

The Road to Lizhensk

Posted by Lizhensk - 18 Jun 2013 20:31

Hey guys, ive been on here a bit. i recently changed my name from pleasehelp9753, so if u dont

. But im not letting it get me down (even tho my wife is
) . i so far have a total of 49 days since coming

By the way, side note: ive been working on my Shmiras Einayim, but even if i look, i dont feel any lust towards those women at all. In fact, that doesnt even turn me on, its just a teivah to recognize me, thats why look. And when i act out, thats all it is: a teivah to act out, does that make sense at all? (what im saying is that i think shmiras einayim on the street isnt my problem...)

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Anyway, so i fell yesterday, at day 17
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trying to make it get me down-she means well

Re: The Road to Lizhensk
on GYE. This is gonna be the first count to 90 with all you crackheads helping me, so get at it!!!
Posted by reallygettingthere - 03 Nov 2013 22:30

Woo hoo! Sounds Great!! Keep it up!!

Things are getting better. You can smell h*pe in the air. (not hype)

-Eli

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Re: The Road to Lizhensk
Posted by cordnoy - 04 Nov 2013 06:22

Communication seems to be the key here.

Keep it up Rebbe.

As they say: What is a perfect moment?

To tell you (her), how you make me feel

b'hatzlachah

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Re: The Road to Lizhensk

Posted by ZemirosShabbos - 04 Nov 2013 22:01

Great Stuffffffff!

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Re: The Road to Lizhensk

Posted by Lizhensk - 11 Nov 2013 22:55

I was by an OINK meeting today and we were reading the 12 and 12 book. It says in the first step how veterans in the AA program would challenge newcomers who couldnt bring themselves to admit powerlessness. The challenge was "go ahead and try. Try to have a controlled drink in which you'll snap out of it right away" of course, they couldn't.

On GYE the challenge is given every day, "go ahead and try to lust in a controlled fashion". It usually doesnt work. I read how this would happen to users again and again, but it never really sank in. Until, it happened to me. A few days ago, i was tested by Hashem. I have a blackberry, and discovered that the GYE BB app wasnt working. I immediately reinstalled it, and thanked hashem for helping me. The next day, it happened again. (i have since figured out why and how, i have emailed venishmartem, and was given ideas on how to stop it from breaking again). Instead of reinstalling the app, i figured ill take just a little peek. 2 hours later i was still in the bathroom. I fell harder then i have fallen in a long time.

I think a big factor was my getting comfortable. My main stress factor was calming down, and i was finding myself less stressed and therefore i was confident that i would never do it again. And even if i would fall again, it would be a small quick one and i would get up very quickly. Instead, i fell faster and harder then i have fallen in years. The things i looked at were disgusting

even in the pornography world!

This was on thursday, and i have since plugged up those holes. Baruch Hashem, life is turning around, and i have started to add a tefilla to hashem in every davening about this.

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Re: The Road to Lizhensk

Posted by belzeruv - 12 Nov 2013 00:25

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guardyoureyes.com/forum/19-Introduce-Yourself/216129-The-GROISE-Shtieb?limit=15&start=45

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Re: The Road to Lizhensk

Posted by Machshovo Tova - 12 Nov 2013 01:01

[Lizhensk wrote:](#)

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...i fell faster and harder then i have fallen in years. The things i looked at were disgusting even in the pornography world!...

Sorry to hear about that episode. But to be honest and share my reaction with you, may I remind you of the story about the drunk guy whose children were embarrassed with their father's drunken behavior. So once when he was in a sober state, they took him to observe a drunkard who was wallowing in the filthy sewer. They figured this would help their father realize

how repulsive his drinking habits really are. But instead, the father bent down to the miserable drunkard and asked, "Tell me my friend, where did you get such good wine?"

So my dear friend, I'm sure you get the Nimshal. ??? ????? ??? ????? We're all in the same boat. We all need Rachamei Shomayim every second lest we slip and fall faster and harder... But on the other hand, we all need to realize that it is just a ????? ????? - but actually Hashem is right there, waiting for us to get up and KEEP ON TRUCKING!

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Hatzlacha,

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Re: The Road to Lizhensk

Posted by Pidaini - 12 Nov 2013 01:23

Fell Shmell!!!! Get Up and keep 'n Truckin'!!!!

[Lizhensk wrote:](#)

and i have started to add a tefilla to hashem in **every davening** about this

I know you're gonna kill me for this, but why only in davening?

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Re: The Road to Lizhensk

Posted by gibbor120 - 13 Nov 2013 22:09

Thanks for that sobering share Lizhensk.

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Re: The Road to Lizhensk

Posted by Lizhensk - 19 Dec 2013 22:47

Hey Y'all!!!

So, after the GYE convention in israel (im calling it israel, cuz there were alot of tziyonim there - ech, who cares? we were all there for the same reason...) im officially a DuvidChaimaholic. So that explains the "y'all" in the beginning. I also learned how to say "y'all" in plural: "ALL Y'ALL".

Anyway, so life has been up and down, stress killing me whatever. Anyway, Ive had some times of sobriety, but unfortunately, they havent lasted very long.

But, heres the good news: In OINK, we re-started the 12 steps working it a bit differently. Since then, (its only been a few days, but...) my life has changed dramatically. My outlook in life is changing every day. Baruch Hashem, there have been situations that ive been in that would have caused me to make myself into a position that i would end up acting out, and i was able to diffuse the situation.

I have only been clean a few days, but I feel totally different. In situations that i would've wallowed in self-pity, and in the past i wouldve ended up acting out, I instead surrendered the situation to Hashem, and told myself that Hashem wants me there for whatever reason, and whenever he wants to take me away from this situation, he will. And i felt a total new feeling of serenity surround me, and i was totally at peace with myself.

(Day 4)

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Re: The Road to Lizhensk

Posted by Gevura Shebyesod - 19 Dec 2013 23:50

That's great progress! KUTGWY'A!!!!

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You made a lot of sense

Re: The Road to Lizhensk

Posted by Pidaini - 20 Dec 2013 01:29

OINK OINK PIGGY PIGGY!!!

OINK OINK PIGGY PIGGY!!!

OINK OINK PIGGY PIGGY!!!

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Re: The Road to Lizhensk

Posted by ?????????? ?? - 20 Dec 2013 03:00

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Re: The Road to Lizhensk

Posted by ?????????? ?? - 20 Dec 2013 03:04

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Re: The Road to Lizhensk

Posted by Lizhensk - 24 Dec 2013 22:56

Hey,

Life has been interesting. Last night, there was someone who was not necessarily *trying* to make me feel bad, but he/she was. I was starting to feel bad, and i realized that i was in a very similar situation as right before most of my falls.

So i texted someone, who told me straight up "you can wallow in self-pity, or you can let go and let g-d. Its your choice". So i laid down, read the serenity prayer, and the "direct my thinking" prayer, and surrendered. I told Hashem "You want me here for some reason, and it must be good. When you see it fit to take me out of this situation you will. And even if you don't, it still must be good". Suddenly i was at peace with myself. I went to take a shower and went to sleep, making sure not to lay in a position that would get me slipping.

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so day 9