

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 withgdshelp - 07 Nov 2009 21:23

Hi Bardichev-

Mazel Tov on all of your accomplishments!

I'm just a little confused here. You mentioned in one of your earlier posts that you had stopped your "bitul zman" on the Internet.

I thought this forum was about shmirat habrit?

Heck, I waste tons of time on the Internet. Yeah, I should be learning or maybe working more or something - but I don't look at anything that would tempt me, and I'm still shomer brit.

So what is the goal? If I'm shomer brit but I still waste time online, can I be part of the 90 day chart.

I hope so. Just watching my screen name go further up on the chart gives me a lot of chizuk. Even though I'm anonymous, I would be too embarrassed to "fall" in front of you guys, and I

would never lie to you either, so once or twice in my short 11 day journey so far, that thought kept me from going to the wrong sites.

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Re: bardichev's battle

Posted by the.guard - 07 Nov 2009 22:22

Dear withgdshelp,

I'm confused. Here you write:

I don't look at anything that would tempt me, and I'm still shomer brit.

But in another thread you wrote:

A sin is a sin and I'm done sinning.

So can you please explain. Do you or ***don't you*** struggle with p*rn and Mast*?

I just want to understand your situation so we can help you better...

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Re: bardichev's battle

Posted by kutan - 08 Nov 2009 03:16

Guard,

I have a question I've been meaning to ask for a while.

Everyone seems to stick in * or two in certain words that begin with p or m.

I think its nice, it shows a sensitivity etc.

But why does the main screen of the forum have these things spelled out?

k

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Re: bardichev's battle

Posted by withgdshelp - 08 Nov 2009 04:43

Hi GuardUrEyes,

It's like any other lo taaseh. Sometimes I have a craving for treif food, or a craving to break shabbat. Thank G-d, I haven't done either of those things in many years.

Sometimes I also have a craving to waste seed. I did that a few times recently. I decided to stop, so I stopped.

That's why I said I wasn't sure if I was addicted. I grew up secular, I had years of open access to pornography. Honestly, that stuff doesn't turn me on anymore - it never really did. We looked at it as teenagers constantly - because we were curious about the female body. Now, I feel horrible that one of Hashem's creations would use her body in such a disgusting manner. All the more so if any of them are Jews, G-d forbid.

There are other things online that would even be considered "kosher videos" by many people

that can pose a problem for me. I'm not even sure that your filter would block them.

By admitting my sin here, and keeping track of it on the chart, I have very few cravings anymore. It has helped a ton.

I realize that wasting time *can* lead to wasting seed - but it's not the same thing. Maybe after I've gone 90 days without wasting seed, I can try to stop watching mindless (but kosher) stuff online, and learn Torah every waking second that I'm not working or spending with my family.

I just wanted to understand the goals here. I don't want to be credited (even anonymously) with "no bitul zman" when I am m'vatel lots of zman at this point in my life.

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Re: bardichev's battle

Posted by the.guard - 08 Nov 2009 19:41

But why does the main screen of the forum have these things spelled out?

Kidei Sheyishalu Hakatun...

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Re: bardichev's battle

Posted by Kedusha - 08 Nov 2009 20:35

Dear WGH,

One can technically waste a lot of time online without it being considered a "slip" or a "fall."
Bardichev set higher goals for himself than that.

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Re: bardichev's battle

Posted by Kedusha - 08 Nov 2009 20:37

[kutan shel hachabura wrote on 08 Nov 2009 03:16:](#)

Guard,

I have a question I've been meaning to ask for a while.

Everyone seems to stick in * or two in certain words that begin with p or m.

I think its nice, it shows a sensitivity etc.

But why does the main screen of the forum have these things spelled out?

k

I think it's simply a desire to speak b'Lashon Nekiah when possible.

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Re: bardichev's battle

Posted by the.guard - 08 Nov 2009 20:42

I realize that wasting time can lead to wasting seed - but it's not the same thing.

Sounds like our [Kosher Isle](#) is just for you! To keep yourself busy **away** from the computer is

best. See [this page](#) for some ideas... However, not always can we get away from the computer. If you want to use your time wisely on-line, see [this page](#). And for the times you feel you just want to kill time by the computer (and that is where the aveiros usually happen), see [this page](#) instead... Besides for all the great Kosher news sites there, you can scroll down for a host of great Kosher sites with hundreds of cute and entertaining videos clips and such... This can help you when you can't resist wasting time - and you're stuck by the computer!

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Re: bardichev's battle

Posted by kutan - 11 Nov 2009 14:01

[guardureyes wrote on 08 Nov 2009 19:41:](#)

But why does the main screen of the forum have these things spelled out?

Kidei Sheyishalu Hakatun...

People associate me with the Pesach seder too much.

A goat is just fine, you know.

No need to use a lamb.

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Re: bardichev's battle

Posted by Dov - 11 Nov 2009 17:56

baaa-aa-aa-aa-aaaa-a.

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Re: bardichev's battle

Posted by 7yipol - 11 Nov 2009 19:53

Maaaaa-aa-aa-aaaaa

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Re: bardichev's battle

Posted by hoping - 11 Nov 2009 20:03

A belated MAZAL TOV to Bardichev!

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Re: bardichev's battle

Posted by bardichev - 11 Nov 2009 20:12

[hoping wrote on 11 Nov 2009 20:03:](#)

A belated MAZAL TOV to Bardichev!

i really appreciATE ALL THE GOOD WISHES!!

ALL I CAN SAY IS IM YIRTZEH HASHEM BY ALL OF YOU OIF SIMCHOS!!!

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Re: bardichev's battle

Posted by 7yipol - 11 Nov 2009 21:02

[bardichev wrote on 11 Nov 2009 20:12:](#)

[hoping wrote on 11 Nov 2009 20:03:](#)

A belated MAZAL TOV to Bardichev!

i really appreciATE ALL THE GOOD WISHES!!

ALL I CAN SAY IS IM YIRTZEH HASHEM BY ALL OF YOU OIF SIMCHOS!!!

Oif simchos?

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