

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 Efshar Letaken - 16 Jan 2011 23:44

I know y'all saw this post back in benndy's fuddem but I'm trying to reach 800 posts so the rebbe feels a bit more comfotable with his 4000 so i re posted it right here.

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Re: bardichev's battle

Posted by Efshar Letaken - 16 Jan 2011 23:45

ok guys! I'm otta here for tonight! gtg Chome.

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Re: bardichev's battle

Posted by Efshar Letaken - 16 Jan 2011 23:46

1 more post and i reached 800.

what am i gonna say?

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Re: bardichev's battle

Posted by Efshar Letaken - 16 Jan 2011 23:49

Does any one have any suggestions what I can write in my 800th post?

Oops! look at that!

I got here!

All I have to do is hit Post and there it is!

Rebbe! do you see what a Getreiyeh Gabbe you have?

all this just for you!

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Re: bardichev's battle

Posted by ben durdayah - 16 Jan 2011 23:56

Just write KOT!

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Re: bardichev's battle

Posted by bardichev - 17 Jan 2011 05:25

A bissel chazara

Re: bardichev's battle

Quote

Modify

Remove

« Reply #14 on: April 23, 2009, 12:40:30 AM »

hello everyone

What a great honor I received when I opened today's chizuk e-mail #459. I am so glad that my struggle can be a source of encouragement to others.

What is so unique about this forum is that in on itself it really provides the antidote to addiction. My addiction is TAAVA it says L?Taava Yivakesh Nifrad in order to be a Baal Taava one needs to be alone. Lonesomeness depressions helplessness boredom are really different levels or layers of alone. Being part of a group if their goal is to serve Hashem that on its own beats the Y?H away.

I once heard a very nice story from one of the previous Slonimer Rebbes ZT?L.

This Rebbe had a Chassid that embarked on a business trip. Being away from the comfort and protection of home he was tempted with the Nisayon of Yosef Hatzaddik.

In a moment of cheshbon hanefesh he said to himself ?when I come back my Rebbe will see that I sinned?. So he thought ?I will avoid my Rebbe?. Then he said to himself my friends will notice on my behavior that I sinned. Can I live without friends NO I need my friends and that helped him overcome his Y?H.

When he came home his Rebbe told him ?what a great Rebbe can?t accomplish good friends CAN.

Toady is my 34th clean day. B?H. Today sefirah is 13 L?Omer which corresponds with

Yesod ShebiGevurah. This day is really auspicious to every person on this forum. what we are doing is try to be Mesaken the middah of yesod (lit. foundation) and we are doing it with tremendous Gevurah.

As I once said this forum would have been a Nachas For the Heilige Bardichever .To see how regular people are trying withal their might to fight the greatest Y?H in history. The streets we travel and stores we shop in stoop to the lowest level just to sell basic products. The media is one piece of filth. The computer OY VEY this is Y?H final hideout.

Let us all remind ourselves what it was that pushed us to seek help.What was it about the addiction that we hated the most. If you focus on that it will help you not slip or fall.

For me it was as follows (this list I compiled on day 10)

- A. A crutch to give me instant satisfaction
- B. I knew what I was doing was wrong.
- C. I was making excuses for my behavior
- D. I was a hypocrite
- E. I couldn?t Daven
- F. I felt guilty and ugly
- H. I felt controlled (inhuman)
- G. I convinced myself that I can change my behavior in a second which I know it?s not true.

My friends keep me strong. I really want to be a normal person I feel the taste of freedom.

Humbled and happy

bardichev

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Re: bardichev's battle

Posted by bardichev - 17 Jan 2011 18:40

which avatar do u like best??

series 1

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Re: bardichev's battle

Posted by ZemirosShabbos - 17 Jan 2011 18:43

i like the bottom one

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Re: bardichev's battle

Posted by bardichev - 17 Jan 2011 18:45

series 2

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Re: bardichev's battle

Posted by ben durdayah - 17 Jan 2011 19:09

One thing's for sure -it seems those guys have already found GYE!!!

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Re: bardichev's battle

Posted by ben durdayah - 17 Jan 2011 19:19

Barsd's Ich hub moira az einer fin de bilder is actually **YOU!**

Anyways, if you don't get that narrishe name change business out of your system...

We're going to have to step up the popular uprising, and bring the Hafgannah **HERE!!!**

EBD

PS Ich hub alle mull getainet az de mafginim zennen a bande leitzunim...

I said, if you guys are serious... why don't you burn trash and stop the traffic in Kikkar Tzion, Rechov Yaffo, or Tel Aviv?

Fin farbrennen inter mein fenster vesti gurnisht hubben, Mainst az es art **zai?** Ich ken dir helfen mit eppes? NO

Go tzind uhn a mist in Herzliya or Tzfon Tel Aviv...

Ay, the cops? They beat the living daylights out of you in Meah Shearim anyways, und vus art dir where you get your teeth knocked out and an eye or two!

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Re: bardichev's battle

Posted by 7yipol - 17 Jan 2011 19:39

Efshar is good at name changes Rebbe...

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Re: bardichev's battle

Posted by bardichev - 17 Jan 2011 21:34

7up

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Re: bardichev's battle

Posted by ZemirosShabbos - 17 Jan 2011 21:40

you just blew Mom's cover....

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