

Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Dec 2010 08:14

:(Although I've had my ups and downs over the years, and some long streaks of abstinence from any P*** or M***, I never got off the roller coaster. Not that I think that I'm the most far gone person here as far as the quality and quantity of the shmutz, still I know that this is an addiction that never left me and never will if I do nothing about it.

This morning i thought of a mashal (someone else might have used it already, but for me it was a moment of clarity from heaven): A temporary bout with the YH about lust and P*** etc. is like a strep throat -take your antibiotics, drink fluids, rest up and it'll go away; if you don't catch the bacteria again -you're cured, and it's gone. But when the struggle for kedusha keeps on being just that, and with the slightest slip -you feel that you've lost control and your actions show that even years of self restraint didn't do the job (like ridin' a bicycle -ya never forget how to; same thing goes for sewage surfing...) that my friends is like Rachmana Litzlan Lo Aleinu V'lo Aleichem 'Yennerr Machla', and not the kind that attacks at first a specific organ or is operable; rather like the kinds of Yenner Machla in the blood -the best they can do is put it in remission, but it's there to stay -and when Chalila V'chas it's active -there's no limit to the damage it can do and the places that it will show up in. Same goes for addiction to Shmutz.

What's the point of this whole tirade? ... to be continued in the next installment (because it's too hard to type without seeing what your doing and I've filled the window and now it's dancing the Hora and making me dizzy...).

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 01 Feb 2011 17:43

Le Artiste!

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 01 Feb 2011 17:48

Good night guys. Get a good nights sleep tonight-we have a big day tomorrow ahead of us, to

just do our best.

=====
=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 01 Feb 2011 17:51

Nighty night Tzaddik (You go to sleep at *eight o'clock*? You must get up chatzois...)

=====
=====

Re: Ki Nafalti , Gam Kamti

Posted by ur-a-jew - 02 Feb 2011 05:29

EBD I've been catching up today so it was with mixed emotions that I read the last weeks posts on your thread. I was saddened to see your fall but comforted by your honesty and openness about it and your ability to dust off and continue the fight including by taking measures to prevent future falls. I think that as a beneficiary of your chizzuk and your humor -- I had an enjoyable commute home reading the full version of no green elephants -- I think I would be remiss if I didn't make the following observation. The strengthened filter is a great step. But a filter does not a non-addict make. So the question I believe you have to ask yourself is, I made an external change to prevent a future fall, what internal change will I now make to prevent a future fall. I think if you answer that question you will be able to say with real simcha yes nafalti but kamti so much higher. (And when you do answer it please share it with us, so we can climb higher with you). Continued hatzlacha.

=====
=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 02 Feb 2011 08:28

Thanks for the he'arah, ur-a-jew, I'll think about it carefully...

E

=====
=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 02 Feb 2011 16:05

GYEs,

I just became aware last night -that yes- there is another bendurdayah on this site.

If he becomes really active here (good for him!), this might get very confusing.

Should I be thinking about a name change?

Let me know what you all think.

Elazar Ben Durdayah (at least for now)

=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 02 Feb 2011 16:15

Don't know about the name change. maybe lets wait till he posts in our neighborhood.

Ebd, i see youre in the hood. Ive been busy with some nisyonos, non gye related (ie. no sleep, sick baby, broken thermometer in kids room-mercury and all...), but in response to.....no wait- first of all, how do you feel today.

Second, in response to urajew, iwas thinking s/thing. Last night, the Heilege 7up, t"lita, said to me with a tone of obligation and seriousness-"tzaddik90, i really wish you'd join a phone conference. it would really help you accelarate things".

And hey, it says "al titosh toras imecha", so it got me thinking.

Why don't i join one-part of it is my ga'avah saying "come on-those things are only for people who blah blah blah".

I dont feel confident doing it, but if thats the real thing, and my mother told me so, then what am i waiting for.

Then i thought, well, how many people that i know here are doing it, as rambam says were so affected by our surroundings. Reaaly, im bli neder gonna make the move to do it anyways.

But thats definitely s/thing internal.....(or eternal)(or maternal)....

Ain torah nikneis ela bichabura, what do you say, friend?

=====

Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 02 Feb 2011 17:05

how are you doing?

and Tzadik90, if the Heiliger GYE Rebbetzin herself gave you an eitzo tova then run don't walk

you can call in and just listen and get the feel of it without talking. once you feel comfortable you can participate. can't hurt to try. you will probably gain a lot from them.

=====

Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 02 Feb 2011 17:05

How about

EBD, you can always add BNGE after your name

Dapper Derrduyah

=====
=====

Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 02 Feb 2011 17:12

[bardichev wrote on 02 Feb 2011 17:05:](#)

How about

Dapper Derrduyah

to paraphrase Cookie Monster: me like!

=====
=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 02 Feb 2011 17:46

[tzaddik90 wrote on 02 Feb 2011 16:15:](#)

Don't know about the name change. maybe lets wait till he posts in our neighborhood.

Ebd, i see youre in the hood. Ive been busy with some nisyonos, non gye related (ie. no sleep, sick baby, broken thermometer in kids room-mercury and all...), but in response to.....no wait- first of all, how do you feel today.

I hear, been there and done that. I actually have a pretty decent cold by myself.

As far as the truckin', BHYY. Before I found GYE, getting up after a fall was much harder,

a) No chevrah to share the pain.

b) No chevrah to give chizuk.

c) Thinking that I was a ben-yuchid in my struggle -even though my brain knew for sure that lots of other otherwise ehrliche Yidden have trouble in these areas -still, with no peer group to share my experiences with and to learn from theirs; the feeling of ISOLATION kills.

d) I knew that porn and internet use can be addictive -I didn't know that I also qualified for the title addict.

e) The tools and information that you get here -including and especially the experiences of the other b'nei HaChabura -help you learn how **not** to fall, whether you fall or not.

So B"h, we're truckin'.

[tzaddik90 wrote on 02 Feb 2011 16:15:](#)

Second, in response to urajew, iwas thinking s/thing. Last night, the Heilege 7up, t"lita, said to me with a tone of obligation and seriousness-"tzaddik90, i really wish you'd join a phone conference. it would really help you accelarate things".

And hey, it says "al titosh toras imecha", so it got me thinking.

Why don't i join one-part of it is my ga'avah saying "come on-those things are only for people

who blah blah blah".

That's definitely the YH speaking. The same sevara will keep people away from joining the site as well.

But for me personally, I don't feel the need for a phone conference at this stage; especially because I'm not a phone person at all (except for back in the day to certain numbers -Rachmana Litzlan).

But all of us are different, and so are our needs.

If Mom (7-up) suggested it for you, she must have good reason for saying so. She is very knowledgeable, and very experienced.

If you can work it out in your schedule etc., how can it possibly hurt?

Remember: Lo HaBayshan Lamed!

I'm behind you all the way! (for whatever that's worth)

KOT!

EBD

=====

Re: Ki Nafalti , Gam Kamti
Posted by ben durdayah - 02 Feb 2011 17:49

[ZemirosShabbos wrote on 02 Feb 2011 17:05:](#)

EBD, you can always add BNGE after your name

Voos heist "BNGE"?

[ZemirosShabbos wrote on 02 Feb 2011 17:05:](#)

how are you doing?

BHYY, and you?

E

=====
=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 02 Feb 2011 17:58

[quote="ben durdayah" link=topic=3348.msg95430#msg95430 date=1296668812]

[tzaddik90 wrote on 02 Feb 2011 16:15:](#)

I also qualified for the title addict.

you can sign the askamos to the sefarim the mechabrim bring to you "Rabbeinu Hagadol,
motz' diPizza Uri, Hagaon Haaddict shlita"!

=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 02 Feb 2011 18:03

[tzaddik90 wrote on 02 Feb 2011 16:15:](#)

I also qualified for the title addict.

you can sign the askamos to the sefarim the mechabrim bring to you "Rabbeinu Hagadol,
motz' diPizza Uri, Hagaon Haaddict shlita"!

I won't be the first, and I won't be the last...

I just won't.

My Gemara says Gadoil MeiRaban = Shmoi,

Just call me ~~Loser~~ 'Luzer

E

=====

=====