

TaPHSiK

Posted by rt - 12 Jul 2012 23:17

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Well, I thought, I have to share it.

my plan for the next week: (how to stay sober, from friday 13 july til friday 20 july)

- 1.shmirat eynayim. knas for histaklus: 5 sec atzimas eynayim on spot, if not 1 € to tzedoke
- 2.shmirat machshovo. not to think about this very cute, just cute or even not even cute shikzas out there. if not, for each "time" 10 euro tzedoke
- 3.each day at least 20min GYE (exept forum),. if not, for each day 20 euro tzedoke.
- 4.before each nefila to read all this 90.000 or so reasons not to act out (started by steeble). if not, 50 € tzedoke
- 5.after each nefila 50 euro to tzedoka.

hagaha:biish'at nefila lo shayach numero dos (2)

heara: dawn to haShem.

hopefully i will not have to give all my money to tzedaka :o (at least, not bevause of that)

good night chevra, R"T

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Re: TaPHSiK

Posted by tocontrolmyself - 11 Aug 2012 23:05

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careful....your doing so well.....if your not going to fall anyway why take away the guard....just to feel extra strong?.....dont tempt the YH.

SORRY FOR BEING HARSH BUT WHATS THE POINT??????

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Re: TaPHSiK

Posted by rt - 12 Aug 2012 11:19

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No, no. I am not taking the guard away. The whole purpose of this "closing eyes"-issue was to convince myself, that I shouldn't gaze at them. After 1 month I hope it's clear to me. The moment I'll see the shemirah goes down, I'll start again.

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Re: TaPHSiK

Posted by rt - 13 Aug 2012 18:30

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Hm. I do takke feel that my shemiras eynaim became weaker. I am mekabel to close my eyes again. for 10 sec (but not when i am on bike).

Will I always have to do it? grrr..

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Re: TaPHSiK

Posted by rt - 14 Aug 2012 22:17

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I was trying to improve my shemiras eynaim for 1 month and believe me i was pretty good in it. was.

then i wanted to see if it goes without the knas. and well. now i have major difficulties.

have to start again from the beginning.

haShem yishmor mehirhurim ra'im

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Re: TaPHSiK

Posted by Gevura Shebyesod - 15 Aug 2012 13:48

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RT,

In this battle we fight, Shmiras Einayim is the front lines. The glance, the second look, the staring, have become ingrained habits that need to be broken. It needs to be a constant, conscious, effort. It's draining and exhausting. And it can never be perfect, and that can be so discouraging. Then we get burnt out, and stop putting the energy into it, and we start slipping

without realizing it. Then we realize what has happened, and we need to re-strengthen our fences. We need to form new habits, of not looking where we don't need to, and of averting our gaze from the things that fascinate us so strongly. It takes lots of time and hard work to make that change.

So hang in there and keep working at it. Don't be discouraged when you slip, expecting instant perfection is a recipe for disappointment. Every single time you successfully avert your gaze, you are etching the new good behavior a little deeper into your psyche. Be proud of each success, think of it as a little Korban to Hashem, a sacrifice of your inner urge just for that moment.

I'm writing to myself as much as to you. I've been at this for well over a year and I have gone through the cycle of ups and downs many times. But I know that it is the key to staying clean, and I must put all my effort into it.

Hatzlacha Rabba and KOMB!!!! (Monstuh' Biking)

Gevura!

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Re: TaPHSiK

Posted by rt - 15 Aug 2012 18:40

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Shkoach Gevura (!)

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Re: TaPHSiK

Posted by rt - 17 Aug 2012 12:21

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new clean week (hopefully).

my plan for the next week: (how to stay sober, from friday 17 august 'til friday 24 august)

- 1.shmirat eynayim. if not, 10 sec atzimas eynaim.
- 2.shmirat machshovo. not to think about girls/women. if not, for each "time" 10 euro tzedoke
- 3.each day at least 20 min recovery things. if not, for each day 20 euro tzedoke.
- 4.before each nefila to read 25 hizzuk mails. if not, 50 € tzedoke
- 5.before each nefila 50 euro to tzedoka. and then after a nefila another 50.

hagaha:biish'at nefila lo shayach number 2

heara: dawn to haShem.

a gitten shabbes.

and hatzlocho to you guys.

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Re: TaPHSiK

Posted by rt - 19 Aug 2012 16:05

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You know guys. There is this concept we hear here so many times "one day at a time"

Efshar this shtikkle of a thought was already spoken out, but I am not aware of it so i'll post it here:

lich'ure this idea was invented by moshe rabeinu!

haShem told him his name "ek'ye asher ek'ye" and moshe rabeinu said to him "haShem! it's enough to mention one trouble at a time" (was recently on daf yomi).

chatzlocha

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Re: TaPHSiK

Posted by Machshovo Tova - 21 Aug 2012 17:30

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Boruch Shekivanti. I have this pshat on my "Good Intentions" thread.

As they say, when you go in the right derech, you meet up with worthy folks.

Kol Tuv,

MT

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Re: TaPHSiK

Posted by rt - 23 Aug 2012 21:38

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new clean week (hopefully).

my plan for the next week: (how to stay sober, from friday 23 august 'til friday 30 august)

1.shmirat eynayim. if not, 10 sec atzimas eynaim.

2.shmirat machshovo. not to think about girls/women. if not, for each "time" 10 euro tzedoke

3.each day at least 20 min recovery things. if not, for each day 20 euro tzedoke.

4.before each nefila to read 25 hizzuk mails. if not, 50 € tzedoke

5.before each nefila 50 euro to tzedoka. and then after a nefila another 50.

hagaha:biish'at nefila lo shayach number 2

heara: dawn to haShem.

hmm. I just write it for myself. i dont think anybody reads it.

anywayz...chatzlocho.

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Re: TaPHSiK

Posted by E-Tek - 23 Aug 2012 22:53

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Just wanted to say- I read it. Can't speak for the forum, though. :D

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Re: TaPHSiK

Posted by rt - 01 Sep 2012 21:07

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well, forgot to make new commitment on friday -.-

my plan for the next week: (how to stay sober 'til next motze shabbes)

1.shmirat eynayim. if not, 10 sec atzimas eynaim.

2.shmirat machshovo. not to think about girls/women. if not, for each "time" 10 euro tzedoke

3.each day at least 20 min recovery things. if not, for each day 20 euro tzedoke.

4.before each nefila to read 25 hizzuk mails. if not, 50 € tzedoke

5.before each nefila 50 euro to tzedoka. and then after a nefila another 50.

Yooo.

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Re: TaPHSiK

Posted by rt - 09 Sep 2012 11:47

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new commitment.

1.If has vesholem I'll fall, I have to give 200 to tzedoko - 100 before and 100 after (lav davka 1 pushke.)

This commitment is valid from today (09.09) till after sukkos/shemini atzeres.

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