

Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 07 Jun 2009 17:27

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Shalom Alleichem to all my friends on this holy forum,

Today is with the help of Hashem day 61 on my sobriety journey.

I choose the name Noraah BAmram based on the famous story at the end of Kidushin where Reb Amram Chasida was faced with the battle we are all battling on this site. when he was halfway up the ladder to sin he shouted out **"FIRE IN THE HOUSE OF AMRAM - "FIRE IN THE HOUSE OF AMRAM -** I too scream out "fire in the house of Amram" "fire in the house of Amram" and all the sages came running to save him>

I hope and pray that thru my continued posting on the forum and being on the 90 day chart, somehow the fires of the YH that is waging inside me will be also be extinguished.

The chizuk and understanding that I received from all the members on this forum since I found this site about 2 months ago is absolutely indescribable and immeasurable.

Thank u to each and everyone of you- starting of course with our beloved webmaster, affectionately known around here as "Rabienu Guard" for opening up and sharing your own struggles, tips and suggestions and thereby giving me such tremendous chizuk.

I'm not the best typist in the world but i will try to keep posting as time allows.

NB

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Re: Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 03 Jul 2009 12:17

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Today is day 87 only thru the kindness of Hashem on my sobriety journey.

May the Almighty continue to cary me and all my "peklach", and may He open my eyes so I can see that it is HE and only He,that is actually carrying me!

With warmest Shabbos wishes to all, I pray that your chulent be worthy to grace the table of

:D

Noorah ben Amram  
Kings and Queens

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Re: Noora BAmaram's Journey and Journal  
Posted by the.guard - 03 Jul 2009 13:58

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Thank you for your warm words!

We are getting ready to celebrate your 90th day next week!!

BTW, in your list of members... Who is *"Show unread posts since last visit.;Show new replies to your posts.;Total time logged in: 2 days, 7 hours and 9 minutes."*? ;D

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 03 Jul 2009 14:07

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Oops!! I'm embarrassed I will clean it up:)

do u think the "oilem" expects a few words from me on my 90th? Should I maybe prepare  
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Re: Noora BAmaram's Journey and Journal  
Posted by the.guard - 03 Jul 2009 15:06

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The nicest thing you could do for your 90th day, would be to share with us your story (no identifying details), just how long you've been struggling, how intense, what you've tried and DIDN'T work, and finally finding this network, and what it did for you, and what tools you use to stay clean today, in general, and especially when things get tough.

Not only would this be a beautiful testimonial for us to help us get others to join, I'm sure it will also inspire many others to follow your example!!

It doesn't need to be too long or detailed, but it should include some of the things I mentioned above :-)

That would be a nice way to "give back" to us all - a taste of your simcha and freedom! :D

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Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 03 Jul 2009 17:26

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oy yoyyy shabbos koydeshh oy yoyyy shabbos koydesh

b

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 03 Jul 2009 18:10

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[bardichev wrote on 03 Jul 2009 17:26:](#)

oy yoyyy shabbos koydeshh oy yoyyy shabbos koydesh

b

Heilegah Rebbe

*Tish*

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Re: Noora BAmaram's Journey and Journal  
Posted by Efshar Letaken - 03 Jul 2009 19:14

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NB,

Your posts are getting better & better.

I feel as if Im - "virtually" by the  
It's like the "Fire" of Tavan has left and an Aish Koidesh replaced it.

Fire Away!

Ah Lechtigen Shabbos!

E.L.

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Re: Noora BAmaram's Journey and Journal

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Posted by Noorah BAmram - 03 Jul 2009 19:43

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Ooo wah! With chizuk like that a person as a fighting chance!!

Re: Noora BAmaram's Journey and Journal

Posted by the.guard - 04 Jul 2009 21:13

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Same to u my sweetest sweetest Yid (a little Shlomah 4 u)

Chart updated! Getting ready to jump to the Wall of Honor Chart??

Don't forget to send us a Kitzur of your story as a testimonial to inspire others on your big day! I will send it in a Chizuk e-mail if it's good!

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Re: Noora BAmaram's Journey and Journal

Posted by bardichev - 05 Jul 2009 15:04

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CHART SHMART WHERE EVER YOU ARE BRING YOUR LADDER WITH YOU AND  
CONTINUE TO

SHTEIG!!!

HIGHER AND HIGHE ,HIIGHERRR AAAND HIIIIIGHER TILL WE CANT GET ANY  
HIGHERRRRR!!!

bardichev

Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 05 Jul 2009 20:30

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the woodford is coming

i have a present for you i need to figure out how to get it to you

b

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 06 Jul 2009 01:05

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My story can be summed up as follows "the story of just another guy who thought  
he was better, smarter, more pious then everyone else, and is

With all the Love in the world for all Eternity

Noorah

### **Noorah's ramble**

I ask the genteel reader to forgive me in advance if my literary attempt may not adhere to the rules of grammar and diction, and this "rant" may even come up lacking in style and prose, for its not literary awards that I seek nor is fame and glory my goal, rather this is a very humble attempt to present a few snapshots of my life and

my tremendous Debt of Gratitude to Der Heilega Guard and all the holy chevra of the GUE network .

It is my deepest wish, that the following “ramble” give others who read it **succor, comfort and maybe even a little strength** to continue our mutual upward climb on the proverbial ladder leading to ??? ?-?!

## My Nature

By nature I'm introverted and an intensely private person who likes the pleasure of his own company (pun unintended ) which is a precursor to lonesomeness, which in turn is lethal when it comes to p\*\*n

addiction! I also struggled all the years with what today I recognize as a mixture of low self esteem coupled with very high aspirations, a toxic and deadly mix. My work also doesn't allow me to tap into the wellsprings of strengths that can be found in camaraderie!

My struggle with mastr\*\*\*\*\* began in earnest when I was about 15 years old (maybe even earlier, yes those ubiquitous infamous Sears catalog is to what I owe my *chinuch* too, all you parents out there BEWARE, I beg you get rid of the catalogues!!!! you know which ones I mean! )

:( :( :( :(I remember as a young man going to Manhattan in middle of the night to

buy p\*\*n - I probably even wore my white shirt but made sure to take off my

yarmuka! (as if it didn't say across my forehead in bold letters

"ORTHODOX JEW" hiding from no one other than myself )- to purchase p\*\*n magazines and in my

excitement/nervousness I locked the keys in the car :-[ :-[ Didn't think I

could've called Chaveirim (A HUGE network of chesed in The NY Metro area) I doubt they  
The Ribono shel Olom was  
with me even in Times Square

??? ??? ?????? ??? ????? ??????? ???

I come from a family of *Talmidie Chachumim and tzadikim*, some of my

ancestors are actually household names (talk about GUILT :-[). Some people consider me a learned person or maybe even a bit of a [i]Talmud Chuchem,[/i] some may even consider me a *tzadik*, who knows ( its now ringing loudly in my ears the oath that I took before they let me loose upon this world, “swear that you will be a tzadik and you won’t be a rasha, and even if the whole world tells you that you are a tzadik, in thine own eyes know who you really ) but all my lineage, knowledge and erudition, all my alleged piety, was and is, no protection from a very real p\*rn addiction, to the contrary it only made the addiction worse. No need to belabor that point!!!

### **My last fall and The GUE Network –**

Having been clean for about a year I had just completed a huge project at work and was drained both

emotionally and physically. At this point I can't even remember what

actually triggered the fall and its not very important. –

**what a spectacular and magnificent crash it was!!!** :'( :'( :'( :'( are!!!!!!!!!!!!!!

the only thing I know was that I was in such a slump, that it seemed nothing could

pull me out, not purim, not the upcoming peasach holiday, nothing. I was

as frigid and indifferent as could be, so cold and indifferent that I actually was frightened for my own

sanity. I was coasting and getting by at work, and in my family life

it was all just going thru the motions for the sake of my wife and

children, and just barely at that! It was as if the life was sucked out of me, time stopped .....



hours on end, clickin n surfin you know where.....: '( :( :( (maybe it's better you don't know where )

**All the kings horses and all the kings men couldn't put Noorah back together again until ... :( :( :(.....**

**Enter the GUE network and the holy *Chevra***

How did I find the GUE network you ask?

I don't remember what i was googling but this much i definitely remember

???? ???? ???? ???-?

The Very same Google that took me into *sh'eol tachtis*, that very same Google

One of the stated goals of the GUE network is the concept of **"Hitting bottom while still (relatively) on top"** . GUE to me was exactly that, a giant baseball bat right between the eyes letting me know in the clearest of terms

**"buddy, shape up b4 u loose it all"**

Good old Google!!!

**GUE lifted me up by the scruff of my neck and shook me till my teeth rattled!!**

that it was Google that brought me here

**GUE shouted at me LOUD and CLEAR in the strongest language possible "Hey Noorah , if you want to avoid the indescribable pain some of the *chevrah* write about, you better take yourself in hand and admit that you are an addict"**

## Filter

Because I thought I was immune to the wiles of the YH I was lax in installing a no-nonsense filter - I must thank the Guard and GUE filter page, and some of

the posters who stressed over and over the monumental importance of having the

strongest filter possible and giving the password to someone else, as I have since done.

## Ninety days

Kudos to the brilliantly conceived Wall Of Honor, a fabulous motivator. Yet, I “celebrate” 90 days with the greatest of caution. For me Noorah, the 90 day mark must remain a mere mile marker on the journey of the “rest of my life”, that is all.

I pray that I will not succumb to any feeling of having "arrived" anywhere, because its this very feeling of "arriva"l that leads to the complacency that gets me into trouble every time!!!

**In conclusion** (Do I hear a sigh of relief from the reader? :D :D)

I learned from all my masters on the forum (yes, I consider all the holy *chevrah* on the forum my *rebbe*s and my masters each and every one of you, more then you will ever know )

**Arrogance preceded and precipitated my fall, and only genuine humility/*anava* will lift me up and sustain my recovery!**

The **Rebbe Reb Dov** and other have so eloquently posted on the forum that SOBRIETY is a gift from the Almighty ....

**It is my deepest deepest prayer, that we all continue to be worthy of this great gift from Hashem, the GIFT OF SOBRIETY..... THE GIFT OF LIFE!!!!**

**L'CHAIM L"CHAIM--- TO ONE AND ALL, L"CHAIM!!!!**

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Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 06 Jul 2009 04:10

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who is that man on the ladder

who's ladder is it

what's he doing?

he is a tzaddik nistar

he is a HIGH neshama

he is bursting with love and energy

he is on the SULAM MUTZAV ARTZA VIROSHO MAGIYA

HASHAMAYYYYYYMA!!!

Holy Nooora I have a present

for you!

I will get it to you bli neder

ba ba ba bardichev

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Re: Noora BAmaram's Journey and Journal  
Posted by Momo - 06 Jul 2009 08:09

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Mazal tov Noora! We are all very proud of you!

I can relate to a lot of your personal story.

I ask one thing of you: Please don't leave us now! Please keep coming back to inspire us.

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