

Please, please G-d may this be the first step...

Posted by jamies - 18 May 2010 14:08

hi,

my name is jamie,

i live in london and became religious when i was about fifteen and it was around that ime when i first found out the true horror of what my sin has bee for the last few years.

i am 18 and just finishing my end of school exams and then i am off to yeshiva!!!

i am just starting this wall because the time has realy come for me to bring about the decisive change i have davened for and wished for, for so long.

i am quite nervoius about this whole community board thing bu t found out about th website in februray when i visited yu and saw posters about it al over the walls (pherhaps that is why Hashem sent me to new york??)

anyway, before i was religious and throught no bad of it i have been badly addicted and in the last 2 years i have been continuously struggling for so so long. all i really want to do is stop but i just find it so hard, and it breaks me but then i get even more week and continue to do it untill i feel to guilty for a week, and the cycle continues, i even said i would give ten pounds to tzedaka and go to the mikva every time a couple of moths ago and since then ive had to give over 100 pounds to charity andnow have a mikva membership itrs so often!!!

i just feel so so low that ive faiked so many times and am so addicited in this awful struggle.

so i have now decided to take the steps in the 90 day log, looking at how close this community are truely inspiores me, so hopefully, with becoming part of the family, in my 90 day runup to leaving for erez yisroel to yeshiva (just realised i go in almost exactly 90 days!) Pleas please HAKADOSH BARUCH HU, will help me to break free finally, with all the help, chizuk and determination he sends my way!

chang samach and hopefully this will now become the start of a very long, but truely meaningful and happening journey

thanks!

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Re: Please, please G-d may this be the first step...

Posted by silentbattle - 28 May 2010 19:56

It's a beautiful feeling - enjoy! Seeing you start your journey helps inspire me, too, and helps keep me going!

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Re: Please, please G-d may this be the first step...
Posted by jamies - 30 May 2010 17:09

hi!

I NEED HELP!

cant belive today is 13!

im in a bit off a touch place now...

im feeling weaker than ever today and really want to fall, im not feeling clear at all and cant get myself today, its like my vision is blurreed and all i can think about is how i "miss" my old ways...

I NEED HELP

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Re: Please, please G-d may this be the first step...
Posted by teenagehelp - 30 May 2010 18:08

check your inbox. i just messaged you. hopefully things will work out!

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Re: Please, please G-d may this be the first step...
Posted by jamies - 30 May 2010 21:21

today was the hardest ever!

but as i was reading shlomos emails my laptop cut out because i unplugged the charger and the battery life is very short (chose not to replace it for obvious reasons)

BH so far i have stayed clear, going to sleep now but thanks for your support, feel like i wasted today watching alot of t, its a big Yeser hara, i wish i didnt have one!

but thanks guys for kleeping me clear!

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Re: Please, please G-d may this be the first step...
Posted by silentbattle - 31 May 2010 01:12

Wow - amazing! Go and make a party - buy yourself a piece of cake, or some other treat that you'll enjoy, and celebrate! Think about it, and realize that what you've done, what you're *doing*, is truly worth a celebration!

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Re: Please, please G-d may this be the first step...
Posted by Dov - 31 May 2010 04:11

We had a TV too once. One day my wife called me at work and told me it had melted. Just like that, right on itself...miracle the house didn't burn down. It was a 'surgical strike' by HKB"H....yes, apparently He *does* have *that* kind of technology! Amazing.

So it has been almost ten years without a TV in the house and it's been great. Of course, the computer can be pretty bad but with K-9 on it and me not wanting to throw my life away by looking at crap, Hashem is let in this home to help us all out. Things are good, b'chasdo Hagodol, that is all I can say.

Be well.

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Re: Please, please G-d may this be the first step...

Posted by jamies - 31 May 2010 09:39

i told my rabbi that im going to make a siyum if i reach fifty days, he asked if i can do it in his flat cos its a big zechus for it!!

but i pray i get that far, if yesterday became hard at around 5, todays still the morning and i can feel it already.... will it be like this forever?

i really dont know ifi have the strength to see another day through without my old evil 'comfort'

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Re: Please, please G-d may this be the first step...

Posted by SoHard,YetSoRewarding - 31 May 2010 15:03

I feel for you, Jamie. I'm on day 13 myself, and I can identify with all those feelings you described. What keeps me going is the trust that I have that it will NOT be like this always, and that's where the whole 90-day thing comes from.

Keep your chin up. You're feeling the exact same things those that are a couple of years clean -- like Dov, for instance -- felt when they first started out.

Hey, nobody said it's easy, but you can do it. If I can -- although I haven't yet -- so can you...

All the best,

Shmilu

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Re: Please, please G-d may this be the first step...

Posted by bardichev - 31 May 2010 15:22

JAMIE!!

WHEN I JOINED THE FORUM I SAW YKV SCHWARTS WAS AT 40 DAYS

40 DAYS WAS ME GOAL

90 WAS BEYOND THE HORIZON

SO DO WHAT I SAY

GO 1 HOUR AT A TIME

YES I SAID HOUR

SLOW MINI STEPS

AN HOUR IS DO-ABLE

ONE HOUR BECOMES 2 4 8

AND BOOM THATS A WORK DAY

AND A WEEK

AND AMONTH

SOON YOU WILL BE DRINKING LAPHROIG IN YOUR RAVS HOUSE APRTMENT CONDO
FLAT WHAT EVER YOU CALL IT

BARDS

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Re: Please, please G-d may this be the first step...
Posted by jamies - 31 May 2010 15:51

thanks bard!1

was just about to post how i cant take it anylonger and going to break it, but ill fight stronger
than ever and do another hour... hope it will do

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Re: Please, please G-d may this be the first step...
Posted by jamies - 31 May 2010 15:52

it will mamash be a neis if i do today clean

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Re: Please, please G-d may this be the first step...
Posted by bardichev - 31 May 2010 16:00

http://www.collectors-cellar.com/catalog/images/18038_LaphroaigQuarter.jpg

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Re: Please, please G-d may this be the first step...
Posted by jamies - 31 May 2010 16:38

cheers mate!!

still finding it hard!!!

and getting worse, but everytime i fall i give ?10 to tzedaka so ive saved so much these 2 weeks so pherhaps ill treat myself!!

ill go to micha at 7 and then im revising with a friend untill 9 after maariv, then i may have some friends round to watch '24'.

i never knew i had such a strong addiction!!!

i know i should but if CV X100000000 i do break it i will be broken

i daven so hard that ill keep on going...

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Re: Please, please G-d may this be the first step...

Posted by bardichev - 31 May 2010 16:50

KEEP ON LORRYING!

OH HERE FROM THE BBC (BIG BEN CHIMES)

Lorry fire on M11 burns 17 tonnes of magazines

A lorry carrying 17 tonnes of magazines has burst into flames on the M11, leading to a one-way closure of the motorway.

The vehicle caught fire at about 1100 BST and was under control an hour-and-a-half on Thursday. The magazines are believed to have been destroyed.

The motorway had been closed between junctions four and five into London but has now reopened.

The Highways Agency said motorists should avoid the area if possible.

A London Fire Brigade spokeswoman said: "It was an articulated lorry carrying paper which is believed to have caught fire.

"It was approximately 17 tonnes of magazines and it was very badly damaged.

"We had two fire engines and about 10 firefighters."

The flames were under control by 1242 BST.

