

I'm newI hope I came finally to the right place

Posted by ulay-yachus - 25 May 2011 20:34

Shalom!

I will start that I'm a native Israeli' and that is why my English isn't so good....so I guess you will see many many mistakes...what can I do?

Ok ' so I found this site at Pesach' and was soooooo happy! at last' I found a place that I can be there and share and hear from others[The only problem here' that I need something like that' in Hebrew' and the Hebrew forum here is died....and the only Hebrew site I know is ATZAT NEFESH, but I found this site is much more helpfull for me]. I just came to a point where I can't continune any more...I'm 35 years old' father of 5 lovely kids. I have learned in a Yeshiva for years, and also got a Smicha [I use Hebrew words, I hope you will understand me] , I teach Tora, and try to serve Hashem, as much as I can.....but as I talk to him, I tell him, HTZ"L is my main problem in Avodan Hashem....for 22 years I have tried and tried but it just didn't work! Lately' I thought to my self going throw 12 steps recovery group, but I have few problems with that : 1) what shell I tell my wife? 2) The truth, I'm ashame [MITBAYESH] to be with others' and although the gmora on kidushin says, about that Rav who saied , I prefer being MEVAYESH my talmidim in this world and not in the next world....It's difficult.

Anyway' I red the handbook, and I really got new advices! I read the e- mails' each and every day, and get a real chizuk! I have srtated my journey for the 90 days, for now I got to 29 days!! I have never got so many clean days! I used to mastrabte at least 3 times a weak, there were weeks , that I did it for 7 times a week. I just can't belive it , that with g-d help, I have 29 clean days.

I make a Neder, that if I use porn , I will pay 3,000 nis[New Israel's Shekel] for tzdoka, I make this Neder at Shabat, and I say that it is only for 1 week, until the next shabat. The reason I do that is , that at shabat and Friday, I don't do these sins [for years] so shabat is a time when my soul is high, and the mind can control the body. At the last Shabat ,I found it very tough, to make the Neder, like my brain said to me : "What?! for the whole week you will not be able to get any relief? What will happen if you will feel bad about yourself, or be in stress, what will calm you?!" The last week was not so simple, and this is why the Yestzer Harar got to talk to me so hard! He may be fulish and old, but he defantly[bevaday] has his weapons.... ok so thats's my story for today....I wish I can continue , but I have to do some other things now... That's alot!!!! You are raelly great.... [My **real desire** today is to come to the Yomim Noraim, when I am clean for months....

I hope for all of us, just all the good in the wold, Bezrat Hashem....

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Re: I'm newI hope I came finally to the right place
Posted by jack - 27 Jun 2011 13:59

vhaikar, vhaikar, lo lefached klal!

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 29 Jun 2011 09:36

64 days....the last week was much more easier.

What helps me, is the saying that I tell to my self : "Acting-out won't solve you any problem, it will just make you a bit "drunk" and you will forget your stress and bad feeling for a while, deal with them and non't run away!".

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Re: I'm newI hope I came finally to the right place
Posted by Echos of The Rebbe - 29 Jun 2011 10:01

DRUNKS GET DRUNK

YOU TRUCKKKKKKKK

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Re: I'm newI hope I came finally to the right place
Posted by shteighecher - 29 Jun 2011 13:37

Ulay

I've been following you for a while and you are giving me a lot of chizik. Keep it up. You are soon getting to 90.

I'm sure there it will be easy sometimes, but, than it may suddenly become difficult the YH has his tricks, be prepared to fight him all the way.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 01 Jul 2011 12:15

You are right, shteighecher, we should know that truth and remeber it all the time. :-*

Today is the 67th day.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 07 Jul 2011 21:37

Today I'm in my 73th day.....I can't say that I have no Yestzer Hara,after all, only DAVID HAMELECH said "LIBI CHALAL BEKIRBI" :-\ BUT the fact is that I'm still clean.

I also talked to my wife, and shown her this website. She was very glad for me and even proud , that I could make such a long time without that addiction.

Bezrat Hashem.

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Re: I'm newI hope I came finally to the right place
Posted by ZemirosShabbos - 07 Jul 2011 22:01

???? ?????!

gevaldig!

glad to hear good stuff, thanks for sharing

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Re: I'm newI hope I came finally to the right place
Posted by shteighecher - 08 Jul 2011 14:01

Wow, we are so proud of you and think a lot of you. I didn't wait for this post, i check you 90 day log on the chart almost daily.

Kepp it up. You are a nice succes story. i remember your posts in the beginning, it didn't sound possible.

and be ready for the YH's sudden attacck, it will come one day, but you will beat him with help from hoshem.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 09 Jul 2011 21:42

Thanks a lot! It really gives me power when I hear such things from others....

I try to read the chizuk mali almost daily' and it also give me motivation.

The YH didn't go, but Hashem also..... :D

Shabos ' is a time which I have nisyonos with the YH, when everyone being dressed well...etc....and I have to go out. I saw that the more I'm being out in the streets the more it's hard for me.

Of course, I try not to be there, but sometime I have to....

I also pray small tfiles, when I feel the urge coming, and I guess this is the SIATA DISHMAYA that makes the diffrance [or whatever you spell it.... ;D]

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Re: I'm newI hope I came finally to the right place
Posted by Eye.nonymous - 11 Jul 2011 16:22

[ulay-yachus wrote on 09 Jul 2011 21:42:](#)

Shabos ' is a time which I have nisyonos with the YH, when everyone being dressed well...etc....

..or dressed "not so well."

I can identify.

--Eye.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 13 Jul 2011 21:06

79 clean days.

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Re: I'm newI hope I came finally to the right place
Posted by ZemirosShabbos - 13 Jul 2011 21:15

gevaldig!

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Re: I'm newI hope I came finally to the right place
Posted by shteighecher - 14 Jul 2011 15:06

Exciting. Keep it up, one day at a time. You are giving us Chizuk.

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 19 Jul 2011 07:50

Although I'm still clean, B"H, I had some kind of nisyonos, and as I thought about it, it had almost have nothing to do with urge, but more with stress, that has to come out, in some way. I

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need to solve the stress issue. :