

Kidushashem Today:

Posted by kidushashem - 07 Aug 2011 23:45

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I am so depressed. I had a great, almost 6 month clean streak that ended a couple months ago and it's been a terrible down hill since then.

You would think that after such a long clean streak I would have strong mental barriers against viewing all the trash that I had viewed in the past. Instead, it takes only a few hours from the first fall for me to get right back to where I left off half a year earlier, doing the same stuff and much worse. My appetite isn't satiated any more through the old stuff and I need "bigger and better".

This is incredibly tough because I feel I haven't moved forward too much. Won't I ever recover that sensitivity that I had? It took about a year of masturbation for the YH to finally convince me to do legit porn.

In addition, the last 6 months do not seem to have given me more sensitivity to feel more ashamed and upset when I finally fell. To the contrary: I feel more comfortable that I ever felt with porn and I even feel completely comfortable with no fences in place. I don't want fences because I know that later I'm gonna want to view more garbage.

In the past, after every action I would feel terrible and set up some kind of fence to help for the future. Now I don't even care.

The reason I'm writing this post is because I care that I don't care. I'm sad that I'm not sad.

I want to finally break through and finish with this trash but I feel like I don't care enough right now. Like I should just continue with this trash until I care enough. But I want to care NOW! It's almost 9 Av and I'm in this disgusting situation. I feel like dirt.

Is there anyone out there who can identify and give me some unconditional love and chizuk?

That would be greatly appreciated!

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Re: Building up the Fort!(the post name will change as I do)

Posted by kidushashem - 17 Aug 2011 20:48

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[obormottel wrote on 17 Aug 2011 19:18:](#)

I've never tried this myself, but they say excersize is really good from depression. Also, B-group

vitamins, red meat and red wine. Take yourself out to lunch to a steakhouse, and then jog home.

can't wait for your next post-you're gonna be a junior member!

thanks for the advice!

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Re: KidusHashem - trying to make it  
Posted by gibbor120 - 17 Aug 2011 20:57

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Excercise definitely works. I've heard it can work as well as anti-depressants, but not as good as one of bard's posts. Laughter is the best medicine.

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Re: KidusHashem - trying to make it  
Posted by gibbor120 - 18 Aug 2011 14:13

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[kidushashem wrote on 17 Aug 2011 18:22:](#)

:-\ ??? :D ;D

The above smileys represent my facial expressions,in order, spanning from before until after reading these last few posts...

GOOD MORNING KH! How do you feel this morning?

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Re: KidusHashem - trying to make it  
Posted by kidushashem - 18 Aug 2011 14:21

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[gibbor120 wrote on 18 Aug 2011 14:13:](#)

[kidushashem wrote on 17 Aug 2011 18:22:](#)

:-\ ??? :D ;D

The above smileys represent my facial expressions,in order, spanning from before until after reading these last few posts...

GOOD MORNING KH! How do you feel this morning?

Terrible, thanks for asking.

I think I might need to get off line now for a while. I haven't fallen or anything but I'm feeling extremely pent up and negative.  
:(,

I just hope this goes away soon.

I'm also involved with the stock market which is completely down these days and I lost a lot of money which is not helping my mood...

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Re: KidusHashem - trying to make it

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Posted by gibbor120 - 18 Aug 2011 14:24

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[kidushashem wrote on 18 Aug 2011 14:21:](#)

Terrible, thanks for asking.

:D ;D 8).

I hope it helps. Have a GREAT day!

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Re: KidusHashem - trying to make it  
Posted by ZemirosShabbos - 18 Aug 2011 14:52

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KH, i feel for you and wish you the best

That's what I love about this forum - Honesty

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Re: Building up the Fort!(the post name will change as I do)  
Posted by obormottel - 18 Aug 2011 15:23

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I'll send you some SMILES  
[kidushashem wrote on 17 Aug 2011 20:48:](#)

you're gonna be a junior member!

Btw, congrats on YOUR promotion! How does it work here, do you amass points?

As for stock market - isn't it the nature of the beast, the ups and the downs, and the losses and the gains?

Zemmy sent me something from M.M. Horodoker on how people overthink their parnoso and thereby limit it. Ill send you the link when I get to work, unless he beats me to it. stay strong. Kof av is tomorrow, Your namesake's yorzeit. You can draw a lot of inspiration from his struggle. No doubt communist torchure chambers are as bad as the demons in yours and my heads.

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Re: Building up the Fort!(the post name will change as I do)  
Posted by ZemirosShabbos - 18 Aug 2011 15:52

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[obormottel wrote on 18 Aug 2011 15:23:](#)

[kidushashem wrote on 17 Aug 2011 20:48:](#)

you're gonna be a junior member!

Btw, congrats on YOUR promotion! How does it work here, do you amass points?

here is how it works, when you hit 50 posts you can use those points and your Metro Card to

[obormottel wrote on 18 Aug 2011 15:23:](#)

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Zemmy sent me something from M.M. Horodoker on how people overthink their parnoso and thereby limit it.

[www.guardyoureyes.org/forum/index.php?topic=3284.msg112665#msg112665](http://www.guardyoureyes.org/forum/index.php?topic=3284.msg112665#msg112665)

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Re: KidusHashem - trying to make it  
Posted by obormottel - 18 Aug 2011 19:59

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Vitebsker, Horodoker - I think once he moved to Eretz Isroel, they started calling him Vitebsker, it was from Reb Mendele Vitebsker and here is the link  
and not Horodoker, or maybe it's farken?

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Re: KidusHashem - trying to make it  
Posted by ZemirosShabbos - 18 Aug 2011 20:02

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Reb Nachman Horodonker

Reb Mendele Vitebsker

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Hey, look, I am a junior member, too :

Re: KidusHashem - trying to make it  
Posted by shteighecher - 18 Aug 2011 20:04

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Me now and 97 days ago were also two different people. One is shteiging hecher and heading to Eretz Yisroel with Moshiach and the other is dying with Hoshems help.

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Re: KidusHashem - trying to make it  
Posted by obormottel - 18 Aug 2011 21:51

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[ZemirosShabbos wrote on 18 Aug 2011 20:02:](#)

Reb Nachman Horodonker

Reb Mendele Vitebsker

no-no

Reb Menachem Mendel Horodoker was the Rebbe/Chaver of the Baal Hatanya after the Maggid's passing until his move to EY. The famous Chapter 27 in 4th chelek of Tanya (talking about ptiras tzaddikim) is the Baal HaTanya's iggeres tanchumin on Reb MM's ptira. I am 99% sure that Reb Mendel Vitebsker is the same guy, and he got the new nickname upon moving to EY. I can try and look up some sources... or we can ask Bardichev, he might know something like this, no?

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Re: KidusHashem - trying to make it

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Posted by ZemirosShabbos - 18 Aug 2011 22:17

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Mottel you are right

Reb Menacham Mendel Vitebsker was also known as Horodoker (see Wikipedia)

my bad

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Re: KidusHashem - trying to make it  
Posted by kidushashem - 19 Aug 2011 09:02

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Shkoyach to all you guys, I read the letter and hope to internalize and put it into action.

BTW, anyone know about "the power of now"?

Have a Shabbos, extra zemiros for Zemmy!

KH

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