

Kedusha's Progress

Posted by Kedusha - 25 May 2009 20:03

Dear Guard: I have indeed been sending my progress e-mails to wallohonor@gmail.com.
Somehow, they are not getting through. So, instead, I will keep you posted from here.

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Re: Kedusha's Progress

Posted by Kedusha - 24 Nov 2010 14:42

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Re: Kedusha's Progress

Posted by ZemirosShabbos - 24 Nov 2010 15:20

mazel tov rabenu kedusha on staying in the kedusha for the high five days!

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Re: Kedusha's Progress

Posted by briut - 24 Nov 2010 15:29

Everyone, please give me a "high five" in honor of, b'Ezras Hashem, day #555!

I think 555 5th Avenue is a tall skyscraper. With a big jazz club on the top. "Everywhere is a song and a celebration." Including for 555. Mazel tov.

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Re: Kedusha's Progress

Posted by frumfiend - 24 Nov 2010 15:47

thank you kedusha for responding so respectfully to my very not respectfull post.

beahava ff

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Re: Kedusha's Progress

Posted by an honest mouse - 24 Nov 2010 22:25

well done on being omed benisayon! kutgw!

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Re: Kedusha's Progress

Posted by bardichev - 24 Nov 2010 22:28

in chabad thay would

say

fayf

fayf un fayf

its similar to keep on trucking

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Re: Kedusha's Progress

Posted by Kedusha - 28 Nov 2010 01:21

B'Ezras Hashem - day # 558.

On Friday I was off from work. When I started feeling weak yet again (it's been difficult, on and off, since my wife went to Mikvah about a week ago), I realized that the best way to prevent myself from starting to slip (after reaching out to Hashem) is to make myself useful. So, while my wife was out of the house, I did several things to help straighten up for Shabbos. When my wife later asked me what was going on, I said that it's not right that she should have to do

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Re: Kedusha's Progress
Posted by ZemirosShabbos - 28 Nov 2010 03:30

everything.

beautiful, Kedusha!

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Re: Kedusha's Progress
Posted by jewinpain - 28 Nov 2010 04:18

So now are we still lying when we are recovery or that's only when we r in the addiction mode and we need to cover up, would that be a problem to tell ur wife, yes hon I was feeling a little u know and I figured I'll make myself busy and actually be busy with helping u, would that be to watch to swallow for her, plz share with me reb heliger

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Re: Kedusha's Progress
Posted by Kedusha - 28 Nov 2010 04:38

you can post this in the ~~Shalom Bayis~~ thread as well

There shouldn't really be a need to explain why we're helping our wives get ready for Shabbos. That's the way it should be (not that I'm one to talk!). Besides, what I told my wife was the truth - she really shouldn't have to do everything!

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Re: Kedusha's Progress

Posted by jewinpain - 28 Nov 2010 05:45

Ok! Misunderstood

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Re: Kedusha's Progress

Posted by Kedusha - 29 Nov 2010 23:19

I just got an "innocent" commercial e-mail which contained a picture that is just the type of thing that I find very triggering. If I didn't act fast, my entire sobriety would be at risk of collapse. Boruch Hashem, I was able to apply the [three-second-rule](#) (actually, quite a bit faster). I immediately covered the screen, deleted the message, emptied my deleted items folder, and then took one more step that was necessary to make the message completely irrecoverable. Frankly, that hurt somewhat, and still does, but the alternative would have hurt a trillion times more (I'd say a quadrillion, but you'd think I'm exaggerating!).

To paraphrase the UNCF - "Your sobriety is a terrible thing to waste!" B'Ezras Hashem, I'm now up to day #560.

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Re: Kedusha's Progress

Posted by an honest mouse - 30 Nov 2010 11:04

kol hakavod! you're a tremendous source of inspiration! kutgw!

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Re: Kedusha's Progress

Posted by Shteeble - 30 Nov 2010 12:46

yes. kutgw and kot. Is it time to add a new something to your schedule to distract you a bit?

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