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Posted by Shivisi_Hashem - 09 May 2017 04:11

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 suces story's etc..

i could decide which name the thread should have, so my great partner came up with this name
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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 cordnoy - 11 Jun 2017 14:10

Me think that the Jewish street (especially on Shabbos) is more of a problem than the tamei, treif internet.

Bridgestone arena September 2017 asifah anyone?

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Re: ??? ????? ????? ????? ?????
Posted by Shivisi_Hashem - 11 Jun 2017 16:36

[cordnoy wrote on 11 Jun 2017 14:10:](#)

Me think that the Jewish street (especially on Shabbos) is more of a problem than the tamei, treif internet.

Bridgestone arena September 2017 asifah anyone?

I agree 100%, especially now when there is a lot of Simchas.. its terrible, but we succeed with the full help of hashem, only with his assistant we can survive.

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Re: ??? ????? ????? ????? ??????
Posted by Shivisi_Hashem - 11 Jun 2017 17:02

Hi all,

i had a grand great and clean Friday and shabbes, i changed my shabbes afternoon schedule, i didnt go to bed right after the sida, i was up for a some time, and then when i got to bed, it was much better, i didnt had any lust, it was great, for a change, i dont know if that was the change maker, but it was great, im clean BH,

its one week from my major fall, and i feel much more stronger, and im using Markz as my

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Re: ??? ????? ????? ????? ??????
Posted by bb0212 - 12 Jun 2017 04:32

[cordnoy wrote on 11 Jun 2017 14:10:](#)

Me think that the Jewish street (especially on Shabbos) is more of a problem than the tamei, treif internet.

Bridgestone arena September 2017 asifah anyone?

We don't all get hurt from kryptonite. We all have our weak points, and they're probably different for everybody. Even if some may share some weak points, we all have multiple attractions, depending on our psyche. For some, Shabbos will be a greater issue than the internet. For others, tv may be worse than Shabbos streets. At the end of the day, it's up to us to do whatever we can to succeed. I'm not preaching and I can't preach, because I don't think I'm doing **all** that I can. But in either case, I think it's important to recognize which threats are the most challenging for us.

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Re: ??? ????? ????? ????? ??????
Posted by Shivisi_Hashem - 16 Jun 2017 13:03

Hi All,

its Friday again, I'm scared of it, but i hope to make you proud after shabbes, please have me in mind, i will have you in mind,

last week i had a great and clean weekend, definitely because of your Tefilas, so please let keep on praying for each other ?? ??? ????? ??????

you should all have a good and clean Sahnbes

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Re: ??? ????? ????? ????? ??????
Posted by mikestruggling - 16 Jun 2017 14:49

Have a great Shabbos!

Bear in mind raboisai this weeks parsha "vlo sasuru acharei levavchem veacharei eineichem"

Its probably mesugal for davening "chayim shetehey banu yiras shamayim veyiras cheit"

hatzlacha

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Re: ??? ????? ????? ????? ??????
Posted by Shivisi_Hashem - 18 Jun 2017 06:17

Im BH clean, but it looks like my shabbes afternoon will never get better, im getting to bed, clean, with a gteat mind in my head, i will be good, but after 5 minuts, brrrrrrrrr, my brain strats to spin, should i get my hands there or not, i cant take it any more, why am i like this, what does hashem want from me? but i need to get used to it, 2 things hold me back, 1 how will i look like when ill tell my partner, that i had a fall, i couldn't face the embarrassment, 2 the TaPHSiC, not an easy knas, i didnt want to go it trough again.Its tough, i sew in ?????? ?????? this shabbes, that this fight is here to stay, for life, so i have to get used to it. I hate it, its an awful fight. Pintel.

thanks for listening

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Re: ??? ????? ????? ????? ??????
Posted by MayanHamisgaber - 18 Jun 2017 10:51

Sorry to hear that you are having a hard time but kudos to you for being honest with yourself

KOMTNMW

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Re: ??? ????? ????? ????? ??????
Posted by Shivisi_Hashem - 23 Jun 2017 14:01

Hi all!

Today is Friday / Erev Rosh Chodesh again, and tomorrow is Shabbes again, tough days, how long will this struggle go on? probably ever, that's my job here in this world, and i will prove you all, that ill survive.

please pray for me, i should stay clean, i will for you..

have a good shabbes, and a good chodesh.

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

Posted by eslaasos - 23 Jun 2017 16:49

Hi Shivisi,

I am also concerned about how well I will manage tomorrow. Let's daven for each other!

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

Posted by Shivisi_Hashem - 23 Jun 2017 17:23

[eslaasos wrote on 23 Jun 2017 16:49:](#)

Hi Shivisi,

I am also concerned about how well I will manage tomorrow. Let's daven for each other!

I will have you in mind iy"h, would you mind to PM me your first name and your mothers name, so i can add you to my list? privacy is respected.

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

Posted by Shivisi_Hashem - 25 Jun 2017 04:24

A git vuch,

I had BH a nice shabbes, everything was wonderful, the tefilas, the food, except my struggle, it was murder, the streets are packed with triggers, i didnt look at anything inappropriate, but its still very very hard,

Friday afternoon was ok, went by easy, but shabbes afternoon was terrible, i wanted to act out, but i controlled my self, i didnt, but its very hard, i cant wait on the day i wont have any struggle what so ever, will that ever happen?

Hope for a clean night and a clean week...

i had you all in mind by my tefiles, that you should all have a clean shabbes.

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

Posted by Markz - 25 Jun 2017 10:27

Shvisi,

I'm sorry to hear how tough the outside world is

May I ask a question?

Do you have a program for the day besides for praying eating sleeping praying eating
whiteknuckle-sleeping praying eating?

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

Posted by Shivisi_Hashem - 25 Jun 2017 23:11

[Markz wrote on 25 Jun 2017 10:27:](#)

Shvisi,

I'm sorry to hear how tough the outside world is

May I ask a question?

Do you have a program for the day besides for praying eating sleeping praying eating
whiteknuckle-sleeping praying eating?

Thanks markz,

but its not about programs, and not white knuckling, not at all.

its all about my best friend and my biggest enemy and his name is: BED, When ever i go to bed
in the afternoon, its getting hot there, too much time of thinking maybe, i dont know how to
handle that.

maybe you have an idea?

Can we keep on trucking shabbes? Im afraid getting out of the ??? ????.....

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