

life of a lamed vavnik

Posted by lamed vavnik - 08 Aug 2009 19:52

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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!!I 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 the.guard - 09 Nov 2009 22:37

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Hey! Whose honor chart are you calling "STINKIN"??

:D

Powerful words there! I hope the guy who they're aimed at really LISTENS :D

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Re: life of a lamed vavnik

Posted by lamed vavnik - 11 Nov 2009 19:49

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yeah , i think he heard them loud and clear . ... he was sitting right next to me. ;D .

BTW .

reality just do it .

as good as the fantasy is , it's just a fantasy.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 13 Nov 2009 08:11

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hello i'd just like to say ...

porn is poison . porn is poison .porn is poison. H' is gevaldik . i want to be happy H' please help me stay strong . life is good . i want life.

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Re: life of a lamed vavnik

Posted by Kedusha - 13 Nov 2009 15:25

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[lamed vavnik wrote on 13 Nov 2009 08:11:](#)

hello i'd just like to say ...

porn is poison . porn is poison .porn is poison. H' is gevaldik . i want to be happy H' please help me stay strong . life is good . i want life.

It's far worse than poison.

Hatzlacha!

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Re: life of a lamed vavnik

Posted by lamed vavnik - 15 Nov 2009 19:52

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you're right . pioison makes you dead . this stuff kills you while you're still alive.

Re: life of a lamed vavnik

Posted by lamed vavnik - 26 Nov 2009 20:39

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hello . porn is still poison . but it seems so is negativity. being positive and focusing on the good things in life ,or that you hve life helps a lot to bring you out of the fire of taivah .wehat i have is good . i don't want to mess it up . i don't need to run after nothing b/c i already have something

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Re: life of a lamed vavnik

Posted by the.guard - 26 Nov 2009 22:14

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Way to go!

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Re: life of a lamed vavnik

life  
Posted by lamed vavnik - 29 Nov 2009 20:58

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continueing on the slow happy road to kedusha . focus on what you have . aprpreciate the life you have been given. try to stay away from stimulation of any kind . ( this is very difficult ). what do you do about an extremely attractive co-worker , you have succeeded in avoiding most of the time , but every so often she pops up in front of you and you're not strong enuf to give her the cold shoulder ? what i've been doing is focusing on H' getting thru' the day ,keeping the happiness going ,and letting it run itself out . been working so far. dovening i have done and do . and will do more. H' please help me get past this stupid fantasy . BTW..... porn is still poison . so is day dreaming ..... and ogling ..... and thinking with a dead brain in general. be positive and grateful.

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Re: life of a lamed vavnik

Posted by the.guard - 29 Nov 2009 22:24

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I am starting to see why he called himself lamed vavnik. I'm pretty sure he is one.

(Hey this forum is the lamed-vavnik hide-out... All these Tzadikim and no one knows who they are!)

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Re: life of a lamed vavnik

Posted by Phillip - 30 Nov 2009 03:49

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If you ever have time during the day to make a phone call to a brother than I highly advise you to do so if you feel triggered by your co-worker.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 30 Nov 2009 19:09

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yeah, calling a brother during my work is almost impossible .

but i have a few old friends in the program i could call for support just to let out the tension and get back on earth. .Calling out for help is something i need to work on , i am a bit of a loner . sometimes i think i have to do it all myself .but i had a nice time today thinking about my Olam Habah for my mitsvos and comparing it to the temporary earthly pleasures . it was pretty nice . i also started using Asher Yotzar as a spring board for appreciating life and what i have in general . it's a nice experience . when you're full of gratitude and appreciation for what you have ,you need less . 8) 8)

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Re: life of a lamed vavnik

Posted by lamed vavnik - 05 Dec 2009 20:19

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B"H had a wonderful shabbos and just had a realization that the yetzer is always w/ me . He  
> wish he wouldn't . but as long aS he goes away  
again afterwards , i'm o.k.

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reminds me he's there every so often. >

Re: life of a lamed vavnik

Posted by the.guard - 05 Dec 2009 20:50

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Re: life of a lamed vavnik

Posted by lamed vavnik - 06 Dec 2009 19:44

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still here . still clean. porn is still poison. staying happy is not as easy as i thought ??? but life

My life is good. H' is great . the neshama is powerfull and holy and mine.

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Idon't know if he'll ever go away from you, but you can go away from HIM