

Home of Ich Bin Zainer

Posted by ich bin zainer - 04 Apr 2014 03:07

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hi im starting a new thread.im done with the introductions.its been almost a week for being clean.i havent felt so good about myself in a long time.i was litterly dancing in my dorm room last night. but anyway this is my new home .feel free to pos

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 04 Apr 2014 03:57

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mmm the cinnamon cookies you have in the oven smell good. Thanks for inviting me to your home, I feel so welcome! and I looooooooooove the couch.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 04 Apr 2014 05:52

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i want to relate something that happened to me today.\*not connected with lust\* so im in mesivta and my teacher took our class to one of the mountains nearby .after going to the top we had pizza at the bottom.it was already night at that time.and i felt so lonely ,maybe it was because of the dark or lack of friends.but i never felt lonely like this in a normal day in yeshiva.also on the way back, 2 guys were bullying another guy and i felt so weak and vulnerable. so how do you guys think i should deal with the loneliness and bulling\*im 17\* thanks

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Re: Home of Ich Bin Zainer

Posted by dms1234 - 04 Apr 2014 07:27

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I hear you. I also feel lonely at times. I live in a small community and I'm the only from guy my age. It gets tough. Can you try to make friends with someone in your class? I am sure there is someone you can relate to. Same interests..etc

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 05 Apr 2014 01:38

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b:h its a week since i started gye and its been amazing.over the past few days ive had to say no to the yetzer harah a couple times.once i almost was going to fall but i reminded myself that i would have to start my count again so i didnt do it.i also started trying to keep shmiras aynayim.i never really knew of the halachos.it realy keeps the trigers in control.hopefully next week i can post that im still clea

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 05 Apr 2014 02:00

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maybe i should just stop posting my progress i dont realy have any fasinating tips or stories just plain old stuf

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Re: Home of Ich Bin Zainer

Posted by mr.clean - 05 Apr 2014 02:07

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Nah keep posting if u feel it help and it probably does because not everyday is the same and sometimes people can have very helpful insights that can really give u good tools for next time

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 05 Apr 2014 02:19

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Stopping to post is the silliest thing you could do [short of, I don't know, spending all your money on rubberbands].

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 05:34

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hey everyone.i've been clean for 8 days so far and am really proud of myself.i feel this urge building ,not induced by thoughts but by physical pleasure any advice

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 05:34

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hey everyone.i've been clean for 8 days so far and am really proud of myself.i feel this urge building ,not induced by thoughts but by physical pleasure any advice ?

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 06 Apr 2014 05:37

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What do you mean induced by physical pleasure?

Do you mean that you're proud of yourself and therefore thinking that you can now go ahead and look at women to reward yourself? In other words, are you that alcoholic who celebrates being sober a month by going out to the bar and getting drunk? Or do you mean something else?

CONGRATS ON THE EIGHT DAYS!

WE KNOW YOU CAN DO IT!

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 06:01

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first thing first, one of the reasons why i mas. is because its pleasurable.so even without erotic thoughts i still want to mas. just for pleasure.and second maybe i am getting ahead of myself what should i do to on the one hand feel good about my accomplishments and on the other hand not get to overconfident?

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 06 Apr 2014 06:09

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If you want to masturbate for pleasure then what's the problem? I cannot masturbate for pleasure because I know I feel tortured afterwards. If your conscience will not torture you, I don't see how you got to this site in the first place. I think someone who comes to this site comes here because masturbation was losing all its pleasure.

As to how to feel good and not get overconfident: By constantly remembering that you're in the danger of falling.

I like writing short and to the point, if you want me to elaborate more, ask me, but I'm sure others will respond as well.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 06 Apr 2014 06:18

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its an avera thats why i want to stop also because its a stupid tayva which creates tonz of issues.let me list some 1.always scared parents will find out 2.avoiding them because you think they know and might bring it up 3.therefore u have no close relationship with them 4.feel like a rasha etc. so anyway even though i find it pleasurable i still want to stop

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Re: Home of Ich Bin Zainer

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Posted by TehillimZugger - 06 Apr 2014 06:29

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Okay, so I want to stop. But I want the pleasure.

The gemara says about a bee: Loi miduvshach veloi miuktzach. "Keep your honey, and don't sting me".

Everything in this world has to be measured, what are the pros and what are the cons, the gains and the losses.

Basically I'm not willing to accept that the one thing in my life that gives me pleasure, that makes me comfortable, has to be given up.

We make a decision. Either the profit is worth the investment, or it's not. But we don't keep investing in something that we see is failing just because we don't have a different place to invest.

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