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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 Markz - 26 Jun 2017 01:12

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[Shivisi\\_Hashem wrote on 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 ???? ???.....

Brother I was not inquiring which one of the 20 recovery programs you follow on Shabbos

I was simply asking if you have a schedule / program for Shabbos

Do you take a walk with your wife / dog / other?

Do you enter the local Beth medrash to fight your chavruta?

Do you spend precious time with your kids?

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

Posted by Shivisi\_Hashem - 26 Jun 2017 13:24

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[Shivisi Hashem wrote on 25 Jun 2017 23:11:](#)

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Yes, my Shabbes is BH full to the capacity, i play a lot with my kids, i learn alot, in the morning, i get up at 6 am to learn, in the afternoon after my brain fights, i learn a few hours, my day is full, but still when im in bed, things get heated up, a great GYE member told me what a therapist told him, sometimes there might be a blockage in the brain to do something , and the best way to get rid of it, is to make a change in schedule, so for me instead of going to bed right after the sida, i should play, learn or walk for an hour, so the brain will see a change, so thats what im doing the last 2 weeks, it works, its better what it used to be, but still, im still not perfect, far from perfect, its very triggering, i wish i would know why and what its triggering, it takes some time to heal, ill have to ask this GYE memeber, what he says to it, how long it takes to see changes.

thank you markz.

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

Posted by Shivisi\_Hashem - 30 Jun 2017 20:55

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Yes! Its Friday and shabbes again, and its in the catskills, which makes it a little bit more tougher, i hope to report on motse shabbes with good news, that im stil clean, ill try my best....

please all, have me in mind....

have a good and clean shabbes...

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

Posted by Markz - 30 Jun 2017 22:17

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I have family there

There's gotta be gye family by you

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

Posted by Shivisi\_Hashem - 02 Jul 2017 05:15

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I had BH a great and clean shabbes.

i think that the change in routine thats what helped me, i played and walked with my kids an hour before going to nap. I feel thats what helped me.

we should all have a great and clean week

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

Posted by Shivisi\_Hashem - 07 Jul 2017 11:33

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Yes! We are here again, its friday and shabbes again, and with an addition, its vacation time too, double trouble, how in the world will i survive? I dont know, but Hashem knows how badly I want to stay clean, and he will stay with me all the time, hashem is not sleeping for a second, and he is not looking away from me either for a second, so he will be my Shoimer, he was and he is here for me all the time, he never ever let me down, even when i dont see it, i do believe so, and together with all your tefiles i will report after shabbes my success.

thank you all.

you should all have a good, nice, enjoyable and clean shabbes.

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

Posted by ColinColin - 12 Jul 2017 01:15

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I find Shabbat the hardest day for my lust addiction.

For me it is the inability to work, (combined with the inability to phone someone for chat if one needs to).

When I work, I feel I achieve something.

When I do not work, I feel a lack of achievement and so my self esteem falls, then my mood falls, and I am tempted to artificially boost it with acting out.

I will try to "achieve" by studying something on Shabbat...so I can feel I will grow spirituality, to make progress.

It is the day when we are meant to be "complete", to rest from work. A taste of the world to come when our work is done.

But I find it hard to take a day off.

From another angle, maybe the extra Kedusha of the day also provides potential for extra Tumah?

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

Posted by Shivisi\_Hashem - 12 Jul 2017 16:08

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[ColinColin wrote on 12 Jul 2017 01:15:](#)

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It is the day when we are meant to be "complete", to rest from work. A taste of the world to come when our work is done.

But I find it hard to take a day off.

i feel your pain!!! i know exactly what you are going through, but it will only get better.

From another angle, maybe the extra Kedusha of the day also provides potential for extra Tumah?

i disagree, Kedusha dosent bring tumah, yes bigger struggle, but bigger Kochos

keep it up, stay strong

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

Posted by Trouble - 12 Jul 2017 17:58

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??? ?????? ?????? on why the tumah is more by a yid is because the greater kedushah there is, the more availability for tumah and the inclinations for tumah is increased. Mashal with honey and garbage and flies.

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

Posted by Hashem Help Me - 12 Jul 2017 19:12

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[Trouble wrote on 12 Jul 2017 17:58:](#)

??? ?????? ?????? on why the tumah is more by a yid is because the greater kedushah there is, the more availability for tumah and the inclinations for tumah is increased. Mashal with honey and garbage and flies.

Well said Trouble. And welcome back.

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

Posted by Shivisi\_Hashem - 14 Jul 2017 23:43

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We are at friday and shabbes again.

????? ??? ??? ?????, but how? How can we go into shabbes, Im afraid of a fall, but ?? ??? ?????  
?????, so how can it be that i will fall, its the ????? ?????, and ????? ?? ??? ???, i dont know the  
answer, but its really tough.

you should all have a good and clean shabbes

please, lets have in mind each other.

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

Posted by Shivisi\_Hashem - 16 Jul 2017 11:55

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Im excited to announce, that im still clean, i had a beautiful and clean shabbes.

thank you all.

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

Posted by Shivisi\_Hashem - 27 Oct 2017 15:08

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its Friday today, and im hoping for a nice and clean one.

i didnt post here for a long time, since things had been changed due to change in routine, but  
still im not perfect... lets hope for a clean one.

you should all have a clean and nice shabbes.

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

Posted by Hashem Help Me - 27 Oct 2017 16:58

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amen. you too

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