

The #1 thing that helped you win a clean recovery  
Posted by DavidT - 04 Dec 2019 15:31

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Hi All.

As there are so many good people here that are starving to be from the winners who finally got into the real recovery mode, I think if we would get some simple to follow top tips from the winners it would help a lot.

?So to start: my humble opinion is that the most effective tool is coming out of the shadows. Depending on how deep the issue is (addiction or just bad desires). It can mean going to meetings or just posting about it and talking to other people and having accountability partner(s).

Please post what actually helped you and how others can put the same thing into practice.

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Re: The #1 thing that helped you win a clean recovery  
Posted by cordnoy - 04 Dec 2019 16:55

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[DavidT wrote on 04 Dec 2019 15:31:](#)

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Godspeed

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Re: The #1 thing that helped you win a clean recovery  
Posted by Chatevd - 04 Dec 2019 17:16

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disabling incognito mode

<https://www.technipages.com/chrome-disable-incognito-mode>

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Re: The #1 thing that helped you win a clean recovery  
Posted by sleepy - 04 Dec 2019 17:27

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[cordnoy wrote on 04 Dec 2019 16:55:](#)

[DavidT wrote on 04 Dec 2019 15:31:](#)

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Re: The #1 thing that helped you win a clean recovery  
Posted by Gevura Shebyesod - 04 Dec 2019 17:52

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[Chatevd wrote on 04 Dec 2019 17:16:](#)

disabling incognito mode

<https://www.technipages.com/chrome-disable-incognito-mode>

[Here](#) is a page with instructions for some other browsers as well.

Note that you need to have admin rights on the computer do do this, and that anyone with admin rights can undo it. So if you want to protect yourself, you should give the password to the admin account to someone else and have them change it, and create yourself a non-admin account to use.

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Re: The #1 thing that helped you win a clean recovery  
Posted by sleepy - 04 Dec 2019 19:37

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[sleepy wrote on 04 Dec 2019 17:27:](#)

[cordnoy wrote on 04 Dec 2019 16:55:](#)

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[.guardyoureyes.com/forum/19-Introduce-Yourself/311190-MY-PATH-TO-SANITY#311200](http://guardyoureyes.com/forum/19-Introduce-Yourself/311190-MY-PATH-TO-SANITY#311200)

click it and youll see what i mean.

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Re: The #1 thing that helped you win a clean recovery  
Posted by DavidT - 04 Dec 2019 20:13

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- [iwillnevergiveup](#) writes: The 3 most important tools that truly helped me was going on this forum, a 3 x daily regimen of inspiration Morning, afternoon, and night. And just getting back up after a fall. see:  
[guardyoureyes.com/forum/4-On-the-Way-to-90-Days/344194-Making-it-happen?limit=15&start=30#345632](http://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/344194-Making-it-happen?limit=15&start=30#345632)

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Re: The #1 thing that helped you win a clean recovery  
Posted by lionking - 04 Dec 2019 22:19

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[sleepy wrote on 04 Dec 2019 19:37:](#)

[sleepy wrote on 04 Dec 2019 17:27:](#)

[cordnoy wrote on 04 Dec 2019 16:55:](#)

[DavidT wrote on 04 Dec 2019 15:31:](#)

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Re: The #1 thing that helped you win a clean recovery  
Posted by sleepy - 04 Dec 2019 23:34

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[lionking wrote on 04 Dec 2019 22:19:](#)

[sleepy wrote on 04 Dec 2019 19:37:](#)

[sleepy wrote on 04 Dec 2019 17:27:](#)

[cordnoy wrote on 04 Dec 2019 16:55:](#)

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im happy that with time your level of getting out of the shadows(g.o.o.t.s.) is going from level to level , at the time of your posting you were holding by g.o.o.t.s. by posting and good for you because that was your pace ,HASHEM SHOULD GIVE YOU THE STRENGTH OF HEART AND COME ALL THE WAY OUT OF THE SHADOWS AND CONNECT TO REAL PEOPLE

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Re: The #1 thing that helped you win a clean recovery  
Posted by i love myself - 05 Dec 2019 00:57

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Reminding myself of how important i am and how much myself and my action matters, to the people in my live and to hashem, gives me strength to go on in challenging times.

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Re: The #1 thing that helped you win a clean recovery  
Posted by sleepy - 05 Dec 2019 17:33

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[lionking wrote on 04 Dec 2019 22:19:](#)  
WHICH YOU FEEL IS A BIG HELP IN RECOVERY LIKE YOU JUST WROTE !!

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[sleepy wrote on 04 Dec 2019 17:27:](#)

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Re: The #1 thing that helped you win a clean recovery  
Posted by DavidT - 10 Dec 2019 18:08

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@pickamoniker wrote in another post:

In the spirit of sharing tips, one thing that has been invaluable for me over the past months is the knowledge that emotional pain is an inevitable and normal part of life. Every time my mind starts wondering down the road of lust I remind myself that whatever pain I am running from absolutely wont kill me and is nowhere near as bad as I imagine it to be.

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Re: The #1 thing that helped you win a clean recovery  
Posted by DavidT - 12 Dec 2019 17:42  
so whats holding you back ? if you see that it really helped ,GO FOR IT

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**Rav Avigdor Miller was asked: How does one fight the Yetzer Ha'rah?**

A:

That's a good question. The answer is *"Barasi yetzer ha'rah, barasi Torah tavlin lo."* Learning. You have to learn Torah because only the Torah teaches you how to deal with the Yetzer Ha'rah.

Now there are two ways that this works. One way is *bi'derech segulah*. Merely learning – learning alone – is vitamins against the Yetzer Ha'rah. Hakodosh Boruch Hu sees that you're learning and He says, "I'm going to protect you from the Yetzer Ha'rah." Without any other logical explanation – it's called "segulah."

And the second way is "sechel." Because the Torah is full of ideas and ideals that give you the right kinds of thoughts. When a person has no good thoughts in his mind – when his mind is vacant – a vacuum will not remain a vacuum forever and wrong ideas and bad thoughts will come into his head from the outside world. If you fill your mind with good ideas – with Torah ideas – and you're thinking all the time about these right ideas – in the street, at home – then you won't have time for or interest in the Yetzer Ha'rah. You walk in the street and think about Ma'amad Har Sinai. You sit at the bus stop waiting and you're thinking about Yetzias Mitzraim. It takes work to learn how to do that but there is no option. You must fill your mind with good ideas. And then when the Yetzer Ha'rah comes knocking on your door, you'll tell him, "No, I'm sorry. This place is occupied already."

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Re: The #1 thing that helped you win a clean recovery  
Posted by DavidT - 15 Dec 2019 16:44

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## Parshas Vayeishev

### The Battle of Life

"He (Yosef) refused (to sin with Potifar's wife)" (39:8). "????????????... (??:?)"

It is interesting to note the trop, reading note, found on this word "vayima'ain, he refused." The cantillation mark is that of the shalsheles, ??????. This note is only found in four places in the entire Torah. Let us glean an interesting lesson hinted from this phenomenon.

### Four Appearances

The four places are as follows:

1- In Parshas Vayera, ???????, Lot tarried when the angels were trying to evacuate

him from Sedom.

2- In Parshas Chayei Sarah, ?????, when Eliezer, the servant of Avraham, prayed for Hashem to guide him in finding a wife for Yitzchok.

3- In this Parsha, ?????, when Yosef refused to sin with his master's wife.

4- In Parshas Tzav, ?????, regarding the slaughtering of one of the sacrificial animals.

### Common Chain

What is the common thread between these four occurrences of this unique trop, the shalsheles? The word shalsheles means "long chain." It is read with a long thrice-repeating tune to connote consistency and continuance. It hints to the Yetzer Hara, the Evil Inclination. The Gemara in Berachos (61a) compares the Yetzer Hara to a pesky fly. He continually tries to get us to sin throughout our entire life. We rise to the challenge, but he always lurks waiting to get us again! This is his constant presence always trying to chain us down! Additionally, just as the shalsheles has three parts to it, so too the Gemara in Bava Basra (16a) tells us that the Yetzer Hara has three names.

Now we can plug this in to explain the story-line hinted by the tune's four occurrences:

1-"And he said"- The Yetzer Hara speaks to us by planting a bad idea in our mind...

2-"And he refused!"- Our job is to cut off his words and not to listen...

3-"And he tarried"- If however, one hesitates and gives himself time to slip...

4-"He slaughtered" then the Yetzer Hara has you in his hands! You're gone!

### Lesson Learned

**The lesson to learn from Yosef is how to fight and win. When we see that a course of action is correct and just, we should grab onto it and not delay to pursue that action. If however, a course of action is not correct, then we strive to stop immediately without hesitation! This is how successful people live their lives, no delays! This is a most fascinating point gleaned from a unique cantillation mark.**

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Re: The #1 thing that helped you win a clean recovery  
Posted by DavidT - 22 Dec 2019 19:44

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Here are 2 top recovery points that I heard today for someone that's clean for over a year...

#1 hitting rock bottom - finally taking real responsibility - enough with the excuses and rationalizations

#2 having a support system in place - gye chaver - phone calls, texting, posting etc. connection is the opposite of addiction. also really helps when the going gets rough...

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