

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

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Tcholent for the Soul

(Nuu! Eat it while its hot!)

By:

Inastruggle

Chachaman

Some\_guy

Zvi

Hopefull

joeshmo

Avrom

Credits:

Our dear father in heaven

and GYE - thank you so much!!

(This group started [here](#) )

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 28 Jun 2013 15:17

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Chachaman, where are you??

By the way I think we all read your name wrong>

**CHACHAM**

, period, we all knew that

so whats

**AN??** thats just to confuse us, chacham!!

have a great shabbs!!

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Re: Tcholent for the Soul (the Group)  
Posted by tehillimzugger - 28 Jun 2013 18:44

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[Avrom wrote:](#)

The problem is that I dont view it as harming me. Being that I watched sooo much shmutz - what is the issue to look at tznius women. I know its ossur, but I tell myself "First stop a couple of months watching porn, when you are back "normal", then you can worry about shmiras eynayim." Help and insight are desperately awaited!! aka: "Help!"

I CANNOT "First stop a couple of months watching porn" as long as I'm still looking at tznius women.

Why?

I am not addicted to Porn, Masturbation, or any particular behavior. I am addicted to Lust. Lust means anything from a quick glimpse of something triggering to a full blown fantasy. Sometimes I take small sips of lust, sometimes I drink huge gulps.

Whenever I indulge in my addiction, I cannot stop until it drags me down to a new low.

That is why I cannot afford to look at women, and sip lust.

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Re: Tcholent for the Soul (the Group)

Posted by some\_guy - 28 Jun 2013 18:58

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Hi everyone,

Thanks for helping me. I don't know what to say. Just, thank you all.

--some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)

Posted by gibbor120 - 28 Jun 2013 19:18

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Most falls start with some sipping and slipping.

See Rambam Hilchos Teshuva [4:4].

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Re: Tcholent for the Soul (the Group)  
Posted by Machshovo Tova - 28 Jun 2013 19:26

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Yeah, they should have signs all over that say: Don't even THINK about looking at women.

MT

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Re: Tcholent for the Soul (the Group)  
Posted by gibbor120 - 28 Jun 2013 21:37

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[Machshovo Tova wrote:](#)

Yeah, they should have signs all over that say: Don't even THINK about looking at women.

MT

ok, if you must

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Re: Tcholent for the Soul (the Group)

Posted by Gevura Shebyesod - 28 Jun 2013 23:16

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What about green ones?

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Re: Tcholent for the Soul (the Group)

Posted by gibbor120 - 28 Jun 2013 23:38

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[Gevura Shebyesod wrote:](#)

What about green ones?

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Re: Tcholent for the Soul (the Group)  
Posted by tehillimzugger - 30 Jun 2013 14:15

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A ticklish elephant?!

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Re: Tcholent for the Soul (the Group)  
Posted by nitzotzeloki - 30 Jun 2013 14:27

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[tehillimzugger wrote:](#)

A ticklish elephant?!

so thats why it's pink! it's tickled pink.

thank you. it all makes sense now

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Re: Tcholent for the Soul (the Group)  
Posted by zvi - 05 Jul 2013 01:15

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Right, peoples of the Cholent pot! It's time for my weekly stir.

Bekitzur, it hasn't been a good week. At all. I've had work experience the whole week... I have no idea if you have that in America, but if you do it may be called anything from work experience, internships or work placements. It does pretty much what it says on the box-it's experience of work. You get to go to an office or a place of work for a week, and experience what its like. Except you don't get paid. So the whole week, I've been moving annoying pieces of data from one Excel spreadsheet to another... and again... and again... you get the picture.

This led to boredom, which led to pent up energy, which led to... well, you can probably guess...

I was down and out, I was seriously depressed, and I really felt like I just wanted to give up. However, B'H, thanks to the amazing guys on GYE I b'H picked myself up again, and am back climbing that mountain...

Just a small thought about how the RSO's running the world, and how we're powerless. I don't know if you've been following the events in Egypt, but I'm assuming you have. Look at this. You have one of the biggest Reshaim in the world elected there a year ago, and everyone panics. What's going to happen with Israel, it's going to be a catastrophe! And then, suddenly, after 4 days of rioting and revolution, he's gone. Just like that. Now look who's running the world... let's apply that to our lives. It may seem like we're gone, we're down and out. But, yeshuas Hashem keheref ayin. He's on our side. Let's do this together.

Have an amaaaazing Shabbos!

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 05 Jul 2013 12:59

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Thanks Zvi!! I just heard (from R' TM Zilberberg) that the real avodas hashem, especially in times before Moshiach, starts AFTER the fall. When the yetzer hora comes and says: "You anyways fell, your a loser.. give up" This is where true strength is needed and built! Ashrecha!

I had a great week BH. I didn't feel a lust at all. ...is that even normal?? When I see a attractive women on the street I say to myself "I don't need this - I can and will be a happy person without looking and fantasizing gorgeous women." This is a new approach - as until now I told myself "Its soooo good - but I can't have it" (aka: Holding your breath) I really hope my plumbing is doing OK - but acting out won't help it (thanks gibbor)

Knowing my past, I know that I have reached a dangerous point. Its when I reach the peak (3-4 weeks) and I feel to have "made it." This is when things go crashing down. This is how its been the past 8 times!! Problem is that this is just "information" - like having a Mashgiach talking. But deep down I still feel safe and secure - never to fall again - and that should be scary.. But somehow it is not.

Have a great kishka!

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Re: Tcholent for the Soul (the Group)  
Posted by gibbor120 - 05 Jul 2013 17:57

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Re: Tcholent for the Soul (the Group)  
Posted by some\_guy - 08 Jul 2013 15:46

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Hi everyone,  
KOT Brothers! ... and have a GREAT SHABBOS!

I was really depressed, but now I am pulling myself out of it. I am one day clean and have no plans to stop there!

--some\_guy/Elias/Eliyahu

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