GYE - Guard Your Eyes Generated: 13 September, 2025, 21:12 Been there done that... not really Posted by geshertzarmeod - 14 Feb 2011 09:48 I've started the teshuva process before, but never with the support of others. Even if no one is reading this, just the idea that I can post this somewhere is meaningful. One day at a time. So this is day 1. :-\ I think I need to check the attitude handbook. Re: Been there done that... not really Posted by Rising Up - 14 Feb 2011 17:46 How bout keep track of the views that you get on this page? I for some reason think that quite a few people are very interested in seeing you through until the very end... :-\:-\ Re: Been there done that... not really

Re: Been there done that... not really
Posted by geshertzarmeod - 14 Feb 2011 18:06

Thank you RisingUp for your encouragement. That's so you shouldnt think that this is a thankless job. ;D

I actually had a pretty good day after all.

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Re: Been there done that... not really Posted by Rising Up - 14 Feb 2011 18:14

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real and thanks again!

Re: Been there done that... not really Posted by Yosef Hatzadik - 14 Feb 2011 20:28 Many many times guys read posts w/o replying. As RisingUp wrote, keep track of the number views after you add a post. You will be surprised how many views each post gets! I read these posts & almost didn't respond. ;D Re: Been there done that... not really Posted by geshertzarmeod - 14 Feb 2011 21:17 Thanks guys. It helps knowing youre out there. Its been quite a day. The attitude handbook the music the support really is trememndous chizuk. Now to get through the night. ???? ????? ????? kol tuv ==== Re: Been there done that... not really Posted by geshertzarmeod - 14 Feb 2011 23:07 I really should be asleep right now, but I got a phone call that pulled me out of bed. So I figured that it was also an opportunity to share with you all an amazing thing that happened. After I wrote my last post, I went to bed feeling pretty good about the day. Without even realizing it I started saying shema. Big deal, right? You have to understand, I have been forgetting to say Krias Shema al hamita for years. I've been kicking myself for years, to no avail. It certainly was not a habit of mine. But suddenly tonight it just came naturally. I'm blown away! Good night for

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Re: Been there done that not really Posted by geshertzarmeod - 15 Feb 2011 01:04
Another added benefit of this forum that i was certainly lacking before. Sleepless nights were always bad news. BIG NISAYON !!!! Now I just got out of bed and wrote a few posts. Gevaldik! Thank you GuardYourEyes! Thank you! Thank you!
May you and all those involved be forever blessed with all good things!
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Re: Been there done that not really Posted by geshertzarmeod - 15 Feb 2011 03:01
5 AM !!!!!!!!!
The bad news is I couldnt sleep all night. :-\
The good news is I made it thru a sleepless night without giving in!
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Re: Been there done that not really Posted by Rising Up - 15 Feb 2011 03:08
all right!!! SSSSSSSSSSSSWWWWWEEEEEEEEEEEEEEEEEEE
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Re: Been there done that... not really

Posted by geshertzarmeod - 15 Feb 2011 08:22

Thank you Rising!

Here's another good sign. I opened my browser and I was more interested to see the forum

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than my email or the news. Sounds silly once its written out. But for me it's significant.		
Thanks everyone for being there.		
And hey Be careful out there! (sorry that's an old reference to when I was a teenager.)		
Re: Been there done that not really Posted by geshertzarmeod - 15 Feb 2011 20:29		
Another glorious day!		
I just wanted to say that if frum ladies or young women realized what their perfume does to people of the male persuasion, they would stop immediately. Breathing thru your mouth only for long periods of time isnt easy, but it helps!		
Feeling good!		
Good night everyone!		
Hatzlacha Rabbah!		
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Re: Been there done that not really Posted by Rising Up - 15 Feb 2011 20:39		
Awesome to hear that!!!! 8) 8) See you tomorrow!!		
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Re: Been there done that not really Posted by ZemirosShabbos - 15 Feb 2011 21:06		
yeah, perfume is tough		

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great to hear you had a good day!	
continued hatzlacha	
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Re: Been there done that not really Posted by Kedusha - 15 Feb 2011 21:08	
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I'll tell you what I think of perfume - it's absolute	ely gross! >
And that line from your teenage years - I know	the reference precisely!