

victory

Posted by rashkebehag - 06 May 2009 21:15

I have struggled my whole life. not with extreme addiction but always was tempted to peek into books in drug stores or magazine stands, i never bought anything but the peeking and looking was a terrible experience. When i heard of the internet and its dangers it only made me curious. When I got internet The dam burst. Again, I never downloaded any thing but whatever was free i would look at and I learnt a lot of disgusting things. I tried Covenant Eyes and it helps but i lie to my partner that is was one of my workers etc. there have always been ups and downs in my struggle. Recently my son brought home a book about shmiras enaim and I read it and got a lot of chizuk. Then I discovered this site. So, with both things together and covenant eyes I am pretty clean now and don't even feel the pull. of course one is never free and can always fall but right now i feel no urge to click on to any thing bad. I have subscribed to the chizuk line that u email and i read it every day. you bring down amazing things. yasher koach

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Re: victory

Posted by bardichev - 12 Jun 2009 17:20

raskebehag

dont worry we wont ignore you

you were zocheh to be the bais bedrash where we are all huriving in torah

gut shabbos

bardichev

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Re: victory

Posted by the.guard - 13 Jun 2009 22:01

Hi Rashkebehag,

I await your update for the 90-day chart...

Keep strong!

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Re: victory

Posted by rashkebehag - 15 Jun 2009 15:34

I want everyone to know that I did update my chart on Thurs because this friday i wasn't going to be in front of a computer. I think there was a mistake in how I addressed it. I appreciate that you all don't leave me alone. it is comforting and encouraging. I am holding now by day 52! time flies. I am now as they say in yiddish: "nenter vie vieter" 'closer than further' . I can't thank you all enough for the new freedom that i am feeling. i will post more later.

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Re: victory

Posted by rashkebehag - 18 Jun 2009 20:47

i fell! 2 days ago, no excuses. So , I strengthened my filter and am starting again, "D---- the torpedoes, full steam ahead, this time with no slips. So will have an even better 90 days than I would have had the 1st time

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Re: victory

Posted by bardichev - 18 Jun 2009 20:59

Rashkebehag fell shmell you still owe me a lchaim

and if you start your 90 days now i will have to buy another bottle of woodford for "slichos nacht" nu nu it will be a good way to end off the year!

Lchaim

bardichev

if I feel a bump under my chair I will know it's one of your torpedoes!!

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Re: victory

Posted by the.guard - 18 Jun 2009 21:03

Your attitude is great.

The honesty is the **first** step. Kol Hakavod on that.

Second is to realize that you are still definitely winning this battle. Over 50 days clean! Imagine how many hundreds of times you said "no" to the Yetzer hara in that amount of time! And he only got you once!

Third is to learn from the fall what caused it, and make **new and better fences**. This uplifts the fall to Kedusha.

Fourth. Please read Principle #24-30 of the attitude handbook. You'll find a lot of great yesodos for dealing with a fall.

Rashkebehag, you are inspiring us tremendously by not letting the fall get you down. If you learned only this Yesod on GYE, it would have been worth it! You have what it takes to beat this. You've hit level 5 on the chart, now you'll BEAT THAT - Full steam ahead!

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Re: victory

Posted by rashkebehag - 19 Jun 2009 13:48

Berdichev, thanks, but I just want to clarify my use of that famous quote from the war of 1812. that the torpedoes are those of the YH. i am going full speed ahead despite the torpedoes that the menuval is shooting at me. Guard, i realize the worth of those precious 50 days. I don't feel down. I know i have the tools. Aderaba, the slips that I had kept bothering me that maybe i should start over anyway, so when I had the fall my sfeikos were answered.???? ???? ????? ?????? . I will check the Handbook like you suggest.

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Re: victory

Posted by bardichev - 19 Jun 2009 14:56

rashkebehag

thanks for the clarifacation

but if YH is shooting at you that means you still in the game

her is another famous line from the war of 1212

During his engagement with Serapis, Jones uttered, according to the later recollection of his First Lieutenant, the legendary reply to a quip about surrender from the British captain: "I have not yet begun to fight!"

rashkebehag

good shabbos

bardichev

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Re: victory

Posted by the.guard - 20 Jun 2009 21:49

Dear Rashke,

I updated your chart and now it says 52 days under "Longest Recent Streak" instead of just a QUESTION MARK! ;D

So June 20 is 4 days?

Keep up the great attitude!

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Re: victory

Posted by rashkebehag - 23 Jun 2009 21:23

I feel myself faltering and am afraid to go near the computer. please give me chizuk

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Re: victory

Posted by the.guard - 23 Jun 2009 21:39

Dear Rashke,

A fall will always make us feel down and weaker, unless we USE it to learn how to get even stronger! I suggest reading the handbooks in depth, slowly and carefully, and exploring which tools we haven't tried yet, which better fences we can make for next time. And the attitude handbook can do a lot to cheer you up!

Did you see the new announcement [here](#)? That's great news for you. Take a look at your chart [over here](#). Notice that you now have 56 cumulative days!!

May I ask you a question? We know that the things we struggle with most are the reason we came down to this world. So did you really think that your soul's tikkun would come so easy? :D

Keep happy as can be! **A fall while on the journey, is worth more than a clean day when NOT!**

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Re: victory

Posted by bardichev - 30 Jun 2009 03:03

HELLO HI ITS BARDICHEV CALLING IS MR RASHKE B. HAAG HOME?

HI GOOD EVENING MR B.HAAG

HI WE ARE CALLING FROM GUARD YOUR EYES

YES WE NEED YOU BACK ON THE FORUM

BYE NOW

MR. BARD D. CHEV

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Re: victory

Posted by rashkebehag - 02 Jul 2009 21:19

thanks Mr.B. D. Chev for your call. I am back again. During this season I i am not so often by my computer. The main temptation now is in the street. Have any of you noticed that if one is not careful with his eyes in the street they start to hurt? I mean it. It isn't a real pain just that they are not comfortable. it's a real feeling. Just like when you leave the mikva you feel a special type of cleanliness the eyes feel an opposite type of impurity when they start roving around too much. I lost count of how many days i am clean, boruch Hashem, but having been away from the computer has helped me feel good about myself vis a vis the tempation. i also adjusted the filter another notch with some one else with me when we got the password. i then deleted it and threw it away. its a nice and safe feeling. I haven't been reading the forum lately so i guess i have to be updated how everyone is doing. I just want to relate that recently I had the urge to take a second look at a prutzah that went by and I remembered the Chizuk about making a million dollars and it really helped. Waiting to hear from everyone as i make my journey to be addictive free.

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Re: ANNOUNCEMENT FOR THE WALL OF HONOR GUYS

Posted by rashkebehag - 02 Jul 2009 21:25

mark me for 16 days today thurs. I may not be by my computer on friday.

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