

life of a lamed vavnik

Posted by lamed vavnik - 08 Aug 2009 19:52

Hello Everyone

I'm clean only four days and i'm already trying to mess up!!i'm on the chart but only b/c i have a good filter B'H!! really want to stay on and stay clean but just sitting in front of the computer turns me on thinking of all the things i COULD be seeing if i only didn't have a filter !!some body tell me this will wear off and i'll be able to fell normal in front of the screen b/c i want to stay with this site. :(

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Re: life of a lamed vavnik

Posted by Me3 - 21 Oct 2009 20:49

[lamed vavnik wrote on 11 Oct 2009 19:35:](#)

BTW can anyone see my picture b/c i can't

HELLO! "LAMID VAVNIK" Of course they can't see your picture! It's hidden.

Anyway in all seriousness (I know not a frequent occurance) Stay Strong buddy.

We are rooting for you!

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Re: life of a lamed vavnik

Posted by the.guard - 21 Oct 2009 21:13

[lamed vavnik wrote on 21 Oct 2009 20:43:](#)

full of tiavah a little frustrated and frazzeld , but holding my own and happy to be alive . today
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Did you see we quoted you in today's chizuk e-mail? (#610)

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was better than yesterday .(that's b/c yesterday really stunk!) :

Re: life of a lamed vavnik
Posted by lamed vavnik - 23 Oct 2009 08:55

why would you do a thing like that ? got nottin' better to do than quote me? get a hobby man.

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Re: life of a lamed vavnik
Posted by lamed vavnik - 28 Oct 2009 18:42

i'm sure my wife is getting totally anoid with me on the comp. so long but i have to try aND
STAY CLEAN . i feel if i am alone with myself i'm lost.

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Re: life of a lamed vavnik
Posted by lamed vavnik - 28 Oct 2009 19:06

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Re: life of a lamed vavnik
Posted by lamed vavnik - 29 Oct 2009 06:34

well, it's done .i lost it . i'm not grieving ,i'm actually relieved .i knew it would come after i expose myself to that stuff it always does.

one thing is clear . i was fine b/f and now i'm not. it's bad for me . the stuff is poison . 100% poison. so powerful , it's unreal . it's distilling all of lust into a pill and giving it to you .it's not life . so overwhelming . i can't ever have anything to do w/ it or i will never be able to live a normal life . how can you? you can't see anything normally anymore, no woman ,no wife , no relationship . it's mamash a drug , a straight out drug. a mental drug . i never saw the effect, the contrast in my life so clearly b/f. if i look at this stuff i can't be normal . i have to remember that all the time . i have to sear it into my brain . it's insane , the power is insane.

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Re: life of a lamed vavnik
Posted by 7yipol - 29 Oct 2009 13:00

[lamed vavnik wrote on 29 Oct 2009 06:34:](#)

well, it's done .i lost it . i'm not grieving ,i'm actually relieved .i knew it would come after i expose myself to that stuff it always does.

one thing is clear . i was fine b/f and now i'm not. it's bad for me . the stuff is poison . 100% poison. so powerful , it's unreal . it's distilling all of lust into a pill and giving it to you .it's not life . so overwhelming . i can't ever have anything to do w/ it or i will never be able to live a normal life . how can you? you can't see anything normally anymore, no woman ,no wife , no relationship . it's mamash a drug , a straight out drug. a mental drug . i never saw the effect, the contrast in my life so clearly b/f. if i look at this stuff i can't be normal . i have to remember that all the time . i have to sear it into my brain . it's insane , the power is insane.

Print this out and hide it somewhere safe.

And reread it whenever you feel the urge.

No ones words will ever touch you more than your own.

Day one!

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Re: life of a lamed vavnik
Posted by Kedusha - 29 Oct 2009 14:23

Dear Lamed,

Your experience should be a lesson for all of us: just as alcoholics must avoid that first sip, we need to avoid that first slip!

In your honor, I started [a new thread](#) to help us all avoid that dangerous first slip.

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Re: life of a lamed vavnik
Posted by lamed vavnik - 01 Nov 2009 06:58

hi guys ,

i had a wonderful shabbos , and am feeling good i would like to make a mantra for myself that p88n is poison . and a drug and unreal . i want life .i want to be real . something klike that i hope
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Re: life of a lamed vavnik
Posted by imtrying25 - 01 Nov 2009 13:58

i hope to bore you all by repeat it as many times as i possibly can .

Hey Lamid V. Your not boring us the least bit. Its what we need. To hear it over and over and over until it penetrates our thick skulls and minds and hearts and we come to the realization of how true your words are. Thats the whole yesod of mussar chazzarah chazzarah chazzarah.

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Re: life of a lamed vavnik
Posted by lamed vavnik - 02 Nov 2009 07:00

well here it goes again

p**n is poison

life is great

fantasy's a drug

i really hate.

choose reality every day

and happiness will come your way

sorry ... a little forced but i 'm pressed for time .

P.S. don't talk to secretaries!

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Re: life of a lamed vavnik

Posted by lamed vavnik - 03 Nov 2009 21:03

yes once again i say .

p**n is a drug . it kills my reality . i;ll never be happy in normal life if i keep escaping to it . i'll never be able to look at a woman as a person instead of a (potential) sex object if i don't stay far away from it . .it's unreal, it's insane . i want to be happy with my life . no more escaping .

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Re: life of a lamed vavnik

Posted by lamed vavnik - 07 Nov 2009 20:33

it's getting harder for me to say it already , . i knew it would ,but not this soon .

porn is poison . it's fake . it's unreal , insanity . touch it and you can't look at your life,or your wife, the same way anymore , people arent people they're pontential fantasies. that's crazy . it takes your life away .so the answer is to fill yourself w/ life . to be happy to be alive . to appreciate just the gift of life and the gift of being a jew, being given torah . i feel better .

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Re: life of a lamed vavnik

Posted by the.guard - 07 Nov 2009 22:04

Ashrecha!

Did you see I quoted your poem in Chizuk e-mail #623?

It gets harder and harder to feel what we want to believe, and the lust bubble gets bigger and bigger... and then when we give in (or even after being with the wife) - POP, all that's left is hot air, and we ask ourselves, "what was that huge bubble that has been bugging me for days"? Where is it? What was it? I don't understand. This is insanity.

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