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Posted by Shivisi\_Hashem - 09 May 2017 04:11

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Im starting this thread solely for shabbes, as i disscussed with many GYE members, one of our biggest struggle is, when it comes shabbes, foe some reason the lust in Shabbes is at the highest level, so here we can share our ideas how to calm and get rid of this lust, share our shabbess sucess story's etc..

i could decide which name the thread should have, so my great partner came up with this name  
??? ????? ????? ????? ?????  
Which means: My soul is sick from so much love to you ??? and ??? ?????This might be a good phrase as when we have lust, our bodies get's sick to the lust and we can't think straight so for a ????? ????? we ask ??? to put in such a ??? that we should be able to exchange our lust for ????? to luts for ??? and ??? ?????

everybody is welcomed to share thier struggles and success within Shabbos.

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Re: ??? ????? ????? ????? ?????

Posted by bb0212 - 09 May 2017 04:57

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Interesting. Generally, I find Shabbos to be easier. There are far fewer triggers for me on Shabbos, no phone, usually not walking around too many inappropriately dressed individuals of the opposite gender, etc. Additionally, I figured even if I mess up during the week, when it comes to Shabbos, we get a ????? ??????. Why mess up that part of the ????? as well? It's only one day a week.

B"h it hasn't been a huge issue for me.

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Re: ??? ????? ????? ????? ?????

Posted by Shivisi\_Hashem - 09 May 2017 14:10

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Shabbos is my toughest time, most of the woman are dressed up on the streets, and there is much more time to think of lust, and after the morning Sida at my nap, that is a hell of a time...

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Re: ??? ???? ???? ???? ?????

Posted by Singularity - 09 May 2017 14:45

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Yeah, the women on shabbos are the prettiest for sure. I mean, all dressed up, and at shul..

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Re: ??? ???? ???? ???? ?????

Posted by tiger - 09 May 2017 16:54

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Shivisi, is that shabbos nap after a ton of eating? Sorry for asking personal question

overeating can definitely make it harder for you

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Re: ??? ???? ???? ???? ?????

Posted by Shivisi\_Hashem - 09 May 2017 18:51

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[tiger wrote on 09 May 2017 16:54:](#)

Shivisi, is that shabbos nap after a ton of eating? Sorry for asking personal question

overeating can definitely make it harder for you

Nops, not at all, I'm eating only 12 oz of protein, no beans, no wheat, and no sugary food, just

one spelt matzeh, and only one cup dry wine, so its definitely not food related, its just simple LUST!!

I'm an addict, and I still like to masturbate, its still in my body, and I'm fighting with tooth and nail

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Re: ??? ???? ???? ???? ?????

Posted by GrowStrong - 09 May 2017 18:53  
not to, and I will prevail big time...

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[Shivisi Hashem wrote on 09 May 2017 18:51:](#)

[tiger wrote on 09 May 2017 16:54:](#)

Shivisi, is that shabbos nap after a ton of eating? Sorry for asking personal question

overeating can definitely make it harder for you

Nops, not at all, I'm eating only 12 oz of protein, no beans,no wheat, and no sugary food, just one spelt matzeh, and only one cup dry wine, so its definitely not food related, its just simple LUST!!

I'm an addict, and I still like to masturbate, its still in my body, and I'm fighting with tooth and nail

I used to masturbate very often before my shabbos shluf,

Now I just shluf..

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Re: ??? ???? ???? ???? ?????

Posted by Shivisi\_Hashem - 12 May 2017 15:03

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to all GYE Chaveirim,

Shabbes is coming, and I wish you all a clean and lust free shabbes, I hope to survive, and I will..

Good Shabbes,

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Re: ??? ???? ???? ???? ?????

Posted by Shivisi\_Hashem - 14 May 2017 05:49

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First time ever, as i remember, i had a full shabbes with no struggle at all, it went through CLEAN!!! What an achievement!! Thank You Hashem! I love you, Thank you GYE members, ant Thank You for my partner,

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Re: ??? ???? ???? ???? ?????

Posted by GrowStrong - 14 May 2017 05:55

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Very nice

Continued hatzlacha!

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Re: ??? ????? ????? ????? ?????

Posted by bb0212 - 15 May 2017 05:29

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That's great! Keep on working hard and stay positive. May you see many more successes!

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Re: ??? ????? ????? ????? ?????

Posted by Shivisi\_Hashem - 15 May 2017 15:03

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[bb0212 wrote on 15 May 2017 05:29:](#)

That's great! Keep on working hard and stay positive. May you see many more successes!

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thanks for your support. I will stay positive, I'm not going to let the YH to bring me down.

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Re: ??? ????? ????? ????? ?????

Posted by tzomah - 15 May 2017 17:08

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way to go

why was this week different

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Re: ??? ????? ????? ????? ?????

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Posted by Shivisi\_Hashem - 15 May 2017 17:28

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[tzomah wrote on 15 May 2017 17:08:](#)

way to go

why was this week different

1) i prayed to hashem, to stay with me all the time.

2) i have great support from my partner, i just couldn't do it for him.....

3) i slept less before shabbes so i didn't had time to think about this nonsense, i fell asleep very fast.

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Re: ??? ????? ????? ????? ?????

Posted by Shivisi\_Hashem - 21 May 2017 17:55

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Shabbes is just getting easier and cleaner, i had a wonderfull nice and clean shabbes, no struggles at all, hashem is definitely with me.

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im so happy with my self, im a different person,

Thank you to hashem, Thanks to my partner, and thanks to the entire GYE community.

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