

Holy Yid's Continuing Journey

Posted by Holy Yid - 18 Dec 2009 01:17

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Hi I am alive. I am past 90 days, through the Hand of God, so I am starting a new tread for myself and my friends.

I still don't accept that I am an addict or even if I am an addict I do not accept myself as a full fledged one. Because of that I do not always take all the precautions other people on this site take. I want to diverge for a second and say that I respect all those who do take those precautions I just like to believe that I can get away with less. Anyways I felt that I should be ??? in ?????? ????? so I spent a week acting as though I was a fully addicted addict with almost zero resistance.

I was very careful about what I saw outside, when I used the web and what non Jewish stuff I looked at and so on. I discovered a shocking thing. That after the week I was calmer and felt more in control of my life.

Maybe I'll *pretend* to be an addict long term.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 17 Jan 2010 01:14

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Cute

But Dov showed us the road to God. We choose to take the the path to God

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Re: Holy Yid's Continuing Journey

Posted by Ineedhelp!! - 17 Jan 2010 03:09

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[Holy Yid wrote on 17 Jan 2010 01:14:](#)

Cute

But Dov showed us the road to God. We choose to take the the path to God

Mai Nafkah Minah?? Not sure what the difference is from what I said but I was trying to be cute  
(and still somewhat serious)

-Yiddle

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 20 Jan 2010 01:00

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Your post implies that Dov that took us to God. I say that Dov cleared the path and we  
CHOOSE to fallow the path.

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Re: Holy Yid's Continuing Journey  
Posted by Ineedhelp!! - 20 Jan 2010 01:04

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Eh symantics...

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 20 Jan 2010 01:09

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NO NO NO NO NO.

You MUST be in the driver's seat here not the Y H

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 20 Jan 2010 01:21

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I was clean for 12 days and then fell.

I have TONS of stress in my life and I am in Yeshiva and some of my Chavrusas are not working out so I do not have a strong focus and do not feel that I am accomplishing. So when the stress gets high I tend not to try hard to resist.

I need advice on dealing with stress and motivating myself in this area even if I don't feel motivated about other things in life.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 21 Jan 2010 01:10

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Today I wanted to fall I told myself I will wait 15 minutes. I waited and when the time was over I no longer had an urge.

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Re: Holy Yid's Continuing Journey

Posted by Ineedhelp!! - 21 Jan 2010 01:12

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Keep posting away brother.

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Baruch Hashem! Thats greta to hear. You are clearly a HOLY YID.

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Re: Holy Yid's Continuing Journey  
Posted by silentbattle - 21 Jan 2010 01:51

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[Holy Yid wrote on 21 Jan 2010 01:10:](#)

Today I wanted to fall I told myself I will wait 15 minutes. I waited and when the time was over I no longer had an urge.

That is incredible!

In general, it's hard to beat this battle if you have nothing else going on. I would suggest that you figure out other things you can do to keep yourself busy, and accomplishing in some way, even when chavrusas, and even learning, aren't going so well.

Try doing some exercise, going for a jog, etc?

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Re: Holy Yid's Continuing Journey  
Posted by Kollel Guy - 21 Jan 2010 19:48

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[Holy Yid wrote on 21 Jan 2010 01:10:](#)

Today I wanted to fall I told myself I will wait 15 minutes. I waited and when the time was over I no longer had an urge.

That's really the best way to do it. This is actually R' Dessler's instructions for defeating the Y"H.

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 22 Jan 2010 01:43

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a daily jog will do me allot of good. I will implement that. Today I had I another clean day.

I go back and forth between wanting to throw in the towel, feeling that there is no hope, and knowing that this is bad and I do not want to do it.

Today I made myself a red line. It is a small place I wont go past. No matter what.

Thanks for the kind words. It really helps to have guys respond to me.

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Re: Holy Yid's Continuing Journey  
Posted by silentbattle - 22 Jan 2010 02:06

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All for one, one for all...

Jogging can help in lots of ways - it's a good outlet for energy, that's definitely a half hour when

you're not doing anything wrong, it makes you feel good about yourself, which generally helps in a lot of ways...

It's also a great reminder of the fact that even when your body tells you "enough - you have to give in," you can say, "nope, I'm going a little further!"

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 28 Jan 2010 21:25

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I am still here. I am over a week clean. MAZAL TOV to me.

Not much to add but I will keep on trucking.

I actually had an eye opening chat with Bardichav but I don't have time to post it now. will try soon.

Keep on trucking.

I wish I had my own slogan

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Re: Holy Yid's Continuing Journey

Posted by bardichev - 28 Jan 2010 21:28

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