

I'm back!

Posted by polar bear - 06 Nov 2015 19:45

Hello folks,

I've been gone for a while - many ups and downs... but that's in the past.

I've gained some experience both in the real world and on GYE, also, I have discovered more about myself and why I am in the situation I am currently in. and now I'm coming back better and stronger!

First off - I will attempt to keep you good people updated daily - unless I am not online - which I intend not to be.

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Re: I'm back!

Posted by iwant2begood - 29 Dec 2015 19:46

I have the same question that who says that I'm addicted but the truth is that no matter what it is you can't stop the yetzer doesn't want you to join gye because it's kind of putting him out of business tell him not to sell garbage and just keep on posting hope to see you in 87 days on the Medal of Honor good luck!! We're gonna do this!

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Re: I'm back!

Posted by polar bear - 30 Dec 2015 17:48

Hello, doing good today, I think. I ended up wasting time viewing stuff yesterday, but it was way later in the day and there wasn't much time to waste.

I made it to minyan for the past 24 hours. So that feels good.

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Re: I'm back!

Posted by iwant2begood - 30 Dec 2015 18:08

Glad to hear that keep on going strong! Theta a saying " when you walk backwards you fall" just stay focused ahead good luck!

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Re: I'm back!

Posted by polar bear - 31 Dec 2015 14:59

Ok, yesterday was kind of a disaster. I missed minyan once, then I wasted most of the day viewing stuff. When I got home, there was a moment there where lust almost took over me, and if I would have let it get in just a little, I probably would have ended up falling. But Baruch HASHEM I didn't give the Yetzer Hora that little moment, and nothing happened. I have to go now, so I don't end up staying here all day.

Hope everyone is well, see you tomorrow.

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Re: I'm back!

Posted by markz - 31 Dec 2015 15:11

Unfortunately in recent times I also haven't been able to daven with minyan

The first 2 months of my 90 day chart, I didn't make it to shul

Davening with a minyan has NOTHING to do with sobriety

Everyone that davens with minyan 3x daily is sober?

what I wrote isn't absolute, but to a large part may be very true

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Re: I'm back!

Posted by Getting married - 31 Dec 2015 17:51

[polar bear wrote:](#)

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Hope everyone is well, see you tomorrow.

I can say that I'm davening with minyan 3x a day 90 % and I'm able to fall badly in that day so I think you are putting in your head that if you have fallin with minyan you can fall with viewing and... .. Sorry but thats not true its 2 things just my 2 cents

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Re: I'm back!

Posted by abe2710 - 31 Dec 2015 18:33

Hey! its good to know that i'm not the only one who misses a minyan!

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Re: I'm back!

Posted by Shlomo24 - 01 Jan 2016 03:53

OHHH BELIEVE ME that you aren't the only porn struggler that misses minyan, dov could have a field day about this.

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Re: I'm back!

Posted by Yesod - 01 Jan 2016 05:41

The ezras nashim helps me stay sober, that's why i always make sure to be the for minyan, especially on shabbas in the summer.

Its a very special time, and holy too

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Re: I'm back!

Posted by BenTorah.BaalHabayis - 01 Jan 2016 06:11

[Yesod wrote:](#)

The ezras nashim helps me stay sober, that's why i always make sure to be the for minyan, especially on shabbas in the summer.

Its a very special time, and holy too

I don't know if I should laugh or cry at that statement, but it's so true. My favorite was dancing with the sefer torah on Simchas torah with the mechitza removed so the women can watch (or) Ah! Such kedusha...

Anyway, I second the notion that davening with a minyan has no bearing on sobriety. I daven with a minyan 3x a day and learning a seder in yeshiva and was still acting out. It made no difference.

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Re: I'm back!

Posted by stillgoing - 03 Jan 2016 23:39

I don't think Mr. PB meant that it is impossible to act out if you daven with a minyan. gye would change its name to gym (guard your minyan), on the other hand, if someone is struggling to daven with a minyan, feels bad when he misses, and feels good and happy when he makes it, there is no denying that it can have a positive effect on the recovery. And the truth is, that it's not only the "good feeling" that helps along the sobriety, daivining itself is connecting with the Higher Power. When done right (which practically speaking is usually in a shul and not in the office) helps one to connect to Hashem, and ask Him to take over our uncontrollable life. There

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Re: I'm back!

Posted by polar bear - 04 Jan 2016 03:50

Is Stillgoing implying that davening with minyan is equivalent to doing some of the steps with SA? Good point. I do say some extra Tehilim after davening that HASHEM help me I shouldn't fail today. So maybe minyan is a built in SA for us. It does include Vidui. There's even that pasuk after Shemonah Esrei that contains the first letter of your name in it. only in minyan it doesn't follow with everyone saying hi to you after introducing yourself in the pasuk. After Birkot Hashachar, we say "Hayom - ubechol yom" focusing on today in order to influence the future. And of course the fact that it keeps us from being alone for too much time.

Davening with a minyan doesn't always keep me clean, but it does point me in the right direction for the day. If I don't daven with minyan, I have a higher chance of feeling like I can spend a minute here and there wasting away online, since, well, I've already started the day on the wrong foot. And I do feel like there's a big deference between the days I daven in a minyan and the days I don't regardless. And, well, I would join Dov on that field trip - as long as we stop to

I was going to document my journey on the 90 day chart, but interacting with this topic is much better - it makes me forget I was in a struggle in the first place. Thanks guys!

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Re: I'm back!

Posted by Getting married - 04 Jan 2016 04:02

[polar bear wrote:](#)

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I was going to document my journey on the 90 day chart, but interacting with this topic is much better - it makes me forget I was in a struggle in the first place. Thanks guys!

Im sorry that I will repeat it but it really bothers me when you are saying it that you have more chances to fall when you missed minyen not saying that we don't have to ask hashem for help but hashem loves you (us) even when we are not daving with minyan and even when we fall there is no excuse because you missed you can fall don't mix beer with coke its totally 2 different things

Hatzloche

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Re: I'm back!

Posted by polar bear - 04 Jan 2016 04:08

daven with a minyan on the way...

I am not saying that if you fall it was because you missed minyan. I'm just sharing my own personal experience, and how I deal with it. Each one here has his own challenges and how he copes with them. Possibly for some of you going to minyan is a challenge because you get the chance to peek into the Ezras Noshim. This is just what works for me... Or sometimes doesn't.

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