

Back on Track's trekking along

Posted by Back on Track - 07 Aug 2011 19:45

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hi everybody. clean 100 days here. but looking for chizuk in continuing this journey to where we all know we want to be. A little about me. born modern- became frum later in life. Had prob with m\* since I was able to. I began working toward recovery about 2 years ago. I had a lot of ups and downs, I am finally at a point where things in that area of life seem to be leveling out. only thing is everything else is so up in the air..... I actually dont know whether Im comin or goin. But Hashem has a plan for all of us, and thats what we need to follow.

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Re: Back on Track's trekking along

Posted by Gevura Shebyesod - 26 Sep 2011 15:23

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As long as the Cholint isn't spoiling.... ;D

May you have a Ksiva V'chasima Tova and a Monstuh' good new year!

KOMT!!!!!!!!!!

Gevura!

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Re: Back on Track's trekking along

Posted by JackAbbey - 26 Sep 2011 15:27

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we have a major problem here

as this year the malochim are busy the whole thursday and friday with the shoffar, so they cant guard our cholint, therefore we need a special tefilloh on rosh hashono to have a teriffic cholent this year

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Re: Back on Track's trekking along

Posted by ZemirosShabbos - 26 Sep 2011 15:34

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in ??? ???? ???? there is a discussion of this very topic and the maskana lemaiseh is that the malachim of the mitzva of eiruv tavshilin are shomer the cholint. basically they takes turns, one of them hears shofar with the men and one hears when they blow for the women in the afternoon. but the tefila you are proposing should help keep the cholint up to par.

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Re: Back on Track's trekking along

Posted by Back on Track - 26 Sep 2011 22:54

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Zem, thanks for the brocha. Best one I ever got, and for the heads up re the angel chulent situation. Now for the real question. On leil rosh hashana after davening.. I wanna know who here is planning to wish their friends the traditional lashana tova tikaseiv etc...

I was thinking I'd be wishing people a shana tova of trucking away, and staying sane. L'later a heise piece of fleegen,some woodford and chulent. Do you think anyone will notice?

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Re: Back on Track's trekking along

Posted by gibbor120 - 27 Sep 2011 13:53

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Give it a try and let us know ;D ;D ;D

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Re: Back on Track's trekking along

Posted by ZemirosShabbos - 27 Sep 2011 16:37

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Tizkeh golfcart letotally leCooperstown ulematching donors

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Re: Back on Track's trekking along

Posted by Back on Track - 28 Sep 2011 00:48

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A thought occurred to me for the fiurst time ever. Every RH and YK of my life just about, since I was able to m\*, and since I have looked at p\* I have asked G-d to forgive my sin. Especially in 'avinu malkeinu hachazireinu bteshuva shleima lifanecha.... This year, I think I will focus on it mpore in 'shlach refuah sheleima ICHOLEI amecha. Although as addictts we know this is a terminla and permanent illness... We can always pray. And with the full giluy of Hashems honor in the yemos hamoshiach, this illness tpoo will be gone forever.

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Re: Back on Track's trekking along

Posted by Gevura Shebyesod - 28 Sep 2011 02:21

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[Back on Track wrote on 28 Sep 2011 00:48:](#)

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Thet's interesting, i also found that the focus of my tefilos has shifted since i came here. In the throes of my lusting and acting out, knowing inside that it was so wrong but also aware that i could never stop, I would daven with (fake) sincerity for forgiveness, knowing that literally Lapesach Chatos Rovetz and that there's no way i could stay clean for very long (some years i would manage till after simchas torah, others not even one night :-[ ). the only thing that I could daven for with any honesty was for Moshiach, somehow I knew that was the only way it could end (although i had no hope that I would actually be zoche to see it).

Now I find myself concentrating more on things like Refaeinu (like you), Somech Noflim (that always reminds me of GYE), and especially Re'eh B'Anyeinu VeRiva Riveinu, see our pain and fight for us, because we cannot fight for ourselves. V'sechezena Eineinu, are these eyes cleaned enough to be worthy to see it?

May we all be zoche that our tefillos should be niskabel and we should be redeemed from our personal golus as well as the golus of all Klal Yisroel.

KVT & KOMT!!!

Gevura!

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Re: Back on Track's trekking along  
Posted by Back on Track - 28 Sep 2011 12:12

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Good morning.. I knw this isn't a very heilige teshuva kind of thought for the morning of erev RH, but in my own recovery this is where I'm holding and tryong to improve. BH with His help I am w/out mast\* for abt 150 days. However, P\* is still drawing me A LOT. I realized thius morning why.

When I act out by m\*, I feel horrible. I hate myself and eventually w/in a day or so, I lose my temper on those that I love and they suffer for my problem. I in turn feel guilty and suffer from feeling bad abt the acting out, and feeling like a piece of dirt for hurting my loving innocent family.

That has helped motivate me to stop as strange as it sounds.

Now, here's the kicker- while I feel bad abt p\*, I don't lose my self worth to the same degree that I do when I actually m\*. I don't feel so bad abt myself and so sad that I lose my temper in frustration. It bugs me and I go vaiter. So I'm lacking the same motivation (emotional pain) that I

have to quit m\*. ... The place where this really hurts me is when together w/ my wife and trying to say s/t like 'I love you'. I feel like a total hypocrite then... But its still not really motivating me enoujgh to quit p\*.

This is coming up now bc, I really would like to stand in the yom hadin and feel I have a plan to live p\* free as I know Hashem wants. I simply can't just tell myself 'its assur' 'your gonna go to gehenim'.... That has never worked for me. I still act out and just feel dammed.

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Re: Back on Track's trekking along  
Posted by ZemirosShabbos - 28 Sep 2011 15:47

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BOT, thanks for sharing so deeply and honestly.

while these are not 'silver bullets' (do they even exist?) this link might help

[www.guardyoureyes.org/forum/index.php?topic=662.0](http://www.guardyoureyes.org/forum/index.php?topic=662.0)

and this Antique Bardifact:

[bardichev wrote on 27 Aug 2009 15:56:](#)

DONT LOVE SOMETHING THAT CANT LOVE YOU BACK

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Re: Back on Track's trekking along  
Posted by gibbor120 - 28 Sep 2011 16:18

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. How much for the bardifact?

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I like your antique shop zemmy

Re: Back on Track's trekking along

Posted by Back on Track - 28 Sep 2011 16:20

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I love zemmys bardology. I think he is a world class bardologist.

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Re: Back on Track's trekking along

Posted by gibbor120 - 28 Sep 2011 16:22

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Re: Back on Track's trekking along

Posted by Gevura Shebyesod - 28 Sep 2011 16:56

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You guys all crack me up. Thanks for the smiles, it's just what i need when i'm feeling down...

KVT & TOMT!

Gevura!

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I'ts a bard job, but someones got to do it