

I need help

Posted by gyegye2 - 09 May 2012 15:15

I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by gyegye2 - 11 Dec 2012 23:31

was clean for 10 days

then for smother day

thinking about next step

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Re: I need help

Posted by gyegye2 - 18 Dec 2012 23:16

hello dov,

first of all, please note that i know that this is a strugel for the whole life, and i know that every day is a win.

it looks like you dont think that i do a good process to try to get better.

if you have any suggestions please let me know

all i know is that i am trying to get better...

so far the ripping money method worked b"h, i fell already for about 10 days ago nut at least not thru the internet

for me this is a big gain, i think you can understand, at least i dont take more wild imaginations in to my head

60\$ is a lot for me

thank you

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Re: I need help
Posted by Dov - 19 Dec 2012 21:50

No, this is not a struggle for the whole life. I have discovered that this is a mistake. Why do you say this, chaver?

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Re: I need help
Posted by gyegye2 - 19 Dec 2012 23:05

"kol hagodel meichaveiro yitzo godel heimeno"

the whole purpose of chalenges is to try to overcome it,

the chalenges will change, but the fight will be, no?

I beleve it becomes easier, but it will alwayes be a fight.

let me know if i am wrong,

I will be very glad to hear that the fight will end, wow, sounds exiting.

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Re: I need help

Posted by Dov - 20 Dec 2012 03:50

I just posted about something like this elsewhere:

<http://www.guardyoureyes.com/forum/17-Balei-Battims-Forum/200232-Channel-everything-to-my-wife?limit=15&start=15>

Story abt Rav Sa'adia Gaon (some tell it of other tzaddikim, and goyim probably tell it about Ghandi;)):

The gaon was at an inn without his entourage and got a regular room for the night. The next day, someone told the innkeeper who the guest really was - Aye! He had no idea! The innkeeper was very ashamed that he had put the Gaon up in a regular room, had spoken to him in only second person, etc. He came and flung himself at the gaons feet tearfully begging for mechilah. After a few sobs, her heard no response so he looked up - and saw the gaon on the ground, too!

The gaon was crying, "Hashem! I know you so much better today than I knew You yesterday. When I look at my avodah of yesterday, my attitude and actions, I feel just like this innkeeper does: Had I known You yesterday the way I know you today, I *never* would have behaved that way! Please forgive me!" And so, tzaddikim do 'Teshuvah' for the past - *even though the past was not aveiros!*

Recovering people stay 'recovering' because when we stop growing, we die. Bameisim chofshi is not mussar, just reality. As long as we live, we will need to continue using the tools that help us grow and have challenges.

But does the adult still have the challenges of a child? No way. Same with recovery. And the same with regular avodas Hashem, too, for the non-addict.

Let me ask you a question. If there really *will* always be a fight, what exactly is your complaint about that?

I guess I am asking what you mean by "a fight", and what you mean by "always".

Thanks,

Dov

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Re: I need help

Posted by gyegye2 - 20 Dec 2012 23:19

nice story

if it will always be a fight... i am not complaining, i beleve it is good, because hashem made it

when i say a fight i mean a chalange

thank you

oy my.. it i not easy,,, it is not easy... hashem i do it fpr you for you fpr you my father... almost every day i have chalanges hashe please help me succeed, i cant fight with an angel, i just cant, but if you will help me or do it for me, it will happen, it is all up to you

you are giving the chalenges and only if you fight for us we can over comr it

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Re: I need help

Posted by gyegye2 - 20 Dec 2012 23:34

today i made my new sig

after i saw what i wrote a nice slang in my post

as i read it over and i liked it

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Re: I need help

Posted by gyegye2 - 21 Dec 2012 03:25

just had big chalange, just because i had desires

but i chat with dove

b"h the wave is over

I dont know why by the end of the day at work i have desires

i think it is because i am to stressed at the end of the day after a whole day at work

hashem help

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Re: I need help

Posted by gyegye2 - 24 Dec 2012 23:04

i was clean for 15 days

i had a fall yesterday night

after 2 weeks that my wife was nidah

i had such desires that the fall just happened so easily,

i didnt jouch nyslf even

just had a small fentesy for a few seconds and here you go

anyway, since i am working on gye program i never succeded to go 2 full weeks when my wife was ossur... so this is progress for me, next time iy"h i hope to do even better

slowly slowly

i really feel like i didnt have much of a choice yesterday

today in the chizuk email it said that you dont have to win just to do what you have to do, so i guess this is what i an doing now

i think next time my wife will be ossur i will go om the thaphsic method for that time....

hashem only if you will help me i can succeed, i am not stronger then an angel

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Re: I need help

Posted by Dov - 25 Dec 2012 02:48

I do not insult at all, c"V, but want to say I think you are trying to have change *without changing at all*. You are trying to become different *just by not **doing evil***. And that is nothing but holding your breath.

A person does not get any *more* tavor by staying in the mikvah longer till maybe he can't hold his breath any more...either you are in and tavor, or you are not in and still tamei.

How long can you hold your breath?

I am suggesting to you that you start looking for ways to behave differently in life - not about your bris or tayvos, but about how you see other people, the wife, children, parents, customers, chavrusas, whoever you have in your life. Try talking to G-d a little differently. Nicer maybe, more considerate maybe, davening for other people - especially the people you have tayvoh for.

Being different is really *very* different than what you have been till now. Start small and slow but never give up.

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Re: I need help
Posted by gyegye2 - 26 Dec 2012 20:06

thank you dov

i will try to remember to daven for others and davven more conciderate

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Re: I need help
Posted by gyegye2 - 26 Dec 2012 20:15

i am sorry to dissapoint all of you

but I had another fall for 2 days ago

it was very hard

i actualy fell thru the internet

I have no choice i will take 60\$ and destroy it

it is a lot money for me, but i am going to keep to my word

at least you can understand how strongly i had the desires even that i had to destroy 60\$

and now i am not sure how i will have money to buy bread and milk,

hashem will help

this was while my wife was niddah.....

next ime i think i will do the thaphsic method while my wife is nidah, I hope it will go better....

one holy bashefer can help

Now my wife is already clean, i am looking forward for stronger days

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Re: I need help

Posted by Dov - 27 Dec 2012 02:34

Poor woman. I would not appreciate being anyone's receptacle. I wouldn't care if people called it 'saving him from the yetzer hora' - that is just a silly label. If it's either with her - or with someone else - then I say it's really not with **her** at all.

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Re: I need help

Posted by gyegye2 - 27 Dec 2012 23:15

Thanks Dov for your reply

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