

post by lavi (love you all)

Posted by lavi - 24 Jun 2014 00:52

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hello everyone out there. and in here.

i have been put under friendly pressure to write more about my struggle. i hereby cave in ( me? are you kidding)

before i write my story, a want to thank all the people who viewed my post on "time for debate" and those who have taken time to chat with me. i thank all those of whom i had a geshmake time, and also those who criticize me or my views, (criticism is healthy. keep it up.) that's ok, i can take it. i have thick skin. maybe too thick, that is for you to decide. either way i love you all.

my addiction began with a combination of factors. i had to sell my house. my new business, which had every reason to work, (according to my wife- hey i have to blame someone-) went down the drain. i had to commute every day to work. and i have this computer totally free from a friend, with internet- which i got for business reasons. business was gone. internet wasn't. i'm not so stupid ( i know what you're thinking about this) so i do a little surfing. a had a good filter so i didn't get into trouble right away, but something clicked in my mind internet= entertainment.

quite amazing all the info at your fingers. my favorite then was aish- great site.

then the next step someone showed me how to get wifi from different public places.

very cool free net. and my wife isn't peering over my shoulder to see what i'm doing.(they are good at that BH) and then i got a device that could pick up wifi from a mile away. but essentially still a good boy. next step. movies. i haven't watched for years, except now and then (on the plane, grandma's etc.) i discovered that without spending a dime, you can download and/or watch a nice movie. how relaxing. now i know that there are all types reading this, so i don't know if you personally can relate, but movies are gripping, and send the adrenaline rush to the head, (ok If it is a good one.) of course i have responsibilities, but i made thursday night movie night, and all friday kvetch day to my wife about my hard! week (beloney). so i settled for shorter clips. i found that my attention was drawn to what a lot of men pay attention to. women. i found that there was a pull of entertainment in a exciting way, that made the adrenalin rush more than movies. you can call it lust taavah, but the reason it is a little different was that i wasn't looking to masturbate only to get a fix of adrenalin. i guess everyone is a little different. for about a year of this go on, i had time when tried to cut back or stop for whole weeks- but it always came back with a vengeance. it is like a backward hora- one step forward and two back. somehow gye came up. (Hashem sent it), i've been off all entertainment sites for 2 weeks now and i have a picture block- so when i get the news- and don't get the junk. being on gye has saved me. already i see a lot of siatta dishmaya. just one catch, i like to preach to others. my weakness. thanks again for putting up with me.

your friend lavi

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Re: post by lavi (love you all)  
Posted by Gevura Shebyesod - 07 Sep 2014 08:35

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Mazel Tov!!!

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Re: post by lavi (love you all)  
Posted by skeptical - 07 Sep 2014 08:43

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Mazel Tov!!

Keep it up!!

KUTGW & KOMT!!

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Re: post by lavi (love you all)  
Posted by dms1234 - 08 Sep 2014 01:01

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WOW!!!!!!!!!!!! INCREDIBLE! GREAT WORK!

But remember one day at a time. This is only a stepping stone!

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Re: post by lavi (love you all)

Posted by cordnoy - 08 Sep 2014 04:11

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Lavi,

you mentioned 'anger' as one of your triggers.

Similar, to some of the above posters, you should be proud of your accomplishments here, and I believe specifically in this area as well.

While I do not fully comprehend why Hashem's soldier inserted this into his daily tefillah, he did, and he probably had a good reason for it:

You are the one who created us humans, you created us with a yetzer harah which give us a natural burning desire for women, a desire that can be used for holiness or g-d forbid for impurity. You commanded us to be circumcised on the 8th day of our life. Something that starts on the 8th day but must be maintained for the rest of our life. Therefore, may it be your will hashem our g-d and the god of our fathers, that you will constantly at every moment help us control our eyes from anything that will trigger our desires. And help us constantly control our thoughts and our fantasies from any image or idea or anything that will cause us to fall and damage the middah of yesod, including helping us in our middos and especially anger. And that we will always be in a state of happiness of kedusha. Help us for the sake of yosef hatzaddik who controlled himself and for the sake of david hamelech who fell in this area but did a complete teshuvah.

It can be found in lashon hakodesh as well.

continued hatzlachah

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Re: post by lavi (love you all)

Posted by lavi - 08 Sep 2014 08:33

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thank-you for the nice tefilla.

i would like to know it's source, also the part that says that dovid fell surprises me, because chazal say, that he didn't sin, see shabbos 56a for the exact wording. and if there was a "fall" one should be careful about describing it in the proper fashion.

thank-you chevra, for all your feedback

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Re: post by lavi (love you all)

Posted by unanumun - 08 Sep 2014 19:37

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[skeptical wrote:](#)

Mazel Tov!!

Keep it up!!

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I am not sorry. It was part of the process of getting a great addition to the forums. We all grow from the hard times that we are given when we start.

KUTGW!!!! Lavi.

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Re: post by lavi (love you all)

Posted by cordnoy - 08 Sep 2014 21:14

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[lavi wrote:](#)

thank-you for the nice tefilla.

i would like to know it's source, also the part that says that dovid fell surprises me, because chazal say, that he didn't sin, see shabbos 56a for the exact wording. and if there was a "fall" one should be careful about describing it in the proper fashion.

thank-you chevra, for all your feedback

it was in the bais medrash section from years ago...I cannot locate it now...sorry.

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Re: post by lavi (love you all)

Posted by ZemirosShabbos - 08 Sep 2014 22:40

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Mazel Tov Lavi!

kol hakavod, keep up your great work

i enjoy your posts and learn from them, thank you!

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Re: post by lavi (love you all)  
Posted by lavi - 09 Sep 2014 18:40

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hello friends.

my wife went away for a couple of days. (yes, she totally deserves a break)

and i'm gonna have to substitute something for company. i like learning, but not as much as i should, and anyway extra time with the kids really does wonders for me!@#\$.

i don't smoke, drink or gamble.

all posts would be appreciated.

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Re: post by lavi (love you all)  
Posted by ZemirosShabbos - 09 Sep 2014 18:50

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assuming you hold by the Cherem of Rabenu Gershon, i propose you read the entire Depressed person Chill Spot thread, write it in shorthand and translate it into Russian. then get back to us.

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Re: post by lavi (love you all)  
Posted by lavi - 09 Sep 2014 18:58

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[ZemirosShabbos wrote:](#)

assuming you hold by the Cherem of Rabenu Gershon, i propose you read the entire Depressed person Chill Spot thread, write it in shorthand and translate it into Russian. then get back to us.

hmmm. not so appealing....but better than singing zemiros to myself.

thanks for the idea.

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Re: post by lavi (love you all)

Posted by cordnoy - 09 Sep 2014 19:53

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Search the old Beis Medrash threads and posts and comment on them.

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Re: post by lavi (love you all)

Posted by lavi - 09 Sep 2014 19:58

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[cordnoy wrote:](#)

Search the old Beis Medrash threads and posts and comment on them.

would you bother reading my comments???????

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Re: post by lavi (love you all)

Posted by cordnoy - 09 Sep 2014 20:10

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[lavi wrote:](#)

[cordnoy wrote:](#)

Search the old Beis Medrash threads and posts and comment on them.

would you bother reading my comments???????

On this thread of yours alone, I have commented 10 times; 5 of them in direct response to your posts.

Many other threads and comments of yours as well.

As a rule, I do not comment if I either do not understand at all what is bein' written or if I disagree with the mehalech, but have no way of sayin' so nicely (and I know there are exceptions to that as well).

so, in answer to your question: yes, I would.

Just as a conclusion, I'm a bit taken aback by your question, for there has not been a comment on this site in the past six months - from you and from everyone else, that I have not read. Obviously, I might have missed several, but as a rule, every thread and every comment is read.

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