

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 ben durdayah - 26 Jul 2011 20:03

Welcome Back Rebbe!

It's takke a kuntz to be humbler than ever having become a (gasp...)

GLOBAL MODERATOR

Nice to see that your caps are still working...

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Re: bardichev's battle

Posted by Yosef Hatzadik - 26 Jul 2011 20:13

AHHHHHHHHHHHHHHHHHHHHHHHHHHH!!!

THANK YOU!!!

AND ECHOES OF THE REBBE

PLEASE KEEP IT UP

SPREAD THE SIMCHA!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: bardichev's battle

Posted by ZemirosShabbos - 26 Jul 2011 20:31

rebbe b, it is really great to have you back

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Re: bardichev's battle

Posted by bardichev - 26 Jul 2011 20:31

SPREAD THE SIMCHA!!!!!!!!!!!!!!!!!!!!!!

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Re: bardichev's battle

Posted by the.guard - 26 Jul 2011 20:43

AHH MECHAYA!!! LIKE A BREATH OF FRESH AIR!

IT'S GOOD TO HAVE YOU BACK, REB B!!! ;D ;D

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Re: bardichev's battle

Posted by ben durdayah - 26 Jul 2011 20:45

WOW!

THIS POSTING IN CAPS IS CONTAGIOUS -EVEN GUARD IS DOING IT!!!

I'D BETTER GET OUT OF HERE BEFORE IT'S TOO -----

AAAAAARGGGH!

IT **IS** TOO LATE!!!

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Re: bardichev's battle

Posted by heuni memass - 26 Jul 2011 20:47

Welcome back!

This should be prime ice cream season... I thought you will come back when the season slows down. Anyway anyone in for a Welcome back ice cream party?

tonight at eight at----

Inside Scoop

Frozen in Nova Scotia

Super Scooper

California Swirls

The Frozen Heron

carnival

Sprinkles

Sweetwater

Lakeside Licks

Lochs & Licks

Lucky Lickers

Licks n' Lollipops

Sticky Fingers Shop

Icebreakers

The Icebox

Ice Flows

The Ice Man Commeth

Feisty Flavor

Any suggestions?

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Re: bardichev's battle

Posted by Dov - 26 Jul 2011 20:51

The Rebbe Reb b waited for the right time to come back to us here. Thanks for posting again.

Let's both ask Hashem's help to be husbands and tatties *first*, and "poster"s *second*.

The geulah comes inside the churban itself, and the Rebbe returns in the middle oif deim drei vochen!

Nice to have a friend back.

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Re: bardichev's battle

Posted by heuni memass - 26 Jul 2011 20:54

[ben durdayah wrote on 26 Jul 2011 20:03:](#)

GLOBAL MODERATOR

BB he got 4500 posts I think he's pretty global

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Re: bardichev's battle

Posted by ben durdayah - 26 Jul 2011 21:03

I get shivers up me spine just seeing his name in blue like that...

:'(

(tears of joy and dveikus)

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Re: bardichev's battle

Posted by Shteeble - 27 Jul 2011 00:00

WE'RE HAPPY TO HAVE YOU BACK WITH US REB B

FORUM HAS NOT BEEN EVEN REMOTELY THE SAME WITH OUT YOU

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Re: bardichev's battle

Posted by mnman415 - 27 Jul 2011 00:02

welcome welcome wlecome

welcome back to the forum,

Welcome to our community, you have finally come home!

Once you've arrived, there's
no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): (Right Click the link and press "Save Link/Target As" to save the PDF file to your computer).

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

Here are some quick things you can do to help you jump straight into recovery:

1) Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information... We also **highly advise** installing "Reporting Software" such as webchaver.org to give you some accountability, because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

4) Post away on this forum! You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you **get out of isolation!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other frum Yidden, along with an experienced sponsor. See www.guardyoureyes.org > Tools > Phone Conferences for many different options. Our conferences are taking place every

day, morning, noon and night... Joining a phone group would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at gye.help@gmail.com or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

The second part, "**The 18 Tools**", detail suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. No matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

May Hashem be with you!

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