

Shomer's Story

Posted by shomer habrit - 22 May 2016 19:22

hi everyone.

my english is not well but im trying, im writing on the hebrew forum but will be better for me to write here because im in america not in israel and i wanna meet more freinds that have the same problem as me and konw what is skdei to do in my situation if u wanna know more about me so leave a comment and ill write more.

To be heard

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Re: Shomer's Story

Posted by wantoimprove - 23 May 2016 21:21

Hi Shomer! Welcome. I find it helpful to recite the pasuk "Lev Tahor b'ra li Elokim..." when I have the urge to act out and it can calm me down. May Hashem grant you success in your desire to control lust. May you find much chizuk on the gye site.

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Re: Shomer's Story

Posted by Dov - 26 May 2016 16:45

Hatzlocha here, shomer...have a nice and sober day today chaver

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Re: Shomer's Story

Posted by markz - 27 May 2016 01:38

Not fair

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Re: Shomer's Story

Posted by Aryeh821 - 27 May 2016 17:50

[markz wrote:](#)

Not fair

I think it's time to just accept it mark we're just not cool enough

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Re: Shomer's Story

Posted by Dov - 30 May 2016 15:04

And I don't get Dov on my thread
Not cool enough for what?

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Re: Shomer's Story

Posted by Aryeh821 - 03 Jun 2016 17:05

[Dov wrote:](#)

Not cool enough for what?

Too have you on out thread

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