

Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 09 Nov 2014 23:22

Married happily, with kids blie"h

but neighbor women on my block is my biggest trigger,

by now (after a few yrs)

went a little more then passing on the street (pls don't think the worse)

what should i do?

who can help me?

(details inquired within)

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 12 Nov 2014 17:59

wow

thanks Reb Dov

i printed out that post

im going to learn over soon that "shmoos" with honest open thoughts and facts

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 12 Nov 2014 23:11

[ZemirosShabbos wrote:](#)

similar story

guardyoureyes.com/forum/1-Break-Free/115232-Just-sharing-

thanks a million Zerimors

ill copy paste from there a few words, its a real Shrek quoted from the old member named
Bardichov (Zy"u)

uni

hi

i am probably the biggest oihaiv yisroel on this site

having said that here is a dose of anti-biotic but it comes with a huge needle

happy birthday

zechus shmuss

signs shmigns

you are a inch away from having a full blown affair

with a woman of your imagination

maybe its your shviggers neighbor

mayb its the downstairs neighbors 14 year old baxhurl

maybe not

it might just be a lonely heart like you

who cares??!!

you r in deep doo doo

u are on the cusp of destroying your life

your wifes life

your kids life

all your shvuggers and brothers

your roov yor rebbe your boss

for what??!!

for a women that is good on the chat room

and if she were really so hot dont u think she would have a decent relationship with her hubby

go take on the day

i am here for u

i feel your pain

the emmes hurts

but fake chizzuk will hurt more

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 12 Nov 2014 23:45

?????? ??????

by me its no "Shvigiers Neighbor"

its my neighbor itself

makes things MUCH MORE complicated to avoid

Hashem Yaazor

He will if i will

??? ????? ??????? ??

i just have to be a real ???

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Metal King - 13 Nov 2014 01:05

Shalom Duddy!!

So many wonderful guys on here I don't think I could add much in terms of chizuk.

I like mechanics better. My understanding of addiction is that it stems from us, the addicts, not being able to deal with some kind of spiritual pain, this pain creates a hole in us that we try to fill with whatever our addiction is, women, alcohol, drugs, etc.

Everyone enjoys these things but addicts have discovered using these pleasures to numb the pains and tribulations in life.

So my question to you would be: what is causing you spiritual pain in your life? Spiritual pain includes all negative emotions and attitudes: anger, sadness, resentment, worries.

How's your life? Next time you recognize you're lusting after her, stop and ask yourself, what were you feeling right before? Job worries? Shame over not being productive? Resentment to wife or kids? It could be anything, i know nothing about you.

Think about it and get back to me.

I bli neder will pray for your success

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by reallygettingthere - 13 Nov 2014 02:37

[DuddyM wrote:](#)

[ZemirosShabbos wrote:](#)

similar story

guardyoureyes.com/forum/1-Break-Free/115232-Just-sharing-

The emmes (might -RGT) hurts

but fake chizzuk will hurt more

This has immediately become my mantra

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by ddmm11219 - 13 Nov 2014 20:31

does anyone think that a 90-day-chart might help out this Yid DuddyM

or it will it just be a BandAid??

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by cordnoy - 13 Nov 2014 21:10

me think you thinkin' too much.

b'hatzlachah

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 14 Nov 2014 21:17

as of now, as many ppl i talk, that much opinions:

-SA live is a must, nuthing will help u duddy.

-duddy, dont u dare, i heard ur story its not for u.

-a therapist is number 1.

-the therapists r full of it

-duddy im amazed by u.....

-duddy ur lost.....

ill Copy Paste A Vort a got today, might be useful

?????????? ?????????? ???? ?????????? ?????????????,????????? ???? ??????? ?????????? ????
"????????????" ??????????" ?????????????? ???? ????????? ??????????...

-the therapists r full of it

Will it make you worse?

[DuddyM wrote:](#)

-duddy im amazed by u.....

By your willingness to admit that you have a problem and are willing to do what it takes to find a solution

[DuddyM wrote:](#)

-duddy ur lost.....

Only if you sit and do nothing (thinking about how much you "messed up" and not doing anything about it is just as bad as doing nothing and possibly worse).

-Eli

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by gibbor120 - 14 Nov 2014 23:02

[DuddyM wrote:](#)

as of now, as many ppl i talk, that much opinions:

-SA live is a must, nuthing will help u duddy.

-duddy, dont u dare, i heard ur story its not for u.

-a therapist is number 1.

-the therapists r full of it

-duddy im amazed by u.....

-duddy ur lost.....

WOW! I never saw GYE summed up so well and so Succinctly!

Now here is the real question. What do YOU think?

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 16 Nov 2014 19:19

what i think???

as i now i take a day at a time...

whats ganna be???

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its not easy

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 17 Nov 2014 00:28

still didnt found any1 here with a story like mine.

and yes i think according to the big book, yes i am an addict

-yes i am powerless FULLY, without a a doubt.

-Hashem can help me, HE WILL help me

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by cordnoy - 17 Nov 2014 00:35

He helped me!

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 17 Nov 2014 00:40

well

i must say he helped me too

my whole being, life, is just from him

+my joining this group is just from him

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