

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!!'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 silentbattle - 13 Jan 2010 16:22

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Reb 36, I'm constantly amazed and impressed by you - at how quickly you're moving forward, and the fact that you constantly do this cheshbon hanefesh. Fantastic, and it makes me certain that you're growing at an incredible rate!

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Re: life of a lamed vavnik

Posted by lamed vavnik - 13 Jan 2010 17:02

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how incredible i don't know , but growing i think i can say yes. BH' . i'm working on this , but

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Re: life of a lamed vavnik

Posted by silentbattle - 13 Jan 2010 18:16

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KOT!!

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Re: life of a lamed vavnik  
Posted by Ineedhelp!! - 13 Jan 2010 18:30

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[lamed vavnik wrote on 13 Jan 2010 17:02:](#)

how incredible i don't know ,

You can't be the one to judge that you are biased....

[lamed vavnik wrote on 13 Jan 2010 17:02:](#)

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...Unless you are CORRECT!

Keep up the good work 36nik!

-Yiddle

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Re: life of a lamed vavnik

Posted by lamed vavnik - 13 Jan 2010 21:17

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i have a confession to make . all this time i haven't had a pic , b/c i thought my filter didn't allow

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Re: life of a lamed vavnik

Posted by silentbattle - 13 Jan 2010 23:27

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We're all glad to see what you look like! :D

it . the url had been put in wrong. :-[ . just needed to say that, thank you for listening.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 17 Jan 2010 18:23

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ich bin a nar in gloib .

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Re: life of a lamed vavnik

Posted by lamed vavnik - 17 Jan 2010 19:21

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Bh' been really busy but still clean .

1- eyes have been Ok. no doublo takes .no long stares .

2- had a few rough spots. listened friday nite. as usual heard nothing fealt stupid went to sleep.  
hope next time to feel stupid b/f.

3- no time for mussar but started working very hard on talking openly to H' regularly . to feel  
comfortable speaking to him and ASKING for things .

4- trusted in H' today that even tho' my day was not what i wanted, it was what **He** wanted.

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Re: life of a lamed vavnik  
Posted by Ineedhelp!! - 17 Jan 2010 20:46

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[lamed vavnik wrote on 17 Jan 2010 19:21:](#)

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Just plain beautifull Lamed Vavnik. The last two are what really uproot our addiction. I am not  
really sure what you mean by number 2??

-Yiddle

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Re: life of a lamed vavnik  
Posted by lamed vavnik - 17 Jan 2010 21:06

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i have an obsession with listening for sounds of s\*x. like some people have problems w/ voyerism (?) . for me it's listeningism . i am working on letting the bumps and scratches i hear, go uninvestigated . so as not to be drawn in. tho, i think can say in all my 20 years of listening i can count on one hand the amount of times i've been right . but the YH' is not logical -

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Re: life of a lamed vavnik

Posted by Ineedhelp!! - 18 Jan 2010 01:19

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[lamed vavnik wrote on 17 Jan 2010 21:06:](#)

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Well I hope you get over this like the rest of us. We all have our own Nisyonos. Focus on the task at hand.

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Re: life of a lamed vavnik

Posted by silentbattle - 18 Jan 2010 01:52

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I think it's great that you're aware of feeling stupid, and you're planning remembering that for next time - that's a great approach!

May we all learn from you!

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Re: life of a lamed vavnik

Posted by lamed vavnik - 20 Jan 2010 07:15

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OK . i'm in trouble . i never got up from the last fall four days ago . i am acting out without wanting to and without caring . just to do it . i feel dead inside . i think i'm depressed(though i don't feel depressed is that possible?). the situation in my life right now is totally taking me over and not giving me time to get a hold of myself at all. it will be over soon. i think i have to wait it out . until things get back to normal . if you knew what i was going through you would understand. i wish i could get into detail for more help. i may need to take a break from posting now b/c i can't do any avoidah and i'm just depressing myself writing "did nothing today again."

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Re: life of a lamed vavnik

Posted by lamed vavnik - 20 Jan 2010 07:16

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[silentbattle wrote on 18 Jan 2010 01:52:](#)

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yeah great approach . feeling stupid again . don't learn from me .

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