

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 the.guard - 17 Dec 2009 23:13

[rashkebehag wrote on 17 Dec 2009 17:01:](#)

(Rabosai! I have fallen. I was doing so well, had no pull whatsoever and then i tripped upon a site that the filter let through and I lost control. My ipod filter did catch that site, boruch Hashem. After so many weeks and months. I guess I was being too smug and complacent. Anyway, with the help of the filter gabbai I adjusted the filter to block that site and I am in business again. I also think my mistake was that I didn't visit this site for a while. So. i wouldlike

You're the kind of guy who doesn't let a fall get you down. "An addict is an addict", and when we are caught by lust unexpectedly, we can easily fall. Don't beat up on yourself. We j need to make new and better fences, get up and KEEP TRUCKING!!

Be well!

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Re: victory

Posted by imtrying25 - 18 Dec 2009 00:39

Im not sure i qualify as a friend but im here for you bro. Sorry to hear about your fall. But as bardy sp splendidly put it...FELL SHMELL. Please just pick yourself up wipe your self off and keep on truckin. Oh thats Bardys too. Ok too bad for me no originality sorry.

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Re: victory

Posted by rashkebehag - 20 Dec 2009 20:14

thank you for the responses, any one on this site is a friend because we are all in this together. No, a fall doesn't get me down but it takes me a while to get strong again. My defenses are weak. the lust is very strong once I have been exposed and the YH keeps feeding me crazy thoughts and plans how to give in. You know what was mechazek me? What dov posted to me recently, that He wants in shamayim that they should anounce, " Here comes Dov and he's no Dummy". If I let myself go now, I would be a real Dummy.

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Re: victory

Posted by levite - 20 Dec 2009 20:17

The power of one sigh

How precious when you sigh out of longing for something holy. The sigh you emit because you are far from holiness breaks the bond of impurity that was trapping you. Now you can bind yourself with the cord of holiness. But the opposite is true when you sigh with desire for something wrongful, God forbid.

One sigh of regret over your sins and great distance from God is worth more than many fasts and other forms of self-mortification. The sighs you emit when you desire something holy can actually break the force of your bodily urges, enabling your soul to draw nearer to your body and communicate to it something of her own perception of God.

Likutey Moharan I, 109

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Re: victory

Posted by silentbattle - 21 Dec 2009 02:42

I have no originality to offer (I'm even copying IT25 when I say that :D). All I can say is that we're all here for you, and also another thing that I noticed - in the same email about falling, you not only talked about getting up and continuing, you mentioned how you've already taken concrete steps to help prevent future falls.

You rock!

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Re: victory

Posted by imtrying25 - 21 Dec 2009 13:39

Thanks for giving us a lesson from our very own rashkebehag. Teaching us how to pick

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Re: victory

Posted by rashkebehag - 24 Dec 2009 19:31

I can't begin to tell you all how this site is a lifesaver. Whenever i feel a sliight urge i go on to this

Posted by bardichev - 24 Dec 2009 19:33

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Posted by Dov - 24 Dec 2009 22:23

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Posted by Momo - 27 Dec 2009 08:28

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Posted by Ano Nymous - 27 Dec 2009 09:15

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Re: victory

Posted by rashkebehag - 29 Dec 2009 23:01

I am not special at all its just that i have suffered so much and must stay clean for my own sanity and all the other reasons that are so evident. i checked the poll out and i don't see any purpose in it. It is in fact halachically right that one should hide his aveiros and that is the beauty of this site. No one here has to know that some talmid Chochom is checking out bad sites. It is a chillul Hashem . So that talmid Chochom can go on this site, get chizuk, and help without creating a questionable situation.

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Re: victory

Posted by Dov - 29 Dec 2009 23:18

Nu. Simple and well-said, Rashkeh. Thanks!

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Re: victory

Posted by Momo - 30 Dec 2009 14:07

[rashkebehag wrote on 29 Dec 2009 23:01:](#)

I am not special at all its just that i have suffered so much and must stay clean for my own sanity and all the other reasons that are so evident.

I disagree. You ARE special because most of the world surfs p*** and doesn't give a d*** about it! Just the fact it bothers you and you're trying to overcome it makes you special.

So, everyone on this forum is special, including you!

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