

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

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Today was a hard day for me. I almost fell three times, but I'm still going. I will update in this thread.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 22 Mar 2009 01:15

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Wow...

120 sounds so nice on paper.

I have another issue though. I am addicted... to this forum. I feel I have to read EVERY new post. I've lost my job and am now homeless. Please help!

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Re: Ano Nymous Update thread

Posted by Mevakesh Hashem - 22 Mar 2009 01:23

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Why have you lost your job and why are you homeless? I hope you are not serious.

Chazak V'Ematz!

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Re: Ano Nymous Update thread

Posted by the.guard - 22 Mar 2009 11:29

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Aren't you learning in Yeshiva? What job, what home? I also hope you're joking...

And what's wrong with reading every new post on this forum? It adds your spirit to the Kochos going on here, even if we don't see you ;-)

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 22 Mar 2009 15:30

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[Ano Nymous wrote on 22 Mar 2009 01:15:](#)

Wow...

120 sounds so nice on paper.

I have another issue though. I am addicted... to this forum. I feel I have to read EVERY new post. I've lost my job and am now homeless. Please help!

Of course I was joking! :D

Sorry if I scared any of you. I have a very dry sense of humor. Yes, I am learning in Yeshiva. And I don't really see anything wrong with reading every post on this forum. It gives me encouragement as well as another kosher thing to do online.

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Re: Ano Nymous Update thread

Posted by Mevakesh Hashem - 22 Mar 2009 15:34

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Baruch Hashem!

I wasn't sure if you wer joking or not!

Learn well, and take advantage of your time in Yeshiva!

Those years can never be duplicated later on in life.

Chazak V'Ematz!

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Re: Ano Nymous Update thread

Posted by the.guard - 23 Mar 2009 00:04

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Phew, I'm relieved!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 25 Mar 2009 15:30

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Today is 18 weeks :D

I'm going home next week. I might have to make some vows as part of my de-fence mechanism (get it?). Suggestions?

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Re: Ano Nymous Update thread

Posted by the.guard - 25 Mar 2009 19:56

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For bein Hazmanim you will need a BATTLE PLAN. That means two things:

1) Structure your day to keep yourself busy. Have a seder or six in Torah. Make times, write it

down. Make plans of what you can do when feeling bored.

2) Vows are excellent, but be careful. Read the pages on the site for clear guidelines on how to do this. The vows should focus on not using the computer if no one is home, not using the computer for liesure activity more than X amount of time per day, etc...

You may also want to make a list of sites you allow yourself to visit and make a vow not to visit any OTHER site besides these unless someone is in the room with you.

Ano, you're a smart guy. But the Yetzer Hara is smart too. Make sure to plan well, and do it BEFORE you come home :-)

Oh, and please keep in touch with us!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 30 Mar 2009 10:47

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I forgot to mention something that happened to me last week. I was at the kosel on Thursday morning and after davening I went up to the wall with my siddur. It sort of fell open into my hand, and it opened up to something I had never seen before called Parshas Teshuva. It gave me a warm feeling inside, so I thought I'd share it with you :D

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Re: Ano Nymous Update thread

Posted by Ykv\_schwartz - 30 Mar 2009 11:55

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I feel compelled to let you know that starting a bout six ago, I started saying parshas teshuvah every sunday. I then go on to say the vidui. The reason I say it only once a week is so I do not get bored. This has added a lot to my entire week.

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Re: Ano Nymous Update thread

Posted by the.guard - 30 Mar 2009 12:51

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Ano, G-d is with you!

To all those out there. Anyone who works hard on *Shmiras Habris* can testify to extra divine intervention and help in their lives - and especially in this struggle!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 08 Apr 2009 04:31

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Tomorrow is 20 weeks for me! My goal is no more lusting. I feel like I am almost there. When I say lusting, I am referring specifically to thinking bad thoughts or staring at women for the sole purpose of getting that 'tingly feeling'. What I now realize is that doing those things and looking at porn online are essentially the same thing: food for my addiction to lust. And if you stop feeding the addiction, he dies. I'm living proof to the truth of that statement :D

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Re: Ano Nymous Update thread

Posted by the.guard - 09 Apr 2009 18:11

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Ano, you are one of the most inspiring people I ever knew. This is incredible. A 20 year old Bochur, already a half a year clean, and learning to give up lusting completely! And it's the hardest time - *Bein Hazmanim* - to top it off! Ano, we need more guys like you on the GUE team. Really.

BTW. Are you willing to be a sponsor for other struggling Bochurim (by e-mail) - if it comes up? The best way to stay connected with our community and to ensure continued success in this struggle, is to help others... Not to mention we need more sponsors :-)

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 12 Apr 2009 08:21

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[guardureyes wrote on 09 Apr 2009 18:11:](#)

Ano, you are one of the most inspiring people I ever knew. This is incredible. A 20 year old Bochur, already a half a year clean, and learning to give up lusting completely! And it's the hardest time - *Bein Hazmanim* - to top it off! Ano, we need more guys like you on the GUE team. Really.

BTW. Are you willing to be a sponsor for other struggling Bochurim (by e-mail) - if it comes up? The best way to stay connected with our community and to ensure continued success in this struggle, is to help others... Not to mention we need more sponsors :-)

It's not half a year yet, but I'll be there pretty soon. When you say "and learning to give up lusting completely", it makes it sound almost as if it's an add-on, when in reality it is the **ONLY** way to actually quit forever. Like boruch keeps saying, if you hold onto the lust while trying to give up the behavior, you are doomed to failure. It's like the old story of the guy who goes into the mikvah with a sheretz. If you want to be purified, you have to let go of the sheretz. Guard, I sent you an email with more info. Have a great (rest of) pesach everyone!

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