

**TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE**

Posted by Chasdei Avos - 24 Aug 2011 02:42

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SO HERE I AM. THIS ELUL WOULD HAVE BEEN MY TWO YEAR ANNIVERSARY OF FREEDOM from !@\$%, other than a few slips along the past few months. Until last week that is. now i am feeling very vulnerable. the only reason I am on this sight right now is because i figured I'd turn on my computer and see whether I can find stuff to enjoy (despite my k9 filter which i noticed just does not seem to work). This past week and one half, I fell several times. Its a freaking slippery slope with no avengence. i mamesh felt like a free man finally. i am trying not to be depressed. more scared witless that now hes got me around his finger and im doomed. Right now, i struggle not to close out and switch sites..... please help i owe my life to guard and this site, back when it was brand new. please chizuk chevra i need desperately please please. thanks

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**Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE**

Posted by Chasdei Avos - 24 Aug 2011 18:15

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awesome words thank you.

I often thanked hashem profusely for the gift of freedom from that taava. there was no better feeling in the world than not being a slave to the most disgusting garbage on earth. I guess it became the norm so that I lost the fire that kept me strong. I came so far with hashem's help, that I did not even feel like I had a yetzer Horraa for shmutz any more. I felt like I accomplished the sur mairah so that I could move forward with the Assei Toiv. I wish I can get back there and i know I can do it, but now its scary. I fear going home tonight to an empty house and waking up in an empty house etc etc.

As I have mentioned here, we know that true teshuva is being faced with the exact same difficult challenge and overcoming it. I thankfully accomplished that when I slept over by a family member's house, where there are many cable channels at my finger tips. Yet I was so clean that I did not even turn on the TV whatsoever. At least I did accomplish that and greatness in many ways. Now I dream of once again... but it seems like a dream, in light of my fall.

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by obormottel - 24 Aug 2011 18:41

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Dear brother Chasdei Avos,

we can all learn from your expereince and not one thing but two, so thank you very much for sharing.

I learned:

1. Never, even after 2 years (and I've only done three weeks) let your guard down.
2. Always, even after 2 years (and I've only done three weeks) take it one day at a time.

So thank Hashem for today, and move on.

I hope you found the phone partner to help you. If you would like to join a group for the purpose of inter-accountability, we have one here

<http://www.guardyoureyes.org/forum/index.php?topic=4306.0>

We'll be happy to welome you and your experience.

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by Chasdei Avos - 24 Aug 2011 19:10

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Actually, I think I was confused and its really three years that I have been clean, until now that is. I guess I should be proud of three years, but its obviously hard when I am in this rut. But you couldnt be more on target. We need to always always keep our guards high up.

Hatzlacha Rabba

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by Chasdei Avos - 24 Aug 2011 19:17

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its actually quite embarressing for me to write about my falls, particularly since I have been

clean for long time. But its the only way is to be true and speak it out. I freakin fell so bad, that I used my pathetic cell phone, not even a smart phone. Its almost like I am possessed. How do I deal with this? How do I deal with walking into my house tonight with bno one around. HASHEM PLEASE I AM begging for a miracle.

Please give me more chizuk. I cannot get enough of your words of chizuk right now. My heart is crying and bleeding

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by bardichev - 24 Aug 2011 19:27

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let me give chzzuk

numero uno

u are a great guy

numero dos

u are a tzaddik

numero tres

u have a little weaknes to something called lust

numero arba

many people have that weakness,same ice cream many different flavors

numero finiv

you can live a perfectly happy normal healthy positive life

how you ask? by ignoring triggers,by avoiding triggerrs,by not being needy

numero six

why do you feel lousy? it's the Y"Hs poison so that you come back to him for more candy

numero zibben

do i need to do teshuvah?

yes and no

yes evntually ,no if it will hinder you from trucking along

numero ocho

what should i do now?

chill out

buy food

smile

enjoy life

numero nayn

what should i do to prevent a fall??

get a filter!!! if you dont you are fooooooooooling no one but yourself

number ten

there is no number 10

just keep on trucking!!!!!!!!!!!!!!!

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPLEASE

Posted by ZemirosShabbos - 24 Aug 2011 19:39

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Chasdei, you were zocheh to a housecall by the Humble happy Rebbe aka Bards, for that alone you should do a little jig

and regarding tonite:

make a plan, like

6-6:30 chow down,

6:30-7 cleanup, read mail, polish shoes, steam hat,

7-8 walk, read, call Mom/Pop/Cousin Larry or the Wife,

8-9:30 torah: shiur, daf, parsha, michtav me'eliyahu,

9:30-10 mariv,

10-11 read GYE handbook, Windows of the Soul and your favorite Kosher Bedtime Stories

good night

if you work your self into a tizzy about falling it increases the chances of just that, like rebbe bards said. go easy, the last thing the Yetzer Hara wants is for you to be level-headed

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by obormottel - 24 Aug 2011 19:48

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Do you see, Chasdei, how much good energy you generated with your fally?

The Bard is brilliant, and Zemmy is plain genius, and we all benefit from this discussion.

Keep it up, brother, one step at a time!

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by Chasdei Avos - 24 Aug 2011 20:34

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Thank you Bardichev you brought a smile to my face. Thanks guys I know I am usually positive minded and its the Yetzer horah. I will do my best and bezras Hashem I will be able to happily report to you tomorrow. Zemiros, sounds like an awesome seder halayla. At least I am not off work until 730 and then daven and learn until 10. I will hopefully stay out late and not touch computer bezras Hashem

Thanks a million

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPLEASE

Posted by bardichev - 24 Aug 2011 22:00

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always remember

there aint no nooombah teyyyn!!!!

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPLEASE

Posted by helpfyi - 25 Aug 2011 04:47

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wow this thread really gave me chizzuk, i know its hard that you fell but you taught us a huge lesson, we can't just take that peek through a magazine which looks clean, that can cause a fall even after 2 freggn years clean!?!

Get out of it change the mood some how, take a jog ride a bike rent a row boat, you gotta change the pace some how regroup and say "ok now i begin the first day of the rest of my life"

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPLEASE

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Posted by Chasdei Avos - 25 Aug 2011 14:26

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Thank Hashem that after all the chizuk I received here yesterday, I had a great night and morning away from shmutz. I guess this is day 1 clean for me and the count starts now bezras Hashem. Lets hope.

HelpFYI: That seems to be a yisod foundation of freedopm from addiction. They say that "once and addict always an addict" and therefore we must ALWAYS ALWAYS keep our guard up and as far removed as possible from the junk.

If I said something incorrect about addiction, please forgive me or correct me, as I never personally attending meetings.

Hatzlacha

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by bardichev - 25 Aug 2011 15:29

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number 10

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by ZemirosShabbos - 25 Aug 2011 16:49

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10-4

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by Chasdei Avos - 25 Aug 2011 17:00

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I appreciate that, but I am clueless about "10" Please throw me a hint or a link to figure it out.



Chasdei

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