

The life of a soldier in hashems army

Posted by mnman415 - 16 Nov 2010 03:54

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my last thread was called starting over after 37 days and the one before that was called this time im in it to win it.

very quickly. im 16. got into this at 11 years old. always said ill stop after my bar mitzvah. in 8th grade i talked to girls. in summer going into 9th i decided to stop talking to them because i felt guilty about m\*\*\*\*\*. skipping ahead. here i am now as an addict. a teenage addict trying to get close to hashem.

the only way i can do it is with his help, without hashem i am helpless.

so here is what we are doing. we are DAVENING 3 times a day. not saying the words but talking to hashem. if possible, talk to hashem often.

filling my day with as much torah as possible.and maintining kedusha. thursday nights i will try to exercise to get rid of some extra hormone buildup. and get rid of sexual energy.

there is so much more to do, but this is the main outline.

today was day 1. it was good, i was careful with my eyes. i learned a lot. i feel really good. i just decided. by next schoolyear, going into 12th grade, i WILL know how to learn. im still pushing myself in shiur. but out of shiur, i am taking a jastrow (dictionary) and learning torah. i am learning the entire masechta bekiyus that we are doing in school. we are only going to cover 20 or so dafim of gemorah so i am doing thr whole thing. over the vacations when i have more time i will try to learn how to learn be'iyun. but i first need to get down the basics.

anyways. i feel really pumped to keep going and really make it to 90 days this time. and with hashems help and only with his help will i be able to make it.

HS

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Re: The life of a soldier in hashems army

Posted by MickeyMussar - 04 Jan 2012 18:55

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I am very impressed by you, I tried breaking myself in high school (~14 years ago) but I couldn't do it and am still working on it now. I wish that I had tried as hard as you when I was younger

for my own sake and for my wife's sake. Waiting just makes it harder.

keep up the good work.

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Re: The life of a soldier in hashems army  
Posted by Hashem Yaasfeni - 04 Jan 2012 20:10

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To everyone here we should never look back and say 'if only I had started earlier'....

HAYOM LA'ASOSOH ( imagine Rabbi Avigdor Miller style emphasis !)

Today is as good a day to start than any other and certainly better than tomorrow !

And never say i'll start tomorrow 'MirtzaShem' \*

Shkoyach,

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\* ( Im Yirtze Hashem, for those who need to know...)

P.S. I love you all

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Re: The life of a soldier in hashems army

Posted by Dov - 04 Jan 2012 22:21

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Very true.

But for me in all those years of countless masturbations and desperate, dry-mouthed porn-searching, I always took nechomah from "**I'll start from today! Hey, even those Breslovers say that! It feels great to be clean from today! The past is irrelevant! Here I go!!**"

...Plop.

Plop-plop-plop....oy.....

If "starting fresh" is not accompanied by any real action that is different, then everything will stay the same. It's not 'a start', at all! Instead, it is just a cop-out to **feel better**. Blech. Useless. Poor me never got me anywhere, and it still doesn't. The emess is as Chaza"I say: "kol mi (me!) sh'ein bo deyah, *asur lerachem olov!*" - especially if that one is me!

Real change **hurts** - or it is not real change. It is **mechayev** - otherwise it is just a show of willpower (more shtuss, for 'willpower' never worked *before!*) If I am the one making the neder, or rewarding myself, or punishing myself, then the fox is guarding the hen-house. It's goofy. May work for some - but if it doesn't work for me, I know that it's not that I need to try harder - it means that the entire thing is garbage! I obviously cannot be my own mechayev!

That is why rehab rarely happens alone. Joining with other people face to face and admitting it all to safe people is the only way for so many. It is really the only thing we have not done! The ikkar problem for us is that **we hide!**

The porn and zera levatola are actually *tofeil* - our common standby of hiding and lying and disconnection is *ikkar!*

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**So, start today!** Definitely start from today. But starting today does not happen *in the attitude* - that is just more land-of-make-believe. Like the porn is.

The only real starting is in taking new, meaningful actions. Not promises, not hopes, not talk. Different actions.

As I heard a wife of an addict say once, "If nothing really *changes*, then *nothing* will really change."

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 05 Jan 2012 00:37

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wow another beautiful post from dov that my thread is zoche to!

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Re: The life of a soldier in hashems army  
Posted by Dov - 05 Jan 2012 00:45

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Thanks for the compliment? Any truth in it, though, is my G-d's gift, not my brains. That is for sure.

Sorry if I was out of place and overposted here. No intentional highjacking. It's just that I can't afford a thread of my very own, so I am *noh vonodd* all over this place...must be a tikkun for something.

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Re: The life of a soldier in hashems army  
Posted by JackAbbey - 05 Jan 2012 23:30

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Dov! that child that you train-walk him in your logo, he must be bar-mitzveh by now, and yet he still needs your help, his own man-power is useless, he can only step ahead with the help of others, thanks dov

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 06 Jan 2012 03:15

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dont worry dov!

ur always welcome to post great posts on my thread. that way i dont have to go looking for them in other places.

last night the yetzer harah tried getting me in the long run. last night i had a great oppurtunity to have a huge fall. but i didnt have any desire at all. the yetzer harah wants me to say that i am healed from addiction. but its all a lie. i am not done. i continue to ask hashem for help!

day 3

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Re: The life of a soldier in hashems army  
Posted by Shteeble - 06 Jan 2012 09:07

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Gevaldigggggggggggggggg

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Re: The life of a soldier in hashems army  
Posted by ZemirosShabbos - 06 Jan 2012 16:26

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Hi HS, have a \*spectaculousful Shabbos!

*\*short winter friday condensation of spectacular marvelous and wonderful*

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 11 Jan 2012 21:59

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day 9

starting winter break now

tons of extra free time on my hads now. gotta keep myself busy

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Re: The life of a soldier in hashems army  
Posted by ZemirosShabbos - 12 Jan 2012 21:41

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Re: The life of a soldier in hashems army  
Posted by JackAbbey - 16 Jan 2012 11:53

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hey HS howz goieen?

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 17 Jan 2012 03:52

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only have 2 more amudim left in my megilah.

that is mamash all ive been doing all day

gets a person really exhausted.

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 20 Jan 2012 01:17

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3 lines left!!!

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