

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that ussually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

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Re: Yaakov's Ladder

Posted by dd - 22 Feb 2014 23:58

hi pidaini a gut voch !

are you going to celebrate with your next post when it reaches 1234 or are you going to say one post at a time .

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Re: Yaakov's Ladder

Posted by dms1234 - 23 Feb 2014 08:25

Pidaini

In reality I am really growing, BH, slowly, but surely. I need to be real, know where I am up to and see if according to that I am doing everything I can, and I think I am doing quite well.

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Re: Yaakov's Ladder
Posted by Pidaini - 23 Feb 2014 10:28

[dd wrote:](#)

You are doing incredible!! and you are incredible KOT!!
are you going to celebrate with your next post when it reaches 1234 or are you going to say one post at a time .

hmmm....both?

1.....2.....3.....4.....WOOOOOOOOHOOOOOOOOOOO!!!!!!!!!!!!!!!!!!!!

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Re: Yaakov's Ladder
Posted by dd - 23 Feb 2014 11:13

i knew your going to figure out how to address both

GEVALDIG

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Re: Yaakov's Ladder

Posted by TehillimZugger - 24 Feb 2014 22:04

[Pidaini wrote:](#)

I look forward to something changing in my life, something exciting, something different. I escape the present for a moment, and go into the future, to a time when I will be excited with the new anything, just something new to add some spice to life.

You mean there are things that even YOU don't have yet?!

I thought you had EVERYTHING

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Re: Yaakov's Ladder

Posted by Pidaini - 26 Feb 2014 16:45

I should have put this up when it was more fresh, but I didn't (duh).

As much as I knew that I needed to pull back on the expectations on myself, I didn't really do anything to make it concrete, i.e. talk to Hashem about it. That may have been why I let loose on some ("muttar")lustful desires afterwards. Well, I was quite disappointed in myself about letting loose, and that led to.....more letting loose, but the more letting loose was assur

(youtube, google images, etc.).

I finally went to my official GYE place, and instead of calling friends as I would normally do, I called Hashem. I admitted what I had done wrong, I admitted to where that took me and the wrong decisions that I had made. I admitted that I should have come to Him earlier, and I asked Him to help me live the way He wants me to, from NOW on.

Another grand slam for Hashem!!!!!!!

As for me, I have asked Hashem to help me come to Him before I'm ahead, because if He helped me after making the wrong decisions, then He would have for sure helped before I acted out on anything.

I have already made a point of talking to Him about the smallest issues, which I thought until now that I could deal with alone. Now I see that I really need to include Hashem in those as well, because I can't know what I can handle and what I can't. It will probably also make me more comfortable being open and honest with Him.

BH, still clean, and trying to learn from every slip.

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Re: Yaakov's Ladder

Posted by misgaber41 - 27 Feb 2014 04:01

I am all confused I came to Gye to deal with my problem with lust and all a sudden I keep on

Here goes the story, on my desk in my office I had my small printer, it kept on getting in my way so finally I ordered a cabinet to have a better place for it. So after a few days I started tracking it 9and found out that it was dropped off by the wrong door!)but haven't realized that it had any connection with my problem, now reading that post about ordering and tracking Im starting to

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 27 Feb 2014 20:50

TOOC

tracking online orders compulsively

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Re: Yaakov's Ladder

Posted by Pidaini - 27 Feb 2014 23:18

Thanks to dd, I have BH made a TaPHSiK!!

It goes like this

If I disable the filter on my computer without first calling or chatting with a friend and telling them "I am going to disable the filter" (the reason for those specific words to be clarified in next post, bli neder), then I will have to say an hour of tehillim within 3 days.

If I disable the filter after calling or chatting to a friend then I will give 100 NIS to GYE.

This neder is valid until the next time I disable the filter.

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Feb 2014 08:05

SO, yesterday I had this urge to go to youtube, it stemmed from boredom and it was the normal strong thing.

I was thinking to myself that I should email someone, but the last few times I did that and chatted with someone and told them "I want to go to youtube"....I still went afterwards. There was something there that didn't click.

I thought about it a tiny bit and quickly realized that saying "I want to...." to someone actually boosts me in a way, because I want to, but I'm not. So what was telling them was that I was really in control of the situation, and so 5 min later I was on youtube.

Yesterday I chatted with MBJ and typed "I'm going to youtube" because that was the *entire* truth, I was going to youtube, and I was just telling him of my plans. That worked!!!

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 28 Feb 2014 08:40

So if you say you won't, then you will, but if you say you will, then you won't? I thought sharing

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Re: Yaakov's Ladder

Posted by Pidaini - 03 Mar 2014 17:49

I would love to blame it on the TaPHSiK, (that's what I told Zemmy....sorry about that) but then what about the last few weeks, where I was doing the same thing.....

Slipped again yesterday, started Motzei Shabbos and continued through last night. It started with boredom, or too much time to spend on doing real things. Shabbos afternoons started becoming a bit longer, so I have to do something with them.....and GYE has yet to come out with a "Kosher GYE" for Shabbos. I did spend a lot of quality time with my family and it was

Then Motzei Shabbos came along, and was a little bored again, but now the computer was an option, but GYE was not very active either.....so had to find away around the TaPHSik...and I did.

beautiful, but I wasn't making the big difference in the world with that....

Point being that TaPHSik is not the answer (it's not to blame either), just as filters aren't. Yes, they are important, and I don't regret making it at all, but it's not the answer. The answer is in me, not in anything external.

So, as I wrote before, I am trying to learn from every slip, and I am learning where the battle has to begin.....that is whenever I have a negative feeling, that is before the urge to lust comes to play. I could have spoken to Hashem right away, told Him how I was feeling, but I didn't, I didn't think it was such a big deal.

That's really what I learned, it doesn't have to be a big deal, I don't like dealing with small deals either!!

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Re: Yaakov's Ladder

Posted by Machshovo Tova - 03 Mar 2014 19:57

[Pidaini wrote:](#)

... Shabbos afternoons started becoming a bit longer, so I have to do something with them.....and GYE has yet to come out with a "Kosher GYE" for Shabbos...

How bout reading the GYE handbook on those long Shabbos afternoons? It's kosher, it's GYE,

it'll fill your time, and it'll give you some inspiration to keep the Shabbos holy.

Hatzlacha

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Re: Yaakov's Ladder

Posted by dms1234 - 03 Mar 2014 22:53

If the TaPHSik doesn't work, then fine it doesn't work. Of course its just semantics, just for those that need a little push (like me)

Perhaps you're being too hard on yourself and overthinking (some wise man told me this once)

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