

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... Thak'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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I know that I have came to the right place!
Posted by ulay-yachus - 19 Jul 2011 22:41

I really liked what you wrote. It is a big truth, that many of us doesn't know' [well at leats I can talk about my self - that the main war was for me, mainly against the sin itself and less about the roots...]

Like I said before, I keep telling to my self,[especially when I go out on the streets, and need to keep my eyes] that prongraphy, will never ever solve any problem! It will be just tasty wine to drink, and forget the whole world! When I say this, I feel I can handle the lust more powerfully, because one of the main problems that I have from time to time, is saddness when I go out, and feel like I am missing the "good life", when I don't watch porn and do the ugly things etc' , but when I know that it is all illusion, and the one second joy that I have when I'm acting out ISN'T the real life! The real life is injoying TORA, learning gmora, doing my job with happiness, being good to my wife and kids, and of course, to my creator, THESE THINGS ARE REAL LIFE!!!

Last sunday , I went to a funeral of a relative woman, who died with no kids, it was really sad to see such a small funeral, with no one, who sits "shiva". When the person from HEVRA KDISHA had to put her in the grave, I looked on her' covered with the white tachrichim, and all what you see there is [I'm sorry about the description] meat.... this is all what we are, if we don't take our soul as the main meaning of our life. umotar hadam min habehema ain, ki hakol havel.

Of course, I say that in order to be happy with the so many good things that we DO have , like mitzvot tora helping others, be good to others and doing all the meaning deads with simcha.

BEZRAT HASHEM!

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Re: I'm newI hope I came finally to the right place
Posted by Dov - 20 Jul 2011 12:46

Dear Ulay,

Thanks so much for that precious moment of reality. I needed that and you are right- it really does help me live besimcha! Hatzlocha to you and have a great day!!

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 21 Jul 2011 08:19

besimcha!!

the 87th day.....

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Re: I'm newI hope I came finally to the right place
Posted by Eye.nonymous - 21 Jul 2011 08:51

[ulay-yachus wrote on 21 Jul 2011 08:19:](#)

besimcha!!

the 87th day.....

Mazel Tov!

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Re: I'm newI hope I came finally to the right place
Posted by ZemirosShabbos - 21 Jul 2011 15:27

gevaldig!

beautiful

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Re: I'm newI hope I came finally to the right place
Posted by shteighecher - 21 Jul 2011 19:11

We hope not to fast on Tisho B'ov (as in other post). But, i'm fasting now, it seems that we are going to have a few siyums in the next few days. I will have to be at each of them, celebrate there and eat a full course meal, so, i'm fasting now in order to be able to eat then.

Which hecsher will ahve the meat ?

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 22 Jul 2011 13:27

I had some nisyonot yesterday , but B"H, I haven't even sliped,[although it was hard].

Bruch Hashem.

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Re: I'm newI hope I came finally to the right place
Posted by shteighecher - 22 Jul 2011 13:43

~~Of course, we have to serve buser behima~~

keep it up. Even at thi stage, we need to focua at one day at a time and remmeber that the battle still goes on. Keep on trucking.

Shabbos brings the hoshpues for the coming week. This shabbos has to be amazing by you.

A git shbbos.

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Re: I'm newI hope I came finally to the right place
Posted by Dov - 22 Jul 2011 22:13

I cannot see thinking much of the hashpo'os of Shabbos on the whole coming week. I hope to be too busy living one day at a time to allow myself that luxury.

I am serious.

If I do this day right, be"H, then He will make the week come out right, too. It's His business, not mine.

Just 2 cents.

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I try to serve hashem
Posted by ulay-yachus - 24 Jul 2011 21:00

Thanks fot the thoughts.....

Today is the 90 th day!!!

Yes ' I can't belive it!

I can't belive it!

I can't belive it!

If 90 days ago, was the last time in my life that I was acting out - than I can say that today is one of the most happiest days in my life! To think about coming to Yom Kipur, and saying : "al chet ...begiluy arayos" and knowing that I'm talking about something that has to do with the past more than an everyday sin, is something great! I know I know I know, I need to cope with it on a daily basis, and not as a whole life problem, but what can I do, I'm also a human being, and when you cope with that thing, for 21 years, without any result, and then it happens, you can be a bit happy, don't you?! ???

Ok guys, one thing I have to say! Even if tomorrow I will act out, [has vehalila!] it was worth doing this process! And I could make it only with you guys, and also the guys on the Hebrew forum/

SOOOOOOOOOOOOOO A BIG BIG THANKS FOR YOU ALL!

I heard that the Hebrew site of GYE, will be open soon, so I may come over there more often, because , I may have done something with my lust in the former 90 days, but my English is still the same..... :D

Again thanks!

baruch shehachianu vedyemanu lazman hazeh!

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Re: I'm newI hope I came finally to the right place
Posted by ben durdayah - 24 Jul 2011 21:03

Mazel Tov!

!!!??? ???

May you be zocheh to ninety years!

!!!??? ????? ?? ???

BTW -Your English has also gotten much better over the last 90 days...

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Re: I'm newI hope I came finally to the right place
Posted by Dov - 24 Jul 2011 22:27

Keep on going the way you made it this far, chavereinu. Nor by "holding on for just one more day" but by just making an honest effort to live this day right be"H.

Mazel Tov

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Re: I'm newI hope I came finally to the right place
Posted by Eye.nonymous - 25 Jul 2011 05:26

Mazel Tov!

By the way... the Hebrew site has a 90-day English improvement chart. It's part of the plan to create Jewish unity and bring the Moshiach.

--Eye.

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Re: I'm newI hope I came finally to the right place
Posted by shteighecher - 25 Jul 2011 14:04

Mazel Tov, Mazel tov. Im Yirtza Hoshem by us on simchos bekurev.

Hoshem should help you continue to shteig and shteig, one day at a time and another at a time.

Wow. I'm so happy for you.

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