

HELP-SOS

Posted by pinokio - 27 Jan 2011 17:35

Shabbos is coming. This holy day unfortunately always throws me into depression. don't have time now to explain why, but point is its starting to set in my little brain right now.

I need support from any hands on deck at GYE. Im working on the inyun and am not gonna fix it overnight, but i just need a little friendship to keep me till motzai shabbos. Not embarrassed to say, and Im anyways gonna decide now that i wont let my feelings get out of control, hashems with me, and everything will be alright. ill be besimcha as best as i can. this isnt gonna be some amazing profound 100page thread, its just right now i need a little, yeah, you know already.

Ive gotta log off but will check later.

Help.

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Re: HELP-SOS

Posted by geshertzarmeod - 01 Mar 2011 18:44

Why did he die die die die die die

theres a shark in the mikvah!

someone had to say it ;D

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Re: HELP-SOS

Posted by Yosef Hatzadik - 01 Mar 2011 19:52

[tzaddik90 wrote on 01 Mar 2011 16:29:](#)

~~R chaim in stencils i bet he was never yet mentioned by name on this forum~~

That must be because Talmudei Chachamim don't have a need for this site! ;D

Or maybe it is because we are afraid to mention Torah outside of the [Beis Medrash](#) Section of the Forum?

(Except for one Talmid Chochom who did not find Recovery through his Torah.....)

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Re: HELP-SOS

Posted by Dov - 01 Mar 2011 20:14

What does R' Chayim in stencils have to do with keeping my zipper up? Woops! There, we mentioned it!

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Re: HELP-SOS

Posted by Yosef Hatzadik - 01 Mar 2011 21:22

What does R' Chayim in stencils have to do with keeping my zipper up? Woops! There, we mentioned it!

Someone asked (over the telephone) if Rav Shmuel Kaminetzki Shlita were asked about GYE & he gives a Haskama, but if an askan were to bring a computer to him & show him how supposedly Yeshivish guys on a website to help us with these aveiros are making jokes about it. What would he say?

I responded that we deal with the subject matter seriously. The jokes are about other stuff. They are necessary to make GYE an enjoyable place.

Where does this joke fit in?? Or was I wrong in my answer to him?

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Re: HELP-SOS

Posted by Yosef Hatzadik - 01 Mar 2011 21:34

What does R' Chayim in stencils have to do with not bypassing my computer's filter? Woops!
There, we mentioned it!

If the problems is in the cheftza, meaning the filter is broken then stencils wont help

If the problem is the gavra, meaning the gavra keeps compulsively looking to escape life by bypassing his filter then if the gavra can be exposed to the beauty and pleasure of the torah, possibly through learning the stencils then maybe he can use the torah as his preferred escape and not keep bypassing his filter

GYE Archiver

Yes, I also had this Yetzer Horah before I 'found' the internet. I just wanted to use a very generic

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Re: HELP-SOS

Posted by pinokio - 03 Mar 2011 07:57

oy, im posting too much on the stress management debacle, tentacle, mandible, whatever

i have a lotta juicy posts for my sos raimbow thrrad, esp. abt my new field of egged bus therapy,
we'll see if we get to it 2day, iyh

and YES, i DID quote admiral ackbar on the stress mangmnt thread!

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term.

Re: HELP-SOS

Posted by pinokio - 03 Mar 2011 17:17

Good night moon

Good night Dov

Good night thread

i had a nice day. Thank you Hashem

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Re: HELP-SOS

Posted by ZemirosShabbos - 03 Mar 2011 17:20

don't forget to set up perimeter around the park behind your house and count the money in the

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Re: HELP-SOS

Posted by ZemirosShabbos - 03 Mar 2011 17:34

[tzaddik90 wrote on 03 Mar 2011 07:57:](#)

and YES, i DID quote admiral ackbar on the stress mangmnt thread!

env.

everyone loves the heilige Guard!

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Re: HELP-SOS

Posted by Dov - 03 Mar 2011 19:04

Good night, John-boy....(the Waltons were before your time)

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Re: HELP-SOS

Posted by pinokio - 04 Mar 2011 05:45

dov

fyi i am actually a senior citizen from levov originally, and i used to watch Charlie chaplain on ellis island, while playing hopsies after buying a sugar-lick from the milk-man.

WHO is the young man here?

you probably wouldnt even admit that you never watched the silent films as a youngster!

and al capone and bugsy siegel and i, we'd all learn daf yomi together on easy street in the speakeasy

you think nowadays its hard to be a frum jew with all the po*rn and internet? what abt. when we were in volozhin during the prohibition!

bufalo head nickels, steel pennies, model t, the write brothers in kittyhawk cal., THOSE WERE THE DAYS

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Re: HELP-SOS

Posted by geshertzarmeod - 04 Mar 2011 06:30

Hey my father's family is from Lvov also! Maybe we're related?!

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Re: HELP-SOS

Posted by pinokio - 05 Mar 2011 19:02

oy so much to write, only time now for maybe one post

I'm doing well. Shmiras einayim is not good but not terrible. i'm clean;i attribute this to all the posting here, support of friends, and the healthy habbits that i am slowly incorporating into my life everyday. I also know i could thwart the shmiras einayim problem too if i had more time to re-read handbook, etc., just i'm very busy at this moment.

On the green egged bus boarded two ppl of the other gender. I wanted to look around. I held my self back.

Originally, i wanted to look, and I justified it by saying that if they (i'm being too general to avoid triggers) own something pretty, i can see what it is and ask my "family" to get it.

There are more than many reasons why this pattern of thinking is absolutely nuts and insane.

This is an example of my addictive mind.

I used logic to distort the illogical. I countered to the lust freak show addict inside of me as follows- Even if i do look, and they do have something i'd want my "family" to buy, who says it would satisfy me.

As a matter of fact, it wouldn't. Iv'e already spent too much money on this addiction, aside from the money i'd stolen long ago (in my teenage-BOCHUR YEARS) FROM OTHERS.

I never got satisfied except when i put all this stuff away or threw it away. Or gave it back.

And even if my "family" bought it, i would get the thrill for maybe a day, and then it'd signifacantly diminish. Part of what i want when i see someone else's thing, is the "someone else", if you know what i mean.

lastly, for lack of time, even if it helped me, i'd just see another thing tomorrow and want to repeat this whole process again, and what's the point.

And so i didnt look anymore.

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Re: HELP-SOS

Posted by geshertzarmeod - 05 Mar 2011 23:10

The challenge never ends. As long as youre alive! Keep fighting! We need you on our side!

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Re: HELP-SOS

Posted by silentbattle - 06 Mar 2011 12:59

The fact that you recognize it as "stinking thinking" is a huge step - and being able to follow that up by ignoring it is the next one, which you did well, too!

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