

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 me - 01 May 2009 07:53

Come to think of it, the reason that it is in fact SO difficult to maintain a high level of Simcha, is due to the fact that THIS is the "nuclear arsenal" against the y"h.

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Re: bardichev's battle

Posted by bardichev - 01 May 2009 17:16

I need to explain my post from yesterday.

what i was trying to bring out is that there is a 2 step precess azivas hachet and kaballa al ha-asid.PERIOD.

I am not trying to belittle the fact that many peolpe have deep psychologocical problems and need to seek professional help.

Either they always had problems and the problems triggerd or got worse with the addiction. OR the addictive behavior on its own created poblems.(I am not a professional,obiously)

What I would like to say is that **if** you can BREAK FREE then there is no reason to look back

why and how you got there. Part of the reason you are looking back is something inside (Y"H) that says don't give this up all the way.

I know that there are different minhagim in every circle of klal yisroel, by chasidim they say the AL_CHET of YOM KIPPUR very quickly. For this very reason.

WITH HUMILITY AND GRATITUDE TO EVERYONE HERE I AM GOING 43 DAYS STRONG. 43 is gematria GAM my tefilla is TINATEN LI GAM MACHAR that I should continue on this path. I couldn't do it without all the chizuk I am getting here.

I would also like to know if any one agrees with me that it takes more time talent creativity to maintain and hide the addiction than to overcome it?

Let me know

everyone should have a wonderful Heilige Shabbos

humbled and happy

bardichev

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Re: bardichev's battle

Posted by me - 02 May 2009 20:14

I would also like to know if any one agrees with me that it takes more time talent creativity to maintain and hide the addiction than to overcome it?

I would say that it is practically impossible to hide the addiction, and the ONLY way to "maintain it" is to overcome it.

This is why we are here. We were never successful in hiding this addiction. It will always flare up.

I would compare the 'hiding" of this addiction to one who has a gun. The gun is loaded, the hammer is pulled back, and the person's finger is on the trigger. It only takes one second and that finger squeezes the trigger. We all not what that means. We hear an explosion, and this explosion is something that was always festering, and "going to happen", eventually.

Now, someone who is going to "overcome" the addiction is involved in a process.

First: They remove their finger from the loaded gun.

Second: They release the hammer.

Third: They unload the gun

Fourth: They throw away the gun.

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Re: bardichev's battle

Posted by mggsbms - 03 May 2009 18:31

there is a fascinating shtikel from the chidushei harim on yom kipur were he tells his chasidim not to look back because if you look back to the "blute" your still in there, it"s printed in the sefer "likutei yehudah" on yom kipur

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Re: bardichev's battle

Posted by the.guard - 03 May 2009 19:42

Thank you for sharing that.

Mgsbms, do you want to get up on the [Wall of Honor](#) for your journey to 90 days? See the rules [here](#)...

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Re: bardichev's battle

Posted by bardichev - 04 May 2009 20:19

With great emotion I am B"H halfway to my 90 day goal .Today is also the halfway mark of sefira.

I was thinking that the half mark of sefira is netzach shebinetzach.eternal of eternal. netazach also means to win.

Let us all keep on trying to win back our neshamos to keep our eyes and minds holy and to control the addictive behavior.

Does anyone realize how major vibes of Teshuva are pulsating from this forum.Y"H is really losing ,his prison door was hacked open by this forum. Do you see how many heilige neshamos are breaking free? Lets all give them the chizuk to come on board and become the true people they want to be not mind numbed robots robbed of a potential because of this terrible addiction.

It is brought down in seforim that when someone does teshuvah he is gorem he causes others to do the same .Our collective milchemes hayeter is having ripple affects it is calling out

SHUVU BONIM!!!! SHUVU BONIM!!!

humbled and happy

bardichev

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Re: bardichev's battle

Posted by the.guard - 04 May 2009 22:03

Mazal Tov Barditchov!

Everyone, let's learn from this fiery Jew, as he said: "AL TIRA VA-AL TAICHAS. We're already on the winning team!"

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Re: bardichev's battle

Posted by bardichev - 06 May 2009 16:54

Join me in saying mazal tov to the tzadik yesod oilam

to

Reb Ykv_schwartz Shlit"a

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Re: bardichev's battle

Posted by Ykv_schwartz - 06 May 2009 20:03

Thank you, bardichev. You have been such a source of strength for me. I look forward to sharing in your simcha.

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Re: bardichev's battle

Posted by bardichev - 07 May 2009 23:23

hayyyyyyyyyyyyyyyom tesha varbaim youm shehem sheva shavous la...

I promise you all I can not beleive it .This is not the same person that started this count seven weeks ago.

Thank you rabeinu gaurd and all th etzaddikim on the board

I am so overcome i will leave you with a line you have all heard before.

Friends are those who accept you for who you are but see you as the person you really want to be

thankyou ,friends

humlble and happy

bardichev

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Re: bardichev's battle

Posted by bardichev - 08 May 2009 17:31

owe my life to all of you here

today is pesach sheni today is day 50 for me .

I can not beleive it

may we all give each other koach to keep on fighting

untill v,aasa HAKADOSH BURICH-HU vishachat limalach hamaves (Y"H satan) dishachet
lishochet....

thank you is too small a word . I owe you my life

very humble and very happy

bardichev

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Re: bardichev's battle

Posted by the.guard - 09 May 2009 22:01

Mazal Tov Tzadik, on hitting 50 days!

I updated your chart and you are now at Level 5.

You were crowned with the "Giborei Koach Oseh Devaro" crown!

50 days is a very significant number. The Ohr Hachayim writes that the Yidden needed to count 49 days - 7 weeks, kineged the 7 days of Niddah, to be purified from the tumah of Mitzrayim before kabbalas Hatorah on the 50th day! And you have been purified now for 7 weeks and there can't be a better hachana for kabbalas Hatorah than that. Not only that, but Hashem made it fall out significantly on Pesach Sheini to show you how he's giving you a second chance.

We are very grateful to have you on our forum and in the community. Your "fire" is very warming to us all.

Download and read the two handbooks. If you thought that there was so much Chizuk on the website and forum, now you will be able to internalize it in a much more organized way!

I would like to hear feedback from you on them. Please share your thoughts, Tzadik.

May Hashem give you the strength to go Mechayil El Choyil!

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Re: bardichev's battle

Posted by bardichev - 11 May 2009 21:13

HELLO ALL

Today I am in a non-bardichev mood .If this would have been a few weeks ago I would be feeding my addiction with the non-excuse excuse that I'm in a bad mood.

I'm sorry to upset you,bardichev gets into a bad mood once in a while too.

So I'm going to post a bit here.

I'm sure all of you are following the (healthy) debate on this forum there are differences of opinion where our recovery fits in with different parts of *mussar*, *teshuvah*, etc...

I don't want to debate anyone here but of course I have some two cents to add.

But I have to make an introduction and a disclaimer.

Disclaimer; I never went to an SA or SLAA meeting. Nor do I rigorously follow the 12 steps.

Having said that I would like to make this observation .It seems to me that the wonderful people who set up this site, who monitor it and who spend the time to answer people's questions. The people who gave us a ladder to climb out of the pit the bowels of the earth, those good souls who showed us by example that we have hope and gave us the opportunity or better yet the LAST CHANCE to recover. They deserve our recognition and thanks .

I am not saying you need to swallow everything hook line and sinker. Yet if their perspective is based on their own personal recovery or experience with SA and 12 steps I feel out of HAKAROS HATOV it should be beyond debate. Not that my intent is to quiet anyone's voice, but here on this platform we should bow our heads with dignity to those that helped are helping and will continue to help us. Again I have no personal experience with the 12 steps but I believe that the last step is to help others so it is probably as an extension of that step that this forum was set up.

So lets all be grateful and invest our energies in battling our Y"Hs and keeping each other in check.

Having gotten all this off my chest we can take it one notch up. If you think about it, it is also ATZAS HAYETZER to get us to second guess ourselves to think hmmm maybe I am not doing the correct teshuva.Lets not fall into his trap a second time!

Dovid Hamelech in Perek 51 of Tehillim says Laminatzayach mizmor L'Dovid KA-ASHER baah al Bas-sheva. (We all know the Gemara Lo chata Dovid ella lihoros Teshuvah Liyachid). Usually we would understand KA-ASHER to mean right away as soon as he committed the sin Nilsson Hanoi came to him. Which is a lesson in its own right that Dovid Hamelech was MODEH and did Teshuvah Right away without denying and evading the navi (unlike king Shaul and Shmiel Hanavi which is a different discussion)

Another pshat I heard said over in the name of the Skulener Rebbe Ztz"l KA-ASHER can mean in the same manner that Dovid Hamelech committed the sin, the same koach the same geshmak everything was the same.

I feel we can apply a very strong lesson from this *vort* .We all are addicts we are or were addicted to lusting (no debating that) we have to take our passion our fire our zeal ,even our LUST and put it into our Avodas Hashem, our relationships, and our self improvement. Many times a person will say I'M not nuts I wont daven with a BREN I'm just not that type I'm not the type to get excited by *kabbalas shabbos* I'm not the person who expresses himself and shows emotion. Says Dovid Hamelech Get PASSIONATE mit a BREN .Light a fire get *lebedik* not *farsluffin*.

Take all that energy and use it to light up your life and light up the lives of the people who love you the most. Light up the entire world...

If you read this waaay too long post thank you. I am feeling much more bardichev-like now.

Humble and happy

bardichev

p.s. if you're in Meron please dance for all of us here in galus

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Re: bardichev's battle

Posted by yetzertov - 12 May 2009 00:15

Ok Bardichev, here goes the story. I had originally placed regarding the debate bet Yaakov and Guard in the Victory post. Enjoy it.

Tightrope of Life

By Moshe Bryski

In the days of communism's fierce grip on the Soviet Union, there lived a Chasidic Jew named Reb Mendel Futerfas. Reb Mendel repeatedly put his life at risk with his efforts to promote Jewish education behind the Iron Curtain, and for some 14 years was incarcerated in prisons and labor camps for his "crime" of teaching Torah. While in the Siberian gulag, he spent most of his free time studying and praying, but he also interacted and conversed with other prisoners -- some Jewish, some not. Among these prisoners was a circus performer whose claim to fame was his incredible skill as a tightrope walker.

Reb Mendel would often engage this man in conversation. Having never been to a circus, Reb Mendel was totally baffled by the man's profession. How could a person risk his life walking on a rope several stories above ground? (This was in the days before safety nets were standard practice.)

"To just go out there and walk on a rope?" Reb Mendel challenged incredulously.

The performer explained that due to his training and skill, he did not need to be held up by any cables and that, for him, it was no longer all that dangerous. Reb Mendel remained skeptical and intrigued.

After Stalin died, the prison authorities relaxed their rules somewhat and the guards told the prisoners that they would be allowed to stage a makeshift circus on May Day. There was no doubt that the famous tightrope walker's act would be the highlight of the show. The tightrope walker made sure that his friend, Reb Mendel, was in the audience.

Everyone watched with baited breath as the tightrope walker climbed the tall pole to the suspended rope. His first steps were timid and tentative (after all, it had been several years) but within a few seconds, it all came back to him. With his hands twirling about, he virtually glided across the rope to the pole at the other end, and then, in a flash, made a fast turn, reversed his direction and proceeded back to the other side. Along the way, he performed several stunts. The crowd went wild.

When he was done, he slid down off the pole, took a bow and went running straight to Reb

Mendel.

"So?" he said. "Did you see that I was not held up by any cables?"

A very impressed Reb Mendel replied, "Yes. You're right. No cables."

"OK. You're a smart man. Tell me, how did I do it? Was it my hands? Was it my feet?" the man asked.

Reb Mendel paused for a moment, closed his eyes and replayed the entire act back on his mind. Finally he said, "It's all in your eyes. During the entire time, your eyes were completely focused and riveted on the opposite pole."

"Exactly!" said the performer. "When you see your destination in front of you and you don't take your eyes off of it, then your feet go where they need to go and you don't fall."

The tightrope walker had one more question for Reb Mendel. "What would you say is the most difficult part of the act?"

Again Reb Mendel thought for a moment. "Most difficult was the turn; when you had to change direction."

"Correct again!" said the acrobat. "During that split second, when you lose sight of that first pole, and the other pole has not yet come into view, there is some real danger there. But... if you don't allow yourself to get confused and distracted during that transition, your eyes will find that pole and your balance will be there."

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