

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 Noorah BAmram - 17 Jun 2009 15:57

Maybe I'm dense but i didn't realize until i read the heilege chizuk email fro Rabienu Guard what the Yom Tov was all about , I'm a little slow on the pick up today .

I sing for you the song D"REBBE ZOL LIEBEN A MAZAL TOVUVCHAIN
TZADIKIM >>>>>>>UVICHEN TZADIKIM YIREE VYISMUCHEE

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Re: bardichev's battle

Posted by London - 17 Jun 2009 16:02

Mazel Tov Dear Bardichev, I am sure your Holy namesake is drinking a l'chaim in gan eden for you. Keep cheering us up with you humor. I don't want to ruin your big celebrations, a word of caution do not become complacent I did and fell and it's not pretty out there as you know, so keep doing what you need to stay on the straight and narrow.

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Re: bardichev's battle

Posted by Dov - 17 Jun 2009 16:43

Mazel Tov dear bardichever and I'd share a lechaim w/you but some folks are discussing working that out as we speak, apparently...

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Re: bardichev's battle

Posted by bardichev - 17 Jun 2009 16:48

the heiliger bardichever was atalmid of the rebbe reb ber(dov)

I will post one of my favorite Bardichever maaseshs soon

you will see that not all tzaddikim understood his mihalech (but they all loved it)

Ichaim my favorite schnapps

bourbon woodford reserve

scotch glenlivet

vodka none

arak zachlawi

what else..

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Re: bardichev's battle

Posted by Efshar Letaken - 17 Jun 2009 16:53

Mazel Tov! Mazel Tov!

I'm sure like the light of the day that just like you are "Praavening" a Yom Tov L'Mato the same

is true L'Malo up in heaven.

The Malochim are all joining in this Simche dancing around the Kisei Hakovoid and Hashem is singing "**Chazi Chazi! Bonai Bonai!** look at my **Heiliger bardichiver** how he fought off this Crewel Yetser Hora! and will fight on.

Look at my Holy Kinderlach says Hashem! specially the **GYE** family how Happy they are for one of there own at the milestone he reached.

The Heiliger Bardichever Reb Levi Yitschak (Sanegeiron Shel Yisroel) askes all the Bad M'Katrigim Have you ever seen a Jew be happy that he did an Aveiro for 90 days?! or even One Day?! or even just one Aveiro?!

The Answer is a clear NO! **No Jew is Proud of his short comings!**

But look at how happy we are with the **Milchemes Hayetser**. Look How Happy we are that we are **Fighting & Wining** the Evil One, One Punch at a time, Knocking him out once again.

Yes! we will be zoichen B'Koroiv to see the **V'oso Hakodoish Boruch Hu V'Shochat L'Malach Hamoves** ones & for all. Who if not us Yidin that put up the biggest fight yet I think, against the Menuvel.

bardichev,

Hashem should help you fight to the end. Keep on making us smile! And may we all have Hashem back us all the time with whatever we need until we will be zoiche to greet Moshiach Very soon in Yerushaleim.

P.S.

I'm sure we will have a special table or section dedicated to "**The Fighters!**" we shall meet one day! I can just imagine the smiles on are faces when we do.

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Re: bardichev's battle

Posted by hoping - 17 Jun 2009 18:28

A hearty Mazal Tov to the Bardichever!

I am not worthy of giving advice to you, just a heartfelt request. Please never stop adding Simcha to this forum. It does so much good for all of us

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Re: bardichev's battle

Posted by bardichev - 17 Jun 2009 18:35

yesss yes I need all the advice i can get

I might be out of the emergency room but NO-one is immune

hello did you drink aLCHAIM yet??

its woodford reserve

herring and kichel are being brought in right now!!

soon by you I wil do the kazatzka!!!

b

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Re: bardichev's battle

Posted by the.guard - 17 Jun 2009 18:54

The Heiliger Bardichever Reb Levi Yitschak (Sanegairon Shel Yisroel) askes all the Bad M'Katrigim Have you ever seen a Jew be happy that he did an Aveiro for 90 days?! or even One Day?! or even just one Aveiro?!

Efshar Litaken, this quote brought tears to my eyes!

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Re: bardichev's battle

Posted by bardichev - 17 Jun 2009 19:30

raskebehag come in for a lchaim

yosefyaakov veisse oder breineh??

bardichev

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Re: bardichev's battle

Posted by aaron4 - 17 Jun 2009 19:54

L'Chaim!! I'll try some Woodford Reserve, why not?

Following E.L.'s advice on Bruce's thread, I'm posting a question on the one with the most action today. I have gotten to the point where I can *occasionally* understand why "normal" people view p***n as repulsive (not all the time though). I'm happy about that. However seeing pretty women on the street, even with no further thought beyond the first glance, triggers lust in

my heart. It's automatic. I try a number of things to combat this including:

* Thinking that they're *people* and as people, I really don't know them and have no interest in them

* Asking Hashem to grant them all the best and move on

* Trying to work the steps...admitting that I am powerless over lust, Hashem can deal with it, and I am ready for him to do so.

Sometimes these work but as often as not, they only works in my head, not in my heart.

What else? Advice, anyone?

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Re: bardichev's battle

Posted by bardichev - 17 Jun 2009 20:13

you know aaron

i just thought of a gevaldigge gemara in meseches avoda zara (i need to look up the blatt)

reb akiva saw the wife of turnos rufus harasha (the gemara says she was very pretty he did 3 thing he spat he laughed he cried

there are many perushim in this gemara it is kai to learn it inside i will bl"n look up the blatt#

but lets take a lesson from this

we all see things that are triggerring before you mind starts going to the next level or the eyes star checking the whole matzhav..

do one of these 3 things

1 spit remeber she is a tipah serucha and hey so are we

2 laugh it off say to the Y"h with this you going to bring me down withthis hah hah hah

3 cry for this beauty is only temporary (and so is the trigger)

4 if it dont work buddy GET OUT OF DODGE!!!

habaa litaher missayin oso!!!

h&H

b

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Re: bardichev's battle

Posted by the.guard - 17 Jun 2009 20:18

Dear Ahron,

I like the advice I saw recently from Pintele Yid about this. He writes:

*I was walking home several weeks ago from a Shabbos simcha, when as a result of having to pick up my head to look at the color of the street light, I saw something that that I didn't want to see and it threw me for a loop. I saw that I was losing the battle so **"in my mind"**, I invited myself to follow the "frum" lady home. When she took off her high heels, as a result of those treifa heels, I saw the most ugly bruises on the heels of her feet and I imagined that her feet stunk worse then the dorm rooms in yeshiva. I also try to imagine her as she was a walking skeleton. I think this is the deeper meaning of that Gemorah where if you are at the mercy of something you saw, then take it in and modify it to where you are totally disgusted by it. The Gemorah uses more "base" turnoffs and you can imagine the levels that work for you. Isha Chavis Melei'ah Tzoah...*

This can help the automatic trigger for the first few seconds... Then it passes...

You know, lust is interesting. We see something and feel we NEED it. If we don't get it, we feel a taste of "death". It's so hard to turn away sometimes.

But 5 minutes later, not a trace of the desire remains. We can't understand what was so hard...

So if we can just realize how our brains are TRICKING us when we see something, it will be easier to turn away.

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Re: bardichev's battle

Posted by bardichev - 17 Jun 2009 20:23

rabboisai

here is the craziest part of all this

if you never felt this way ashrecha!

many times I feel the urge to go to a store or an area to SEE if my Y"H is still working(who ever experienced this knows what I mean)

HERE IS A GEVALDIGGE PSHAT FROM REB CHAIM SHMULEVITS

ain adam choteh alla im kayn nichnas bo ruach shtus??

we are all crazy we can plead insanity!!

the teretz is if you are drunk don't get behind the wheel

DONT LOOK FOR NISYONOS!!!

its a long sugya but the HEILIGER GUARD "TRIGGERED " ME TO REMEMBER THIS VORT

nuch a LCHAIM!!!

b

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Re: bardichev's battle

Posted by Efshar Letaken - 17 Jun 2009 20:40

bardichev,

Speaking about Drunk. watch out on all the L'Chaims your making! lol

E.L.

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