

Just Today

Posted by bendurdayah - 01 Feb 2011 20:59

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I am not in frame of mind to write.

But just to make one request.

To stay clean today.

A one day begining.

BD

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Re: Just Today

Posted by Rising Up - 07 Feb 2011 03:29

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Thats great!!! Every step along the way is tough. KOT

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Re: Just Today

Posted by pinokio - 07 Feb 2011 16:18

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Bira deepta, you mentioned deep inside you feel u dont need the forum/guys to bail out of this. I dont know what you learned or not, but in my pirkei avos, it says a chiyuv on every1to knei lecha chaver. and thats to bail out of the yetzer harah stam, not addictions-remember, tell your YH that we here are all anonymous-but in real life, some of us were mighty warriors who used the torah and chizuk approach, and it got us almost nowhere-as the handbooks say, addiction is a disease, not a Yh. For thatyou need a hospital, doctors, medical treatment. Thats what we do here. In real life, alot of us are rabbanim, mechanchim, mekubalim, poskim, tzaddikim-and we still fell into a bira amikta. Its going beyond the baal gaavah in us, the ruach shtus, and

recognizing we have a disease, and that we need others who know the disease. There are even people like myself who went for a long time for expert psychotherapy, and discussed sexuality, and still didnt begin to heal until i came here.

So friend, tell that filthy, scumbucket, vacuumcleaner bag of a yh inside you to go back to \*\*\*\*where he came from (hu hasatan,hu hamalach hamavess, hu hayetzer hara-chazal) and get over here with the chevra! and that you want a smaller group, thats great-everyone's diff.!

really be matzliach, tz90

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Re: Just Today

Posted by bendurdayah - 07 Feb 2011 18:03

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Absolutely, Tzadik. That's why I'm here. Thank you.

Deep deep inside I accept this. I will work on reaching there, but to get there I must navigate through my current limitations.

BA

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Re: Just Today

Posted by bardichev - 07 Feb 2011 18:30

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Keep on trucking

Pay attention to nothing

Don't look at the billboards.

Don't look at the cars on thre side

Don't pay attention to any thing

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Just keep ur eyes on tha road

KOT

B

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Re: Just Today

Posted by bendurdayah - 10 Feb 2011 00:46

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Thank you all for your tremendous encouragment. BH, one day has turned into one week.

Bira Amikta

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Re: Just Today

Posted by Dov - 10 Feb 2011 00:48

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[bardichev wrote on 07 Feb 2011 18:30:](#)

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Pay attention to nothing

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KOT

B

Nobody ever said it better!

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Re: Just Today

Posted by bendurdayah - 10 Feb 2011 16:17

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It sounds great. Perhaps you could explain what it means. Also, you gotta remove the \$

BA

sign (I have a blackberry too.)

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Re: Just Today

Posted by bardichev - 10 Feb 2011 16:19

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Never remove the \$

Blackberries are satans wireless handcuffs

Rebbereber=Doiv

Shkoyichhhhhh

B

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Re: Just Today

Posted by ZemirosShabbos - 10 Feb 2011 16:54

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[bardichev wrote on 10 Feb 2011 16:19:](#)

Blackberries are satans wireless handcuffs

this needs to be shouted from the rooftops

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Re: Just Today

Posted by Rising Up - 10 Feb 2011 16:59

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[bardichev wrote on 10 Feb 2011 16:19:](#)

Blackberries are satans wireless handcuffs

handcuffs normally have wires?!?? ??? ??? ???

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Re: Just Today

Posted by Dov - 10 Feb 2011 17:43

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Don't even go there, buddy. Rage might be listening....

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Re: Just Today

Posted by 1daat - 15 Feb 2011 05:07

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Ich hob nisht a blackberry. Ich veist nisht fun a blackberry. Handcuffs I understand, though.  
B"z"H each day they come off for a while.

No guarantees.

Not even by not having a blueberry.

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Re: Just Today

Posted by bendurdayah - 15 Feb 2011 05:19

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Amazing outpouring of ADHD here.

BA

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Re: Just Today

Posted by DovInIsrael - 15 Feb 2011 12:45

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hi Bira -

one day is great

one week is wonderful!

but -

just remember -

the battle of ones FREEWILL - is about the 3 seconds in front of you!

When you are on the internet - better prepare to ENTER the NET.. because its a TRAP!

with or without the handcuffs!

There is a reason they call it THE WEB!!!

dov.ii

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