

Marriage

Posted by newaction - 14 Aug 2014 00:28

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I wonder if this addiction causes strain to your marriage or shalom bayit problems

even if your wife didnt find out

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Re: Marriage

Posted by newaction - 07 Jan 2015 16:28

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The Big Book of AA says in page 25 : The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized (changed) our whole attitude toward life, toward our fellows and toward G.od's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves."

"We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help. This we did because we honestly wanted to, and were willing to make the effort." We're given two choices: Keep drinking or accept spiritual help.

So, will meetings everyday suffice? Therapy? Calling a sponsor everyday? Daily exercise? Yoga? All this things are excellent help tools . But the main thing is our change . Inner spiritual change that connects us to Hashem and He will take care of our problem . There is a solution and this is it .

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Re: Marriage

Posted by Shmeichel - 08 Jan 2015 04:53

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very well said

thanks

it helped me

i had similar story last night

i thought my wife would like, and she didnt, and i had a heavy chass mat situation to battle

then i prayed behind my quilt to hashem

thats its beyond my power, and b"h he helped me

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Re: Marriage

Posted by newaction - 08 Jan 2015 13:14

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I am very glad to hear that Schmeichel . Lust is like big waves in the sea , they look tall and horrifying ... but after they pass things look just serene and quiet as before and you wonder wow i was going to fall for that ? KUMT !! Behatzlacha !

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Re: Marriage

Posted by newaction - 01 Feb 2015 15:25

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.???? ??' ?? ??? ?? ?????? Today i have reached 180 days up the ladder . It wasnt easy at the beginning and it is not easy now but B'H something is working and i am full of gratitude first to Hashem Yisbarach that through His Mercy i am where i am today . Secondly to this wonderful site GYE , they are doing avodas hakodesh and a tremendous service to klal Yisrael.And of course to all the forums of the chevra and Divrei Chizuk. In my journey to 180 i had two crises , a smaller one and a gigantic one which i was walking at the very edge of a big fall but B"H came out of it safe and sound Bechasdei shamayim. In any way you choose to look at it whether its two times 90 or 10 times chai it all boils to the same : "one day at a time". I wish everybody hatzlacha in their journey each one in their own conditions and circumstances. My love to all !

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Re: Marriage

Posted by unanumun - 01 Feb 2015 16:38

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Gevaldig. Keep up the good work.

And thanks for your chizzuk and inspiration as well.

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Re: Marriage

Posted by Shmeichel - 01 Feb 2015 17:38

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[newaction wrote:](#)

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talking about big waves

i went swimming once in the open sea, all of sudden the sea became spontaneously wild

with huge waves, i remembered the gemoro with the story of reb akive

where he said that at each wave he bent down his head until it passed

and thats what i did, it took me about 15 minutes to get beck to shore

i thought i will not make it ch"v

but b"h here i am, hashem spared my life, chasdei hashem

maybe that should work as a lesson for my life struggles, to wait until the heavy urge passes, then raise me head back up

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Re: Marriage

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Posted by newaction - 01 Feb 2015 18:53

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wow ! what a story ! You are right in your lesson , in addition you get to appreciate every minute of your life that Hashem spared you for a reason . I see that as sign of gratitude you will soon be offering one thousand clean days ! How do you plan to celebrate it ?

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Re: Marriage

Posted by newaction - 01 Feb 2015 18:59

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Unanumun thank you for your warm words they are very much appreciated ! hatzlacha to you too.

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Re: Marriage

Posted by cordnoy - 01 Feb 2015 19:09

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Keep it up!

B"H!

A tremendous accomplishment!

Keep on bein' mechuzak, and keep on bein' mechazek others.....at bias go'el b'meheirah!

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Re: Marriage

Posted by newaction - 01 Feb 2015 19:12

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Amen ! thanks a lot Cordnoy ??? ???

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Re: Marriage

Posted by newaction - 03 Feb 2015 14:56

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Tonight is TU BISHVAT ! A time for renewal . according to the Chidushei Hari"m (Gur) There is a hichadshus in the learning of the Tora and just like Tu Beav is 40 days before 25 of Elul , so too Tu Bishvat is 40 days before 25 of Adar which is the creation of the world according to Rabi Yehoshua. BE"H This Holy Day of Tu Bishvat should bring a new beginning to the GYE Chevra and Klall Yisrael And it should be a new time of chizuk and reinforcement of our relationship with Hashem and in learning His Torah and it should be in the benefit of Am Yisrael and our own. Hatzlacha to all !!

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Re: Marriage

Posted by belmont4175 - 03 Feb 2015 17:41

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As we know the Gemoroh of "Shoalin Ve'Dorshin Kodem Hachag Shloshim Yom" we start learning the laws of the festivals 30 days before its arrival, as Tu Bishvat is 30 days before Purim some had a custom of learning the Megillah or the Gemoroh Megillah, also the Simche starts already now, the Rebbes quoted Mi'Shenichnas Adar Marbin from when? from now (Tu Bi'Shvat) to be Be'Simche.

If we accept our challenges and work with them being Be'Simche, we can manage to get through more easily, Tzadikim say "Ki Be'Simche Teitzeiu" ?? ????? with Simche a person can go out of all troubles.

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Re: Marriage

Posted by newaction - 04 Feb 2015 07:42

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Wow Belmont ! thank you for that . You just added TWO FULL WEEKS to "mishenichnas adar".

Hashem should add to you ????? lots of simcha and yeshuos to you and yours . And all the chevrah . Amen !

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Re: Marriage

Posted by Shmeichel - 04 Feb 2015 08:38

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Re: Marriage

Posted by Appearance - 04 Feb 2015 20:15

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[newaction wrote:](#)

even if she doesnt exactly know my addictions , she has lost all respect

They know all about us.

They are like a GPS.

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