

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 rashkebehag - 02 Mar 2010 21:24

Post. I am waiting for any one's thoughts. I have been thinking that just like the chofets Chaim has a vort on shmiras haloshon on every parsha of the week. We should compile a vort on shmiras einayim on every Parsha. that way one would have a chizzuk every time he hears Krias hatorah

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Re: victory

Posted by Dov - 03 Mar 2010 00:31

May we live at least a bit **for Hashem** today! *Then* we'll see how beautiful our eyes will be!!

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Re: victory

Posted by Dov - 03 Mar 2010 00:33

[me wrote on 26 Feb 2010 09:18:](#)

you would agree that it would be Fullish for us to become drunk on Purim , od d'lo yadah. what do you say?

Yeshhh.....ooooo yeeessshhhhhhhhh!

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Re: victory

Posted by rashkebehag - 04 Mar 2010 22:15

here's my vort for this week. it says after the eigel they rose ???? and Rashi says it means ????? ?????. Where do we see they did that aveira? we only know that they did ????? ???? ? Answ. its brought down that one of the motives for idolatry was to commit adultery since that became a form of worship. So, since the Yidden were trying to veer towards a type of idolatry that itself is considered adultery. The lesson from here is how much we must distance ourselves from this sin.

it took me 3 days to admit it :-[. I have 70 days clean and thought i was done. Oh well. What could you do? i am starting again and wish so much this would be behind me. i have been reading the attitude Handbook. Its very good and is helping me pick myself up again. :)

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Re: victory

Posted by mggsbms - 07 Mar 2010 23:13

don't get bogged down I've been through similar situation's i had 2 stretches of 120 days and fell and i am still struggling. if you add up the days that you fell and the days that you were strong it will give you tremendous chizuk. it isn't fair to let the bad days have bigger influence on you then the good days, which are 70 to 1.

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Re: victory

Posted by mggsbms - 07 Mar 2010 23:37

now that pesach is coming you could make yourself a goal sitting down to the seder with 3 weeks clean, what a feeling !, from there it's just a short flight to shavues with the yemei hasfirah and you have another 7 weeks in the bag.

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Re: victory

Posted by rashkebehag - 08 Mar 2010 21:16

thanks, but I always find that after a fall, i am so dismayed that I keep clean for a while because i know how bad it is to sin. But then, when I am clean for a while the YH starts to creep up on me saying, its not so bad to "slip" just a little, and before you know it I get seized by an enormous urge to check things out. Your Idea of setting goals that have some stretch to them sounds good. I'll go to Pesach, then shvuos, then tisha bav and finally the High Holy Days

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Re: victory

Posted by Dov - 08 Mar 2010 22:37

It's not that it's *bad* to sin, it that it's so *stupid*!

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Re: victory

Posted by rashkebehag - 08 Mar 2010 22:56

Right on, Dov! Like they say, "here comes Dov and he's no dummy". i guess I am a bit of a

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Re: victory

Posted by Dov - 08 Mar 2010 23:20

It seems it's OK not to be so smart, as long as we are also not so stupid. Whatever we are, it's nice to be in the same mechtza as you, Rashky.

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Re: victory

Posted by rashkebehag - 09 Mar 2010 21:47

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Re: victory

Posted by silentbattle - 14 Mar 2010 13:12

Wow...sorry I didn't post here sooner. It becomes hard to admit that we've fallen when we have a chance to distance ourselves from this disease a bit (and it sounds like you have), and in retrospect, we're able to see a lot more clearly just how crazy it is. So we're more embarrassed about our fall then when we were totally involved in it.

thank you. Dey, I'll need a strong mechtza from my YH.

Glad to hear that you're picking yourself up and moving forward, it's the only way to do it! You're right about the yetzer hora creeping up on us - and you're making goals to fight back against that!

Try to figure out what you'll do when that yetzer hora comes creeping back, in advance. For me, if i know that the yetzer hora will come with a certain approach, I try to figure out what I'll respond before he shows up.

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Re: victory

Posted by rashkebehag - 15 Mar 2010 20:14

thanks for everyone's chizuk, yes it is embarrassing to admit a fall but i see its the only way to get up afterward. if one denies it then he stays down and can't hold back. Admitting the fall is the 1st step. Now we understand why vidui is such an important part of the tshuva process. Boruch Hashem I am doing fine now but i still feel a pull and I post here and there to stay away from any temptation. Its amazing how strong an addiction could be and before i found this site I didn't know that it was an addiction, I thought it was a regular habit to to this specific aveira. there is so much suffering, guilt, lack of control, and hence, lack of living when one is under the addiction.

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Re: victory
Posted by bardichev - 16 Mar 2010 02:17

FELL SHMELL

Get up!!

KOT!!!

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