

Lomed's Thread

Posted by lomed - 25 Feb 2015 16:44

I am starting the 90 days. I hope to be bezras hashem this year in miron for lag beomer. although I don't feel much will power now to overcome this struggle, I decided to start a 90 day journey to try to get clean. I will need much chizuk. but even one day is worth. I hope in zchus of the rashb"ee I will get closer to become clean.

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Re: Lomed's Thread

Posted by lomed - 17 Aug 2017 19:34

I just came across this picture. it brought me back to how i always hid my phone and had fair that she shouldn't see it. BH today odaat i no longer need to hide my phone from my wife.

TFLMS

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Re: Lomed's Thread

Posted by lomed - 21 Aug 2017 16:25

Hi,

There is an interview on the david Ilchtenstein show, where our own Yakov for GYE is interviewed.

You can call it in at [732-806-8700](tel:732-806-8700) . I think it is on Number 6.

podcast.headlinesbook.com/e/81717-dealing-with-internet-addiction/

There is a long intro From David, and then there is a few interviews.

with Rabbi Aharon Lopian Rosh HaYeshiva Lev Aryeh, Yerushalayim - (12 mins)

with Yaakov N. Founder of Guard Your Eyes - (25 mins)

Interviews with recovering addicts and victims - (49 mins)

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Re: Lomed's Thread

Posted by cordnoy - 21 Aug 2017 18:28

[lomed wrote on 21 Aug 2017 16:25:](#)

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Listened live; did me more harm than good.

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Re: Lomed's Thread
Posted by lomed - 21 Aug 2017 18:47

Cordnoy, Please explain

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Re: Lomed's Thread
Posted by cordnoy - 21 Aug 2017 19:37

[lomed wrote on 21 Aug 2017 18:47:](#)

Cordnoy, Please explain

There are lies, damn lies and then there are statistics.

Several things were said that I believe were inaccurate. Several things rubbed me the wrong way.

I will not post here specifics.

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Re: Lomed's Thread
Posted by lomed - 21 Aug 2017 19:59

Sorry to hear that.

I believe u may be right. although i am ot sure what specific u are referring to. However I admire the courage of the ones that speak on that show. I believe that bringing it to the front line will be very helpful to many out there that are struggling.

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Re: Lomed's Thread

Posted by lomed - 12 Sep 2017 19:46

I sent this to a member in private message, and felt it worthwhile to post it here:

Hi,

We were chatting and it seems that you have logged off in the middle. What it seemed like is that you are going through a rough time. I looked up your profile and wanted to see if there is any way that I can help you. However, you have not posted since you signed up on this website over a half year ago. So there was no info or posts that you have shared and no way for me and others to be able to offer you much help at all.

So what I want to tell you is that perhaps I have been there and done what you have done. I went through lots of tough challenges. I was convinced that this terrible secret and pain will go with me down to my grave. I was living a double life.

through the help and the support of many here on this site, my life BH turning around to the better. I have not acted out one day at a time, since 1/16/17. On one day before i had a slip and acted out. Before that I had 690 days.

This is a great gift that Hashem has given to me, long after I gave up on ever recovering from this mess. I worked hard, but without Hashem i would not been able to do it.

I believe that if i can stay clean, and if Hashem can keep me clean, he can keep you clean as well.

I wish you all the best

Lomed

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Re: Lomed's Thread
Posted by Hashem Help Me - 12 Sep 2017 21:09

Beautiful!

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Re: Lomed's Thread
Posted by Shivisi_Hashem - 12 Sep 2017 22:30

great post.... thank you

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Re: Lomed's Thread
Posted by Shlomo24 - 13 Sep 2017 01:10

@lomed You're a hidden gem of this forum. Your humility is admirable.

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Re: Lomed's Thread
Posted by lomed - 16 Oct 2017 14:52

Hi Chevra,

Wanted to let you al know that I am very grateful that i am today sober for 9 month. This is a great miracle. If you would ask me 9 month ago after my fall, if i can stay sober for this long I wouldn't be so sure it can be done. With Hashem's help one day at a time, i was focused and determined, and am still sober today bh. I did alot for my recovery, and davened alot for it.

Wishing you all a clean and sober day many many days.

lomed

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Re: Lomed's Thread
Posted by Shivisi_Hashem - 16 Oct 2017 15:10

[lomed wrote on 16 Oct 2017 14:52:](#)

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lomed

Lomed, keep it up, you are our model, ??? ?????????? you are doing great.....

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Re: Lomed's Thread

Posted by lomed - 28 Jan 2018 21:16

Hi,

Thank God I am sober today one day at a time for a bit over a year. i am very grateful for that. Currently i am very active on the Yiddish speaking site. Therefore dont comment here too much.

Wishing you all a clean and sober day.

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Re: Lomed's Thread

Posted by gibbor120 - 06 Feb 2018 21:30

MAZAL TOV! May you have continued hatzlachah!

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