

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

=====
=====

Re: bardichev's battle

Posted by tehillimzugger - 02 Aug 2012 19:59

[Back wrote on 25 Jun 2012 22:47:](#)

been while since i posted... i still have no idea of bards is back or not even after catching up on this thread. hi ya'all/

Who cares bout bards [wait, did i just say that, gulp] we got BOT!!!!!!!!!!!!!!!!!!!!

=====
=====

Re: bardichev's battle

Posted by Gevura Shebyesod - 02 Aug 2012 20:06

=====
=====

Re: bardichev's battle

Posted by tehillimzugger - 13 Aug 2012 16:19

hi 4

=====

====

Re: bardichev's battle

Posted by ZemirosShabbos - 13 Aug 2012 17:41

Logsplitting,pumpkim weihing,quilting, apple cider,possum pie,loquat licorice,ball of yarn, pig
races, moonshine, bluegrass niggunim, davey crockett caps,coon skinning

- Little shteeble on the prairie

=====

====

Re: bardichev's battle

Posted by Shteeble - 13 Aug 2012 19:22

no kickboxing?

=====

====

Re: bardichev's battle

Posted by ZemirosShabbos - 24 Sep 2012 02:51

From the rebbe reb b:

Hello zemiros

Im sure you have been scratching your head wondering ehere in the world I am

Well maybe I shud be a little humble and think that maybe im not missed

Well I do owe a bit of explaining

HERE GOES

Bederech she-adam rotzeh laylech bo molichin oso

I have for years struggle with the poison the death pill known as internet addiction

The follies and fables of my rises and falls are well documented in bardichevs battle and in many other threads of the forum

Enough cannot be said of the wonderful forum the goodness it provides the help the comeraderie

It was my rescue parachute from living a life I couldn't stand

A life for self torment

I found many like minded fine wonderful people there

I made great strides

I was somewhat of a fake folk hero

I changed my habits

BUT!!

I didn't change

About a year ago after 2 and a half years on the forum

After speaking to and meeting so many of the chaveirim here

After posting over 5000 posts (not counting the ones that were removed HEH HEH..)

After giving and receiving so much chizzuk

After joining the Yiddish forum

After becoming a moderator

Through a sequence of events

Through a sequence of gut-wrenching events

Through a sequence of gut-wrenching miraculous events

I was at a cross road where I was going to head with continuing on the forum or not

I will keep a good portion of this story to myself

It was best decided that I leave the forum

Zemmy,I am now in a place called Realville,KY

Yeah it's a stones throw from bardstown

Actually im not in kenticky at all

The only thing I have from Kentucky is some good shnapps

In what I call realville

Is plain life

I deal with problems and with successes as they come

Im not a victim

Im no ones fault

Im not the result or the reaction of anyones deeds or misdeeds

Im not a subject

Im a person

I make decisions

Good and bad

I eat my words sometimes

I make people smile

I cry

I laugh

I dance

I drink woodford

No one is responsible for anyone of my weaknesses vices or seemingly addictive behaviors

I have become a better person

A better husband

A better father

A better son

A better Jew

No longer do I feel the urge to tell the world how I feel

Or what to feel

Or explain the addictive nature of the addictviling addictive addiction

Or the addiction to the addiction

Or the addiction to that

Im out

Im in the the school of hard knocks

Im a scrappy little foot soldier

That rolls with the punches and picks up from where he left off

I try to live each and every day to be meaningful and real

I had 3 major things happen to me in the past half year

One was citi field

Two was losing weight

Three was taking up daf yomi

Citi field was really a huge chizzuk

I haven't been on the forum since December

Knowing our chevra im sure it was looked at with a bit disdain

But to me it was a huge chizzuk

Losing weight was a result of a exercise and diet regimen

I learned in realville that we are in control of everything we do

No we are not guaranteed results

But the chances of losing weight is a lot greater when you do 1 hour exercise every day

Much greater than eating parve cheese curls and doctor pepper

The daf was a natural extension of the exercise

I said

Hey u can do the exercise

You can do the daf

I was sitting in the metlife stadium during the siyum hashas

A buddy texted me

Hey di u wanna start the daf tomorrow

I said

Yup

And BH

We have been at it 52 days since kayn yirbu

Ok where do we go from here?

Lessons learned

Addicts need addicts

We need one another just to see that we are not crazy

We can not stay at the healing addict level forever (dov my brither I don't mean you)

We gotta face the world

We gotta face the daemons

It will be hard

But come clean to your spouse

She will be more supportive than u can imagine

Live life

Live life

Just keep plugging at it

There are no downfalls

There are no set backs

There are just opportunities to rise to a new level

Live life in realville

Don't be prisoner to any so called addiction

Real or imagined

And don't be chained to recovery either

It is erev yom kipper

There is no greater time than now

Take all the lessonons that we learnrd on the forum

And APPLY THEM!!!!

As dov taught us

The program works for those who work the program

U are not the prisoner of amyonas jail

Only the shackles of our own imagined ones

Break free and rise like an eagle

Soer to greater heights that you have not even imagined

May you and all the chevra be gebentched wigh a gut gebentcheter yur

Only Simcha bracha and nachas

And if things are seemingly not going the way u imagined

Nu nu

Keep on trucking!!

Ony Simcha!!

You are no ones fault!!!

Gmar chssima tovah

=====

Re: bardichev's battle

Posted by Shteeble - 24 Sep 2012 16:38

Bardstown population 0

Realville population 2494

=====

Re: bardichev's battle

Posted by Shteeble - 30 Sep 2012 02:11

Maybe the rebbe can start a daily newspaper?

The Realville Post

imagine the chizuk

and we can have an

I Remember When

section

oh well

=====

Re: bardichev's battle

Posted by ZemirosShabbos - 26 Oct 2012 15:47

Chuna?

=====

Re: bardichev's battle

Posted by Dov - 26 Oct 2012 18:09

Yeah, what?

OOOPS!!!

AHHHH!!!!

=====

Re: bardichev's battle

Posted by 1daat - 29 Oct 2012 05:40

I like it that my grown kids come home once in a while to do their laundry and have a nosh from the kichel tin. Thanks B.

=====

Re: bardichev's battle

Posted by mr. emunah - 30 Oct 2012 16:37

Yow! That expalniton of realville is sharp and painful! i'm going back to sleep...

=====

Re: bardichev's battle

Posted by Shteeble - 06 Nov 2012 00:13

[dov wrote on 26 Oct 2012 18:09:](#)

Yeah, what?

OOOPS!!!

AHHHH!!!!

Dov, you have a good sense of humor.

You made me laugh.

thanks.

=====

Re: bardichev's battle

Posted by the.guard - 06 Nov 2012 16:30

I'm glad bards made it to realville and called in to say hello :D

We miss him.

=====

=====