

bardichev's battle

Posted by bardichev - 19 Apr 2009 19:51

Hello to everyone here. I am truly humbled to be here. It is the most wonderful thing.

I can not believe that today is my 31st day without any assur internet whatsoever. Without any bittul zeman internet. I can't believe it myself I am so happy.

Just four weeks ago I couldn't sit in front of my computer without peeking just for a few minuets at all the filth that the Y"H brought my way.

Just four weeks ago I was the lowest person in the world living the biggest lie. Just four weeks ago I was crying under my desk and I really wanted to change. Indeed in the past I made strong kabbalos I gave myself all kinds of mussar I applied all kinds of advice but I never was able to ever go 2 weeks clean.

I B"H found a lifeline GUE I realized 3 things a. there is a way to recover

B. that I am an addict an addiction will need recovery not that I'm just crazy or SHVACH . C. there is other people in the same boat that are honestly working on changing their lives.

At that point I didn't feel that I deserved to be on the forum let alone on the WOH. So I kept my own journal for two full weeks .It was so hard to change but all the chizuk from reading all the posts on GUE pushed me along.

I still can't believe that I am clean for a month .I am not trying to delude myself to say I arrived I REALLY need all the encouragement to reach my short term goal of 90 days. I am really taking it one day at a time. I am davening for siyatta dishmaya.

I realize that the battle of the Y"H is a full time job. My shemiras ainiyim is on a very good level B"H. I am scared that I will fall so I am really setting small goals.

I came to this realization that I couldn't stop my self until I admitted that I was an addict not that this was just a bad habit this is my addiction. Once I knew I was an addict I was able to accept advice from all the people on the forum because until one doesn't ADMIT he cant be helped because its not for him.

I started to realize that the power of TEFILLA is so great.

I had a wonderful insight in the tefilla we say "VCHOF ES YITZREINU LHSHTABED LACH" we daven that Hashem should force Y"H to be subjugated to HIM. All my life I davened that "my" Y"H should be controlled by "me" .NO NO NO I have learned from the first of the twelve steps we are begging Hashem to force the Y"H to be under HIS control.(I am saying this as a chizuk not trying to delve into deep questions that deal with Emunah).

May all our friends here be the source of inspiration that we all become truly the HEILIGE NESHAMOS WE WERE GIVEN AT BIRTH.

Please give me the chizuk (and mussar too) to reach my goal.

May Hashem bentch each and every one of us.

Humbled and happy

bardichev

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Re: bardichev's battle

Posted by bardichev - 08 Feb 2010 22:31

HOLY CHAVEIRIM

U ARE MY REAL FREINDS

HOW I WISH WE CAN ALL MEET

HEY RAGE IS THE YU SFARIM SALE STILL GOING ON

WOULD THEY ALLOW A "HASIDIC FREE THINKER ICE CREAM TRUCK DRIVER FORMER
PO#N ADDICT ADMITTED BOURBON DRINKER" IN??

CAN WE ALL MEET THERE

WE CAN ALL WEAR 3D GLASSES SO WE CAN PICK ONE ANOTHER OUT

AFTER YU WE CAN GO TO SOME TAKE OUT PLACE IN WASHINGTON HEIGHTS AND
EAT SOME YEKKISHE DELICACIES (SHTINK CHEESC AND GREEN ZIPP)

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Re: bardichev's battle

Posted by imtrying25 - 08 Feb 2010 22:33

Or maybe theyll straighten you out. And you definitely wont want that would you Rebbe??

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Re: bardichev's battle

Posted by bardichev - 08 Feb 2010 22:38

I LOVE ALL YIDDEN

LITVAKS

CHASSIDIM

YU TYPES

CARLBACH TYPES

MO

SFARDIM

AMERICAN HARRYS

BTs

FFBs

BLUE COLLAR

REDNECK

WHITE SOCKS

BLACK HAT

FAT

SKINNY

TALL

SHORT

EAST COAST

WEST COAST

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Re: bardichev's battle

Posted by imtrying25 - 08 Feb 2010 22:41

Hay Rebbe you didnt mention anything about p*** and s** addicts!! :'(:'(:'(:'(:'(

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Re: bardichev's battle

Posted by bardichev - 08 Feb 2010 22:42

ARE YOU NEW TO THE FORUM??

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Re: bardichev's battle

Posted by bardichev - 08 Feb 2010 23:00

LUV HIM TOO

IF I MET HIM IN YU ID BEAR HUG HIM TO AN INCH BEFORE DEATH!!!!!!

IM DONE 6:00 PM MINCHA IN BARDSTOWN KY

ANOTHER NOREASTER HEADING TOWARDS THE EAST COAST (OF COURSE) OK AND
TO BOROPARK AND TO POMEGRANITE WHAT ELSE IS THER... OH DERR KUNTRY AND
MOSEY SORRY I FORGOT

PEACE BRO

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Re: bardichev's battle
Posted by Dov - 08 Feb 2010 23:03

Am I the only one here who just lost 15 pounds laughing my posterior off? It's good that no one else is around at work any more or it'd be another boosha for this little bear.

Thanks reb b.

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Re: bardichev's battle
Posted by the.guard - 09 Feb 2010 20:11

[bardichev wrote on 08 Feb 2010 21:52:](#)

Hi holy chavairim

I am having a very difficult day

Let me share an interesting thing

When I was in the grips of my addiction

Such a day would have had one reaction

Shmuts shmuts and more shmuts

Why?? Hey I'm having a hard day

matzav.com/how-to-deal-with-destructive-emotions

In the Kabbalistic literature, our faculties of cognition are commonly referred to as “parents,” while our faculties of emotions are described as “children (4).” The significance of this metaphor is vital: The relationship between the mind and the heart, it suggests, must reflect a healthy relationship between parents and children.

When your child begins to holler, you must acknowledge his or her predicament, and examine the cause for their outburst. Yet you cannot run to call the ambulance based on the screams of a child alone without examining it on your own first. A clear distinction must be made between de-legitimizing your child’s tears, which is cruel, to allowing these tears to dictate your home and life.

A similar relationship must exist between the mind and the heart. Emotions, instincts, moods and feelings are children. They are cute, spontaneous, vibrant, immature and wild. Sometimes they are on to something very real and serious, other times they exaggerate or distort reality. We ought not to de-legitimize, suppress or deny them. We must be keenly aware of their existence within us. Just like children, we must attempt to educate and refine them. Yet we ought not to worship them and allow them the exclusive right to define our life. As voluble as emotions are, the moral sense of right and wrong must be given precedence over “I do not feel up to it.”

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Re: bardichev's battle

Posted by Steve - 09 Feb 2010 20:26

Bards,

You are THE inspiration!!

Just dropped by to say I Love You.

And that I'll shovel your driveway if you'll shovel mine.

Make sure you've got enough antifreeze in that truck, or carry a case of Woodford.

Whatever works, Bro. Stay warm.

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Re: bardichev's battle

Posted by bardichev - 09 Feb 2010 20:51

steve u know the big road that goes thru our end of the east coast

yupp my truck was stuck on it

hahahahahaha on me amd me ego!!!!!!

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Re: bardichev's battle

Posted by imtrying25 - 09 Feb 2010 22:45

hahahahahahahahahahahahahahahahah the rebbe got stuck!! Oyyyyyyyyyyyyyyyyy nebach!!!

Wait was it like 60 degrees here today??

And then they wonder why its not kedai to live here in the holyland. Hashem takes care of us guys. Were extra special!!!

Enjoy the snow!!

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Re: bardichev's battle

Posted by habaletaher - 10 Feb 2010 08:50

The Bardman is never stuck, wherever he stops, that's where the party is!!!

Put the rig into park

Bust out the Woody

Chase it with some hot chocolate

mach a mezoiness

yeah, ahhh that's right, it's hitting the spot and everything is just right once again!!!!

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Re: bardichev's battle

Posted by bardichev - 10 Feb 2010 17:52

the bard mobile is out of the mud

a huge lesson i LEARNED FROM MY SNOW BANK MUD SITUATION

IF YOU TRY IT ON YOUR OWN

YOU MAY JUST GET STUCK DEEPER AND DEEPER

SO I CALLED A TOW TRUCK

LESSON

DONT TRY TO WHITE NICKLE IT IT WILL GET YOU NOWHERE

CALL A TOW TRUCK

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Re: bardichev's battle

Posted by imtrying25 - 10 Feb 2010 17:54

wow. i think aa should hire rebbe! :D :D :D :D :D :D AND yes we can learn somehting even from the most mundane things. If we only look for it!

I would tell you to keep on truckin but it doesnt sound like your truckin in all that snow. So keep on towtruckin!!!!!! :D :D :D :D

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