

how our generation came to this ?

Posted by sheleg - 26 Jun 2017 06:32

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Re: how our generation came to this ?

Posted by Workingguy - 26 Jun 2017 21:36

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[gibbor120 wrote on 26 Jun 2017 18:40:](#)

Welcome sheleg! I would recommend reading "dov quotes". There is a link in my signature. Some of what is being said here may seem like Chinese. The dov quotes will probably sound that way as well. Recovery for most of us required us to change the way we think. There is a lot of collective wisdom here. Be patient. Some things will make sense. Some won't. Some will make sense over time.

I try to use the pragmatic approach. See what works. Don't try to "understand" what works. Recovery really requires Naasesh V'nishma. Some things don't make sense until after we try them. See what works and then stick to it. Many of us make the mistake of analyzing too much, and I count myself among them.

My favorite line from your post is "I Have decided to do everything in my power to quit." That is where it all begins. Don't ever give up! Keep posting.

Gibor,

You did a great job turning that into finding the positivity here!

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Re: how our generation came to this ?

Posted by Markz - 26 Jun 2017 22:42

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Guard can you please announce on the Chizuk email for the women's forum

## **New Series**

**Rabbi Ashlag will be giving Kalla teacher lessons**

**"The Kalla shmooze you wish you never got"**

**Not to be missed!!**

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Re: how our generation came to this ?  
Posted by getthere - 27 Jun 2017 15:09

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[Workingguy wrote on 26 Jun 2017 17:22:](#)

Folks,

While any longstanding member clearly finds what sheleg says troubling, I think that coming at him this hard is probably widening the gap. I think there is enough inconsistency and fallacy in his own opinion that we need look no further.

You are right, lets start again, i am sorry for any insensitive comments i made here.

But lets really start again:

Sheleg do you mind telling us a bit more about yourself, as you see on the forum we do not have many secrets although we are all posting anonymously. Also read through some of the threads and see what helps you most.

Wishing you lots of Hazloche

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Re: how our generation came to this ?

Posted by Markz - 28 Jun 2017 01:41

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[sheleg wrote on 26 Jun 2017 13:46:](#)

Quit simply means stop.

Why did you delete your first posts on this thread?

If you are honestly interested in stopping, please share what steps you took to do that in the past 24 hours

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Re: how our generation came to this ?

Posted by sheleg - 28 Jun 2017 04:03

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I Deleted my first posts in this thread because I didn't think they were important.

In the last 24 hours I thought about the issue of lust from a Torah point of view.

we know that lust is evil but we also know that in every evil there is a spark of holiness.

The job of man is to free that spark of holiness in evil.

The words of Torah are like fire that can tovel (purify) man.

That is why it says in the Torah.

god forgives for everything except bitul Torah because the words of torah alone is enough to purify man and make him holy.

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Re: how our generation came to this ?

Posted by Markz - 28 Jun 2017 04:09

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And I don't think this thread is important

Taking other members here for a joyful ride is NOT appreciated

if I'm misreading you I offer my sincere apologies

I'm not a moderator, but if you cannot share sensibly what your addiction level was today, and what - if any recovery steps were taken, I will shut down this thread of yours here

We have a deal?

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Re: how our generation came to this ?

Posted by sheleg - 28 Jun 2017 04:49

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My addiction level is clean for the last two days.

you don't have to shut me down .

I am leaving gye.

i am not appreciated here

And that makes me uncomfortable.

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Re: how our generation came to this ?

Posted by Hakolhevel - 28 Jun 2017 05:02

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It's a free country ( if your in America that is) so you can leave. but I would suggest doing some reading the forums before you start posting again.

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Re: how our generation came to this ?

Posted by Markz - 28 Jun 2017 10:54

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[sheleg wrote on 28 Jun 2017 04:49:](#)

My addiction level is clean for the last two days.

you don't have to shut me down .

I am leaving gye.

i am not appreciated here

And that makes me uncomfortable.

Funny - I spoke a little tough and you shared some good news - I'm happy to hear!

Is that the only language you understand?

please keep sharing your recovery story

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Re: how our generation came to this ?

Posted by cordnoy - 28 Jun 2017 12:17

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[sheleg wrote on 28 Jun 2017 04:49:](#)

My addiction level is clean for the last two days.

you don't have to shut me down .

I am leaving gye.

i am not appreciated here

And that makes me uncomfortable.

Leavin' would be a shame.

Recovery is a "bear" for all.

My suggestion would be to start off with more askin' and wonderin', rather than unequivocally statin', especially when there seems to be a lack of experience.

Either way, I wish you the utmost hatzlachah.

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Re: how our generation came to this ?

Posted by yiraishamaim - 28 Jun 2017 14:29

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[cordnoy wrote on 28 Jun 2017 12:17:](#)

[sheleg wrote on 28 Jun 2017 04:49:](#)

My addiction level is clean for the last two days.

you don't have to shut me down .

I am leaving gye.

i am not appreciated here

And that makes me uncomfortable.

I am not a troll and I don't want to be treated as one.

Leavin' would be a shame.

Recovery is a "bear" for all.

My suggestion would be to start off with more askin' and wonderin', rather than unequivocally statin', especially when there seems to be a lack of experience.

Either way, I wish you the utmost hatzlachah.

Please listen well sheleg. Life is serious. Who understands the struggle and what works better than the guys here. You are really going to leave? I understand your frustration.

HOWEVER - Are you happy with your lust-filled pathetic life? We haven't been and that's why we are here trying our best to live a meaningful existence one day at a time.

Here -once you hold your tongue and open your ears to others you can learn the ways of sobriety that work for you.

- you have a chevra who gets you and will support you on your down days and celebrate with you on your successes

**Here you have a real true shot of being sober**

That's the pay off of being in GYE.

I believe that I am not being overly dramatic to say that the choice of: *Hachaim v'hamaves* is staring at you now.

Suck it up, take the high road and join the club. In time we will all laugh together about these past posts and you will be living a cleaner and more wholesome life than you ever dreamed of.

Please take my outstretched hand and stay.

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Re: how our generation came to this ?  
Posted by sheleg - 28 Jun 2017 15:57

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i am uncomfortable with the GYE derech to solving lust addictions.

This kovesh es yitzro method is too painful to those of us who are not giborim.

I would like to find an easier method to curing my addictions then what GYE offers.

I am jealous of the Orthodox Jewish woman.

she seems to be free of lust without much work.

What is the secret ingredient that keeps a bais yacob yeshiva graduate a prude ?

While we orthodox men can't control lustful desires.

it's not fair !!

and no one seems to care.

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Re: how our generation came to this ?  
Posted by sheleg - 28 Jun 2017 16:17

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I am looking for some easy segulah

To transform me into holyness and purity.

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Re: how our generation came to this ?

Posted by Workingguy - 28 Jun 2017 16:24

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[sheleg wrote on 28 Jun 2017 16:17:](#)

I am looking for some easy segulah

To transform me into holyness and purity.

That's pretty honest of you. There doesn't seem to be an easy segulah. It's hard work. For some harder than others, but I think anyone who was somewhat successful worked very hard.

The guys on this forum still like women, still like sex, and frumkeit wasn't enough to get them to stop acting out. They had to find other ways, and many have. If you don't want to, no one here is forcing you. Most of us can tell you that staying connected to Lust has been super destructive for us, and some actually really regret ever going down the roads that we did.

You don't have to make a decision today on what you want to do. You can just read people's threads and read the success stories in Markz signature, and you may see that there are other people who've succeeded in a way that is relevant to you.

There is NO one GYE way, so look around. And if you're not a troll, then by all means, please don't leave and we'll try to be softer, and if you can be a little more open to people with experience, that would be great.

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