

Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 07 Jun 2009 17:27

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 bardichev - 17 Jun 2009 19:18

here is another eitzah or two

1 tell y'h that your memory card is full and it can not handle more images (push him off)

2 that women you are staring at has a husband that can beat yiu up

3 this is abit serious but it really works (for me) you say yes Y"H she is very pretty but not pretty enough for me to sit with her in gehennom for eternity

london i am drinking a pint of guiness in yiou honor

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Re: Noora BAmaram's Journey and Journal
Posted by Efshar Letaken - 17 Jun 2009 20:50

bardichev,

I'm not sure if woodford & Beer mix very well.

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Re: Noora BAmaram's Journey and Journal
Posted by Noorah BAmram - 18 Jun 2009 12:19

Day 72 with Hashem's Infinite kindness!!!

Please Hashem grant me serenity courage and wisdom.

B'ahavas Olam

NB

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Re: Noora BAmaram's Journey and Journal

Posted by London - 19 Jun 2009 00:46

[bardichev wrote on 17 Jun 2009 19:18:](#)

that women you are staring at has a husband that can beat yiu up

london i am drinking a pint of guiness in yiou honor

Dear R' bardichev - I am not a guiness fan, but I won't say no to a good single malt ;D

What you wrote about a woman having a husband who can beat you up, reminds me of a time when I had to see a woman client and was really triggered by her so I phoned a member after the meeting and he told me that, I instead of fantasising about her I should ask her....., he told me to make sure that my medical insurance is in place as she is more likely to puch me. Most fantasies are so far removed from reality, yet in our heads they are possible that's why it's a good idea to process the fantasy into reality that actually nothing is going to happen between and my fantasy. I know a guy in the fellowship who has a problem with a women neighbour of his, and when he shares with me his fantasies and desires I always tell him to ask his neighbour and tell her his fantasies, it takes the potency out of the fantasy. For me I find that I if I am significantly triggered by a woman / fantasy I actually have to phone someone and tell him in detail what's going on in my head, lust glows in the dark but dies in the light of exposure.

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Re: Noora BAmaram's Journey and Journal
Posted by Ykv_schwartz - 19 Jun 2009 05:42

[London wrote on 19 Jun 2009 00:46:](#)

lust glows in the dark but dies in the light of exposure.

Wow! So profound!

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Re: Noora BAmaram's Journey and Journal
Posted by Noorah BAmram - 19 Jun 2009 14:10

Today Friday is day 73 with the help of the Almighty.

Tateh in Himmel please don't let me become complacent not even for one second. Tateh, show me the way -horeinee Hashem darkechu unchaineer

Bahavas Olam uBahava raba to all, wishing one and all a lichter, peaceful, uplifting and

With the greatest of love to all

NB

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Re: Noora BAmaram's Journey and Journal
Posted by Noorah BAmram - 19 Jun 2009 16:44

1 days, 36 minutes this is the amount of time the forum clocked me on this forum. I just realized that maybe, just maybe this can be considered *thsuvas hamsihkal* a rectification for the days

If only it was that easy HUH!!!!!!!!!!!!!!

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Re: Noora BAmaram's Journey and Journal
Posted by bardichev - 19 Jun 2009 16:46

noorah mchail el choil

if you see me in bp on shabbos give me a wink

a lechtiger shabbos

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Re: Noora BAmaram's Journey and Journal
Posted by Efshar Letaken - 19 Jun 2009 16:50

bardichev,

if you carry with the Eiruv then how about you just walk around in BP with a bottle of Woodford
so we know who to wink at when we see you?

E.L.

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Re: Noora BAmaram's Journey and Journal
Posted by bardichev - 19 Jun 2009 17:00

ok I will wear my woodferder beketsha

b

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Re: Noora BAmaram's Journey and Journal
Posted by battleworn - 20 Jun 2009 21:07

lust glows in the dark but dies in the light of exposure.

London, is that your own vort? It's tremendous!

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Re: Noora BAmaram's Journey and Journal
Posted by the.guard - 20 Jun 2009 21:28

Mazal Tov Nurah on reaching level 6 on the chart!!

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Re: Noora BAmaram's Journey and Journal
Posted by Noorah BAmram - 21 Jun 2009 02:26

Gut voch to all the holy Yidden on this site,

I just t said the holy prayer for Reb Levi Yitzcock mbardichev (as opposed to our bardichev the
) Gut fun Avrohom, and I when I said the following words I had in mind especially
the holy Yiddelach on GUE!!!

"Creator of the world, You are the one who gives strength to the weary, please grant strength to
Your beloved Yiddelach on GUE to thank only You and to serve only You, not our LUST,

chalilah....

A gita voch.....a gita voch ay ay ay a gita voch

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Re: Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 21 Jun 2009 15:21

With the help of Hashem today is day 75. I must share that I'm terribly frightened that even though I'm taking one day @ a time etc, the underlying "triggers" are still very much with me. For me the so called triggers are not only the visual stimuli;) that abounds wherever I turn, rather the "triggers" that frightened me to death are very much still with me. (and I might add just as real as the visual stimuli)

When I look back at my past fall, it is always the stress and loneliness that precipitate the crash.

not being able to cope effectively with the very really stresses in my life. Is what led me to seek solace in the ...u know where;), instead of dealing with what needed to be dealt with.

With the aftermath of these crashes laden with such intense emptiness that I've even had thoughts of (I can't believe I'm even posting this!) suicide!!

I felt that the pain of EMPTINESS was so great that the only escape would be S**cide.

I lift up my hands tzum Tateh in himmel,

Please Tateh continue to carry me and my all "peklach" in Your right hand! Amein

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