

bardichev's battle

Posted by bardichev - 19 Apr 2009 19:51

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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 London - 17 Jun 2009 21:24

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Re: bardichev's battle

Posted by Efshar Letaken - 17 Jun 2009 21:33

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Gevaldig Reb London!

I almost fell off my chair & this is with out drinking!

E.L.

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With all this drinking taking place here R' Guard may have to open an AA thread here too

Re: bardichev's battle

Posted by Dov - 17 Jun 2009 21:49

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Along the lines of the Bardichevers vort above: Yes, ashreinu!

I can't count on my fingers and toes (and i refuse to use *anyone* else's!) the times I have turned to look, "*just to see if there is anything there I **shouldn't** be looking at, you know.*" Now, I generally leave this "important" research for the meshugenas who are more qualified to test it than I am! Boruch Hashem I can care about myself! And as a yid, I am taught by the people on this site that by doing that i am also:

- \* making a private kiddush Hashem
- \* doing the mitzvah of lo sasuru, and others
- \* getting more freedom from lust
- \* getting more sanity
- \* buying insurance (at a reasonable price) for my marriage, fatherhood and satying alive
- \* doing practically the only thing I *can* do today so that I may be sober tomorrow, as well!

Not a bad deal. It doesn't even take a yiddishe kopp to accept it! Be well!

PS. **reb aaron** - a lot of folks, including me, found a **lot** of power in saying:  
Tatty/Ribonoshelolam/G-d/my Best Friend forever/Etc., Please! **Whatever it is I that i am looking for in the image of that woman/man/whatever, let me find it in You.** It especialy works if you really mean it!

Another eitzah I like that helps when davening for the true benefit of the person you are having trouble with is to recognize that even though they are total strangers to me, I'd certainly rush to save them if they'd be stuck in a burning car or attacked by dogs, for example. if so, I *can* care about them. Now: ask Hashem to give them a true thirst for proper awareness of Him, closeness to Him, seichel and clarity in what *really* matters in relationships (certainly not looks, fancy clothes and lust), sholom bayis and good health. Then get going with living! (as usual...what else *is* there?)

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Re: bardichev's battle  
Posted by Efshar Letaken - 17 Jun 2009 22:01

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Thanks for that refreshment Reb Dov!

AAAAAAAAAAAAAAAAHHHHHHHHH!

E.L.

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Re: bardichev's battle

Posted by London - 17 Jun 2009 22:15

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

What else? Advice, anyone?

My Dear Brother Ahron

Thanks for reminding me what I need to do. My problem is that I have been around the fellowships for a few years and have heard most of the answers, I need to come to this forum and hear other people share and be reminded on a daily basis what I need to do. To answer your question Ahron, I was told by non-frum yid when I first came into recovery that just as when I wake up in the morning I wash negel vaser, and say modeh ani, or when I eat I make a Brocho, I do these things without thinking, they are second nature, so in recovery I am like a Ger or Baal Teshuvah (which I am) I have to practice these techniques and keep on practicing them, there will be times when I get frustrated or when my heart is not in it, but if I keep on doing them they will become second nature and I will not have to think about it. I have trained myself over the years to notice triggers, I have a finely attuned lust radar in my head it is going to take a lot of hard work to switch it off. I find that if the trigger is really bad that I will pick up the phone to a member of SA. When I first joined SA my sponsor would and if I got triggered on the street my sponsor would tell me to pick up 10 pieces of garbage of the street, and I did it - any lengths, so if all else fails start collecting garbage.

Once again thanks for reminding me of the tools I need to stay clean.

London

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Re: bardichev's battle

Posted by bardichev - 18 Jun 2009 14:29

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hello all tzaddikim

party is over now i am back to work

yesterday was a fun and holy day for me

I am so touched by all the nice things you all said

i am really honored to be able to have a part in the new section BAIS MEDRASH

here is where i will post my battle and my musings and hopefully some jokes

being on the wall of honor looks daunting

the first time saw this site I thought I will never be on that wall

so back to work back to basics back to fighting tooth and nail one day at a time

humble and happy

bardichev

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Re: bardichev's battle

Posted by me - 18 Jun 2009 15:02

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

Dear Reb Aaron:

I have found that most of us have hearts.....but they don't work. We spent most/all of our lives using ONLY our heads. We learned with our heads. We calculated our parnassa with our heads. We spoke to our spouses with our heads. But, yes, unfortunately we have a 10 foot wall of steel separating our hearts from our heads. I see, and understand but....I don't "feel" it. I do what they say in the seforim but....there is no change. I have come to the meskanah that we must leave our heads, and work only with our hearts. Like the Rambam says when you want to change a midah, you need to go to the opposite extreme. To do this, we must stop thinking, and start "feeling". Our heads think, and our hearts "feel". This is why you/I don't feel anything.

So how do I do this? It may be more difficult for a mensch, but i have been trying to be more emotional, and friendly. In shul for example, I will try to greet people with a "real", and sincere smile. You have to pay attention to the difference. You can say "Boker Tov", and smile because you "decided" to do this, or you can think a moment and prepare to "really" do it....this means with your heart, and "FEEL" it. Try to see if you can feel your heart. Pay more attention to it, and start to exercise it.

If we can rebuild the connection between the brain, and the heart, we will have an entirely new world before us. We will be able to take the aitzahs of chaza'l, and after thinking them, we will then immediatley FEEL them work!

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Re: bardichev's battle

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Posted by bardichev - 18 Jun 2009 15:08

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DOV = DE REBBE REB BER

Along the lines of the Bardichevers vort above: Yes, ashreinu!

I can't count on my fingers and toes (and i refuse to use anyone else's!) the times I have turned to look, "just to see if there is anything there I shouldn't be looking at, you know."

THIS IS ONE OF THE OLDEST ATZAS HAYETZER IT STARTED WITH CHAVA

DO YOU KNOW THE ABIE ROTTENBERG SONG ALEF BAIS??

THE LAST LINE IN THE SONG IS " JUST MOVE ON THERE IS NOTHING HERE AT ALL...JUST MOVE ON THERE IS NOTHING HERE AT ALL..."

HUMTHIS SONG IN YOU HEAD IT WORKS!!

h&h

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SEE YOU IN THE BAIS MEDRASH

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Re: bardichev's battle

Posted by Noorah BAmram - 19 Jun 2009 00:23

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BARDichev, LOVE THE new picture :D :D :D

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Re: bardichev's battle

Posted by yetzertov - 19 Jun 2009 14:11

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My Chaver, Bardchev,

I apologize for the long delay in responding. My hard drive had died and I did not want to write from work.

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Re: bardichev's battle

Posted by yetzertov - 19 Jun 2009 14:43

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ZE HASHA'AR LAHASHEM, TZADIKIM YAVO'U VO

BARUCH ATA HASHEM MATIR ASURIM

Bardichev, achi, let me extend you a heartfelt Mazal Tov and, as we would have said in a chasidishe tish or farbrengen, a big Lechaim u'Levracha. As you know, the word "Levracha" which means "to be blessed", can also be taiched as "Lev Racha", a soft(kind) heart. This applies to you, who showed, during these 90 days, a true Achavas Yisroel by giving words of advise to those in the forum, by reaching out to those "guests" not yet in the forum, and particularly, by reaching out to me personally as you know.

I have not much to add to the words of the giborim in this hot tread. I just wanted to express that more of what you have gained is what you have given to us. Your posts are characterized by a ) your enthusiasm towards Hashem's Avoida. Everything in all the worlds have a neshama and a guf ( a soul and body) and you are definetely the neshama of this forum.



May Hashem continue to derive nachas from your Avoda and may your zchus bring us closer to the geula.

PS B'EH, I recently came across some short chasidishe vorts related to Teshuva which I am sure you will enjoy. Bli neder, I will post them in your site in the near future.

With wishes of hatzlacha and a gut Shabbbos

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Re: bardichev's battle

Posted by bardichev - 19 Jun 2009 15:13

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yy mazel tov you just became a JUNIOR on my thread

as you you know I will drink BREINAH woodford reserve

yy will dance the kazazka the karrahut whatever you want

that vort of lev-racha is gevaldigg

a the holy brother shlomo would say

I bless you with .. SHABBOS

bardichev

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Re: bardichev's battle

Posted by Efshar Letaken - 19 Jun 2009 15:19

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Raboisai,

If you ever felt the taste of Shabbos you would understand what **"I Bless you With Shabbos"** means. It's a so deep! a Gevaliger Brocho!

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Re: bardichev's battle

Posted by bardichev - 19 Jun 2009 17:09

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In order to thank Hashem from the bottom of my heart

I will Be"H go back to the shul where i usually do not daven but in that shul I cried ahoi hashen sin-u raah

may we all be zoche to be elevated to higher levels of yiras shamayim shemiras einayim and and...simcha!!!!

humble and happy

signing out

bardichev

I will back at Rabbeinu Taam

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