

My path to sanity... chevrah, help me with the way

Posted by ZDuvid - 03 Jul 2015 19:06

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I'm deep and in the ????... I'm addicted to porn, masturbation and who knows what.

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Re: My path to sanity... chevrah, help me with the way

Posted by ZDuvid - 11 Sep 2015 18:18

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[ShmaYisroel wrote:](#)

BS"D

Dear Reb Duvid,

You are mamish a gibbor! I find it so remarkable every time I read about people making such a long time. Hashem Yaazor that it will get longer and longer ad meah weEsrin BS"D.

Me for once, I really wanted to get to ninety before Rosh Hashannah. But.... Well, even as fresh as this morning I acted out in the worst way MZ"L R"L. I feel soooo low. Three days before Rosh Hashannah and still deep, deep into the Shmutz. I really wonder how as a Kodesh Elyon I will be standing in shul in three days and shout HaMELECH!!

It is such a desparation. Not knowing where to turn and what to do anymore.

Yes yes, I know that Hakodesh Boruch Hu loves the biggest Rasha more then we are capable of loving bichlal. Nevertheless it remains Yom HaDin.

Three days can I shape up and somehow not fool myself and really go to the coronation of the Melech?? The future will proof it.

May Hashem Yisborach give us all a Kesivah weChasimah Toivah

Shmayisroel

A Giten Erev Shabbos! first of all I want to congratulate you on having the courage to share your feelings. thanks for sharing.

I want to make a point, that just the fact that you are even feeling ashamed to stand before Hashem and scream HAMELECH is a unbelievable Nachas Ruach to Hashem.

Think of it like a father son relationship, because after all Hashem is our father, not a Boogy Man... If our kid comes to us and tells us Totty! please help me! i just cant get up in the morning to Daven! would you be angry at him? the opposite! you would be proud of him for atleast trying!

ShmaYisroel! Go to Shul Proud and scream HAMALECH!!!!!! because you know and Hashem knows you love him! you just need to work on your sickness but Hashem is still your Tatty and your still his Son.

A good year is coming!

Ksiva Vichasima Tovah

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 11 Sep 2015 18:21

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[aryehdovid85 wrote:](#)

Just want to post my recent struggles & progress with the hope that others will be inspired to take actions of recovery. This is my way of generating zchusim for Klal Yisroel in these last few day before the Yom HaDin!

Over the past few weeks I have been falling deeper into the lust (SSA) where i was texting & calling "lust partners". We seasoned addicts are fully familliar with the progressive natrue of this disease. Just in case we are not convinced.... I Never thought i would give my number to a total stranger for the purpose of lust....

**Finally yesterday at the prompting of a program brother who suggested that I "bookend" with him ,finally after two years of struggling with using my cell phone for lust,had it locked by the carrier..for only authorized contacts.**

i know this is only part of the solution but it certainly makes a very clear acceptance of the fact that i am powerless over lust...i have a disease and need help! amazing after over five years in SA! Thank you HASHEM for sending me a Shliach from GYE/SA to bail me out of this prison!!! Wow your on the right path and Hashem is with you on every step of the way! Keep it up and AL TISYA'ESH!!!

May you have a happy healthy Kiddushah'diga year!

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Re: My path to sanity... chevrah, help me with the way  
Posted by cordnoy - 13 Sep 2015 01:45

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[aryehdavid85 wrote:](#)

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SA! Thank you HASHEM for sending me a Shliach from GYE/SA to bail me out of this prison!!!

Your perseverance is amazing!

We look forward to hearing even greater steps.

B'hatzlachah

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 30 Sep 2015 04:58

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### **Reached today my 90 day clean streak!**

For all members that helped me in any way I want to thank you personally from the deep of my heart for giving me the courage to keep clean and break through my monster.

The first three weeks was crazy. I was cranky anxious moody and nervous. it was like breaking through a steel door. But with Hashems help and you guys I was able to do it. and its far from over! but at least now i know I CAN do it.

and for all new members that are joining now YOU CAN DO IT!! i promise you it pays! beat the heck out of your self the first few weeks and the light will start pouring in like a tsunami when you break it! you cant imagine the calmness your soul and body will feel.

Keep it up and may we be Zochah to meet our one and only Moshiach very soon!

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Re: My path to sanity... chevrah, help me with the way  
Posted by cordnoy - 30 Sep 2015 05:02

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Amen!

Congrats!

Kot!

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Re: My path to sanity... chevrah, help me with the way  
Posted by serenity - 30 Sep 2015 05:30

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Mazel tov! Mazel tov! What a wonderful occasion!

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Re: My path to sanity... chevrah, help me with the way  
Posted by abd297 - 30 Sep 2015 14:24

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Mazel Tov! Keep it up!

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Re: My path to sanity... chevrah, help me with the way  
Posted by Gevura Shebyesod - 30 Sep 2015 14:28

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My first 90 also came out on the second day of Sukkos (4 years ago). Isn't it wonderful to make  
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Re: My path to sanity... chevrah, help me with the way  
Posted by abd297 - 30 Sep 2015 14:36

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Mine came between Rosh Hashana and Yom Kippur. It was a nice boost coming into the Yom  
Hadin. You can't be blind to the signs from above. They are there if you are willing to look for  
them. Mazel Tov again!

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Re: My path to sanity... chevrah, help me with the way  
Posted by gibbor120 - 14 Oct 2015 19:32

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A belated but hearty MAZAL TOV!

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 31 Jan 2016 17:50

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Hi everyone. Im about 200 days clean and i most probably going to give up this week.

My wife had a baby 12 weeks ago and didnt have relations yet ever since.

Was suppose to be mikvah night long ago but unfortunately couldn't go.

Finally tonight was the night till she just told me she got her period.

I hate god

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Re: My path to sanity... chevrah, help me with the way  
Posted by markz - 31 Jan 2016 17:54

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[ZDuvid wrote on 31 Jan 2016 17:50:](#)

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Finally tonight was the night till she just told me she got her period.

I hate god

Welcome! Forgive me, I didn't welcome you - we never met yet...

Just something to think about

Do you hate yourself / your life?

1%?

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 31 Jan 2016 18:16

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[markz wrote on 31 Jan 2016 17:54:](#)

[ZDuvid wrote on 31 Jan 2016 17:50:](#)

Hi everyone. Im about 200 days clean and i most probably going to give up this week.

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I hate god

Welcome! Forgive me, I didn't welcome you - we never met yet...

Just something to think about

Do you hate yourself / your life?

1%?

if yes, if not?!

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Re: My path to sanity... chevrah, help me with the way

Posted by cordnoy - 31 Jan 2016 18:29

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[ZDuvid wrote on 31 Jan 2016 17:50:](#)

Hi everyone. Im about 200 days clean and i most probably going to give up this week.

My wife had a baby 12 weeks ago and didnt have relations yet ever since.

Was suppose to be mikvah night long ago but unfortunately couldn't go.

Finally tonight was the night till she just told me she got her period.

I hate god

Welcome back.

Mazel tov.

Much nachas.

Sorry to hear that.

Life can be tough at times.

B'hatzlachah

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