

jack-veiter

Posted by jack - 01 Sep 2011 12:49

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hello all, i am starting a new thread for myself - to symbolically say goodbye to the 'old' me.in other words, out with the old, in with the new.what better time than at rosh hashanah - may the old year and its curses end, and may the new year with its blessings begin.ameyn.

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Re: jack-veiter

Posted by JackAbbey - 23 Nov 2011 16:53

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i understand you jack

i had that feeling too, at that time

did you ever read the book "the light of efraim"?

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Re: jack-veiter

Posted by jack - 28 Nov 2011 13:33

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what is 'light of efraim' about?

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Re: jack-veiter

Posted by JackAbbey - 30 Nov 2011 21:55

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hard to explain in a nutshell

but its to the point

(about a baal tsuveh that had marriage problems, then revealed its all because mast\*\*\*\*, and how he recovered and saved his marriage, and the severity of the sin, etc....)

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Re: jack-veiter

Posted by jack - 01 Dec 2011 16:58

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dear holy warriors,

some people on this forum think that they are being shunned because they are not 12  
steppers.well, in my opinion, nothing could be further from the truth.as proof, i will say i'm not a  
12 stepper, and i dont feel at all that people here are not interested in me.just the opposite is  
true! r' guard wants me to succeed just like he wants everyopne else here to succeed.and  
everyone who 'knows' me here has tried to help me go forward.and i was never, not once,  
criticized for not being a 12 stepper.i'm a jew who needs help, and i believe i got it, and continue  
to get it from this forum.

love you all, jack

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Re: jack-veiter

Posted by jack - 05 Dec 2011 14:19

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i dont mean to say that there's no chachma in the 12 steps - i mean to say for me, the group  
support works the best of anything that's out there.

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Re: jack-veiter

Posted by jack - 01 Feb 2012 19:42

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### **VERY IMPORTANT YEDIAH**

somebody just wrote to me and, after having read my story, told me that my recovery work  
sounded so easy.well, i'm glad he told me that, because i want to go on record saying that if  
anyone thinks i had it easy, or have it easy, **THEY ARE MISTAKEN**. i told him it was like torture,  
because it was.at the current moment, it might not be torture anymore, but please, please, dont

think it's easy.it's easiER than before, no doubt about it.

i told him:

1 - get someone to speak to.

2 - you can't do it alone - you need group support

3 - you're not the only frum person who has this challenge

4 - exert a little effort every day - this effort will build up and be put to good use

jack

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Re: jack-veiter

Posted by jack - 14 Feb 2012 16:25

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think of it this way - DO WE WANT TO BE SLAVES?? want to go back to mitzrayim? you like the cucumbers and the sesame etc?

it's better to be without those and be free!!! jack, you hear me? am i coming in loud and clear??

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Re: jack-veiter

Posted by alexeliezer - 14 Feb 2012 18:35

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Loud and clear. This is one of my greatest motivations not to slip.

Initial withdrawal and recovery was soooo hard. Torture.

I'm just not willing to go through it ever again.

One day at a time.

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Re: jack-veiter

Posted by jack - 14 Feb 2012 18:59

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wait a minute - i wasn;t talking to anybody out there specifically, i was talking to MYSELF!!! ok,  
so you overheard what i said...

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Re: jack-veiter

Posted by jack - 15 Mar 2012 14:51

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jack - listen to me, ok? think man, THINK!! what will be born from your actions if you succumb to  
your addiction?? answer:

1 - you will become once again tied , chained like lot, who was chained (shalsheles on  
vayismama)

2 - you wont be able to concentrate

3 - your mind will not be aBLE TO GET OFF THOSE images

4 - you'll want to go back again and again

in short, your life will become unmanageable

it's unmanageable now? because of the desire to succumb?

it will be even MORE unmanageable if you succumb.

so decide, do you want to do that to yourself again?

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Re: jack-veiter

Posted by backto613 - 15 Mar 2012 17:11

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The shots in the dark are so hard.

Good luck! You can do it! one step at a time...

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Re: jack-veiter

Posted by ZemirosShabbos - 15 Mar 2012 19:23

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hey jack,

check out this link:

[www.guardureyes.com/GUE/Music/mus/JackSimcha.mp3](http://www.guardureyes.com/GUE/Music/mus/JackSimcha.mp3)

keep on rocking and rolling!

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Re: jack-veiter

Posted by jack - 16 Mar 2012 20:01

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hey zemiros (mind if i call you by your first name?), with people like you rooting for me, how can i NOT rock & roll? it's YOU guys who keep me going - dont ever ever forget that.i dont for a minute!!

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Re: jack-veiter

Posted by jack - 22 Mar 2012 15:34

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an idea - for the one second per day that the yetzer hara leaves you alone, why not run with the ball? keep that feeling.why wake up the sleeping bear that is your addiction? why expose yourself to triggers?

just thinking out loud guys

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