"

"Hey, I DIDN'T ENJOY that fall like I used to - I can see it DOESN'T MEAN THAT MUCH to me anymore"

"I may have fallen, but it didn't damage ME - I'm still a good, caring person who HAS A LOT TO GIVE TO PEOPLE, even with my faults"

"HEY!! - I'm STILL ALIVE!! That means HKB"H feels there's still HOPE for me!!"

When we do that, then DESPITE our faults, we begin to LIKE OURSELVES BETTER. And believe me, there is a lot worthy of your self-respect.

***Keep strong, my friend!!***

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Re: Just Starting

Posted by sci1977 - 02 Feb 2010 16:03

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Keep on going, were here for you and yes 1977 was the year I was born!! Stay postive and remember we are all here at GYE to help each other.

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Re: Just Starting

Posted by Steve - 02 Feb 2010 16:10

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[sci1977 wrote on 02 Feb 2010 16:03:](#)

Keep on going, were here for you and yes 1977 was the year I was born!! Stay postive and remember we are all here at GYE to help each other.

Well, 1977 was the year I totaled my parent's car. It was a lemon anyway, even tho it was a new Lesabre. Lost control on a back road at 80 MPH, flew over a guard rail off the road at the top of a hill, literally, touched down 30-something feet away from the road in a dirt field, missed a phone pole by a few feet, and walked away without a scratch. Now i see Hashem saved me in the zechus of sci1977's birth.

Thanx, my friend, i owe you one.

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