

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 Pintele Yid - 25 Aug 2009 21:53

[Efshar Letaken wrote on 25 Aug 2009 04:35:](#)

GYE is my home page.

On the top of my screen I have a banner that reads "Today is the First Day of the rest of My Life"

And I have a shivisi hashem l'negdi somid menorah on the wall next to my screen.

E.L.

Tayara Tayara Rashke,

One other thought. Before you sit down in front of the computer for 1 minute pray to Hashem that you have no Nissayon today with the computer.

You are an inspiration to all of us - and 3 steps ahead
Love,

Pintele Yid (Especially compared to you)

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Re: victory

Posted by Tomim2B - 26 Aug 2009 17:48

Hey Rashkebehag, you can svhitz here on GYE with the rest of us. We don't see you much, and

This is where the action is!

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Re: victory

Posted by rashkebehag - 28 Aug 2009 02:06

thanks everybdy. your ideas helped me go through the nisayon much easier this time.

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Re: victory

Posted by Pintele Yid - 28 Aug 2009 15:01

Tizkeh La'alos Lema'ala Lema'ala!

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Re: victory

Posted by Me3 - 17 Sep 2009 15:05

A Rashkebehag

Did you just cruise through 90 without anybody noticing? Come on update your chart!

It's early (In the USA) but we are ready to start pouring the drinks.

Also how about Shmu, he also seems to have made (pending update) Anybody seen him?

Keep us posted.

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Re: victory

Posted by the.guard - 17 Sep 2009 20:44

He doesn't have access to the computer, but he wrote me by cell phone to update his chart.

YES, HE PAST 90 JUST A FEW DAYS AGO!!

MAZAL TOV TZADIK!

Phew, took out all my koichos to use such a big font.

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Re: victory

Posted by Dov - 17 Sep 2009 20:50

[guardureyes wrote on 17 Sep 2009 20:44:](#)

MAZAL TOV TZADIK!Phew, took out all my koichos to use such a big font.

Hodu LaShem ki Tov, ki *leOlam* Chasdo!!

...and it's so nice to hear from you, Rashke-mann!

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Re: victory

Posted by bardichev - 17 Sep 2009 20:51

<http://www.guardureyes.com/GUE/Music/mus/Berditchev.mp3>

THE NIGGGUN THE NIGGUUUN

THE WOOD FORD

http://www.specialtyfoodamerica.com/ecommerce_catalogue/Woodford_Reserve_Kentucky_Derby_2003.jpg

MAZAL TOV

RASKEBEHAGGG

I KNEW YOU WILL DO IT!!!!

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Re: victory

Posted by rashkebehag - 22 Sep 2009 14:33

thank everyone I am not here often because I have no Internet till after succuos so I don't really deserve muuch credit

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Re: victory

Posted by battleworn - 22 Sep 2009 14:43

Rashke, ??? ???

It has nothing to do with credit! The point is that you have to appreciate Hashem's gift and continue to build on it. And you have to realize that this is the real YOU! You are accomplishing tremendous things and bringing Moshiach! Keep on going higher and higher! You are a tremendous source of chizuk for all of us!

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Re: victory

Posted by Dov - 23 Sep 2009 17:28

[battleworn wrote on 22 Sep 2009 14:43:](#)

Rashke, ??? ???

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Amen to that!!

Mazel uvracha Rashkebeeee!!

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Re: victory

Posted by hoping - 23 Sep 2009 18:36

Mazel tov Rashkebehag!

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Re: victory

Posted by rashkebehag - 27 Oct 2009 21:17

Hello everybody, I am back with my computer and already feel the struggle. i have come up with a plan which I have used for other nisyonos and feel it could work here too. try imagining yourself sitting in front of an unfiltered computer with no one around. you feel the rush of excitement about where you can go with it chas v'shalom. then, imagine yourself overcoming the YH and doing your regular bussiness and walking away from the computer. Feel the sense of satisfaction. You are building up your self control muscles. It has worked on cigarettes and I am sure this exercise will help here too. I read about it in the Mishpacha Magazine and I think its a powerful too. I will expound on it more if you are interested.

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Re: victory

Posted by the.guard - 27 Oct 2009 21:25

First of all, welcome back!

Second of all, please *do* expand on it. It sounds like a good tip to share in a Chizuk e-mail!

Third of all, did you see today's Chizuk e-mail? It is very very powerful (#615) AND HOLDS THE SECRET to succeeding in this "struggle"

Fourth of all, I forget.

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