

abstinence

Posted by rashkebehag - 15 Nov 2011 00:20

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I have been with this community for quite some time and have had my slips now and then but over all i owe much to the GYE for getting out of this addiction. My latest thing is that i made a ??? not to use the internet except for business ???. No news, no weather even kosher sites. I have publicized this to my acquaintances and have been away from anything remotely inappropriate for quite some time. I miss many geshmake things (even the GYE forum) but its worth it. I am only posting this ?????? ?????? but I am getting off right away and will only return to check any replies on this topic only

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Re: abstinence

Posted by ZemirosShabbos - 15 Nov 2011 05:53

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Re: abstinence

Posted by rashkebehag - 15 Nov 2011 11:50

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thank you. the reason why I am doing this is because I started to see that surfing the internet is itself an addiction, even when sticking to good sites. One thing leads to another and your soon looking at all kinds of ??????????. I think everyone should do it at least once in a while

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Re: abstinence

Posted by heuni memass - 15 Nov 2011 21:32

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Rashkebehag- great to hear from you!

Yup its called *Shuma maivee lidai zeema*

Yasher Koach on the tip you are correct.

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Re: abstinence

Posted by the.guard - 16 Nov 2011 18:49

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Ashrecha Rashke!

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Re: abstinence

Posted by rashkebehag - 17 Nov 2011 06:31

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They recently had a "disconnect" campaign to wean people off "cell phone dependency" I say lets have an "off-line day" no "on line" for one day. I believe it will do wonders

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