

The journey to freedom

Posted by YesodHayesodos - 07 Jun 2012 10:39

Sholem heilige Yidden,

this is now my second clean day. I need you support and you help, I'll try to post once or twice a week about my progress. Today I just spoke to my Rebbe about the issue I have. I am currently learning at yeshivo and I have problems with hz"l since approx. eight years, i.e. since I am 16. DuvidChaim is a great help through his 12 step phone program. I also got the advice to use the taphsic method. I am not yet sure about the exact shvuo I should use.

My Rebbe encouraged me and was happy that I spoke to him about that. It is never too late for tshuvo and this is what we all want---to return to our loving father.

Shuvu bonim

Any chizuk appreciated.

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Re: The journey to freedom

Posted by obormottel - 29 Jul 2012 05:39

Wonderful to read about your journey. Keep us posted, friend. You seem to be plowing ahead nicely.

Keep it up!

Mottel

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Re: The journey to freedom

Posted by YesodHayesodos - 16 Aug 2012 18:39

Shulem tayre Yidden,

there is an adage: Experience is a good teacher but she sends in terrific bills. On day 61 I had a

I did listen to my addiction and did not make a new taphsik shvuo because I thought that I do not need it anymore and now I know that I need it. Today I made the new and longer shvuo. But 60 days is amazing and it is very well possible just, I felt too strong and so I was forced to admit my weakness. Thank you for your chizuk, keep going, GYE chevre.

fall :'(Today is day one.
Last week I read a very important message in the book "real power" by Dr. Dovid Lieberman.

Reality cannot be shattered it is just an image that may be destroyed. So I admit that I have a long way, and a lot of potential to work on, yes. Every day counts.

By the way I am still looking for an accountability partner, someone interested, please pm me.

Have a wonderful day.

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Re: The journey to freedom
Posted by rt - 16 Aug 2012 20:38

Shalom dear Yosef.

I am sorry to hear about your fall.

Much success in the new journey, nesiya tova! :)

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Re: The journey to freedom
Posted by YesodHayesodos - 19 Aug 2012 14:13

Sholem,

just one word today:

[glow=red,2,300]**ELUL**

Have a wonderful day.

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Re: The journey to freedom

Posted by YesodHayesodos - 23 Aug 2012 07:58

Sholem,

today is day seven, I am back. I read today an interesting Tomer devora. In perek alef he mentions that HKB"H himself is purifying us from our sins as we say on Yom Kippur that he sprinkles pure water on us. We should not think that we are purifying ourself. HKB"H personally comes keveyachol to do so. The comment on the Tomer Devora adds that this thought should help us not to sin again.

Anyways, we know and this is another makor that we do need fix ourself. We do the avoido and HKB"H is doing the rest.

Have a wonderful day.

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Re: The journey to freedom

Posted by YesodHayesodos - 20 Sep 2012 15:02

Hi,

I am back. Now, I moved to a different city and started going to SA meetings. Today is day 5 after many nichsholim and denial I am admitting that I have a real problem I cannot solve on my own.

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