

Here we go

Posted by Aryeh821 - 16 Mar 2016 18:51

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Day 1

all right here i begin

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Re: Here we go

Posted by markz - 10 Apr 2016 14:28

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Is there anyone you feel safe to talk to in your neighborhood that could serve as a coach for you?

Or a local softspoken kindhearted rebbi that can be a shoulder for you, even only once a month

Im not asking if you're comfortable doing this.

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Re: Here we go

Posted by cordnoy - 10 Apr 2016 14:53

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Yikes!

Do I bite?

Bark?

Yell?

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Re: Here we go

Posted by cordnoy - 10 Apr 2016 14:54

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Try Dov's conference call.

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Re: Here we go

Posted by Workingguy - 10 Apr 2016 14:55

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[cordnoy wrote on 10 Apr 2016 14:53:](#)

Yikes!

Do I bite?

Bark?

Yell?

I think it's that you and Dov have your names in red.

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Re: Here we go

Posted by Shlomo24 - 10 Apr 2016 15:01

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[cordnoy wrote on 10 Apr 2016 14:53:](#)

Yikes!

Do I bite?

Bark?

Yell?

No, your horn is very loud.

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Re: Here we go

Posted by markz - 10 Apr 2016 15:02

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[Workingguy wrote:](#)

[cordnoy wrote:](#)

Yikes!

Do I bite?

Bark?

Yell?

I think it's that you and Dov have your names in red.

Thanks Workingguy you saved the day

Aryeh feel free to call Cordnoy, I did last week for my first and hopefully not last time

Hes such a soft nice guy, if you need anything he'll detour his truck for you, to give you a lift...

And he's humble too...

Telling you to join Dov's call, when cordnoyss is the only one I've listened to sporadically, and must say, you gotta listen to his!!

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Re: Here we go

Posted by cordnoy - 10 Apr 2016 15:14

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[markz wrote on 10 Apr 2016 15:02:](#)

[Workingguy wrote:](#)

[cordnoy wrote:](#)

Yikes!

Do I bite?

Bark?

Yell?

I think it's that you and Dov have your names in red.

Thanks Workingguy you saved the day

Aryeh feel free to call Cordnoy, I did last week for my first and hopefully not last time

Hes such a soft nice guy, if you need anything he'll detour his truck for you, eg to give you a fork or a lift...

You received a call.

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Re: Here we go

Posted by cordnoy - 10 Apr 2016 15:17

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And I'm not humble, I'm haughty.

I never have calls on Sunday (Dov does), and I'm still off this week.

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Re: Here we go

Posted by markz - 10 Apr 2016 15:18

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[cordnoy wrote:](#)

[markz wrote:](#)

[Workingguy wrote:](#)

[cordnoy wrote:](#)

Yikes!

Do I bite?

Bark?

Yell?

I think it's that you and Dov have your names in red.

Thanks Workingguy you saved the day

Aryeh feel free to call Cordnoy, I did last week for my first and hopefully not last time

Hes such a soft nice guy, if you need anything he'll detour his truck for you, eg to give you a fork or a lift...

You received a call.

Even better

btw Aryeh I edited my post cord' quoted

Cordnoy will not ask you for your name address where you live or if you are alive... maybe the last one he will...

Ok, take it or leave it

If you need my number just to break the ice PM me

KOT

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Re: Here we go

Posted by Aryeh821 - 13 Apr 2016 03:07

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Day 3

firstly I really appreciate all the support guys I can't describe the feeling I get when I come on to the forum and see that I have any , all the more so 9 replies to my post so really thanks for that

so feeling a little down cause a bais medrash bachur that I'm close to in my yeshivah isn't coming back after pesach and is going to eretz yisroel to learn happy for him but sad for me (me father Always tells me not to feel sorry for myself but I guess it just doesnt stick)

any ways so markz I actually have a mashgiach that knows about my problem and is really supportive but through fault of his at all I Just don't get the same felling talking to him as I do when I'm talking to someone who I can relate to more and seems more for lack of better term human - it's actually wierd I wanted to talk to him about chizuk about watching movies over bein Ha'azmanim and also hanging out with girls (normally not a problem but I'm going to a pesach hotel (more on this later)) but I was really nervous which makes no sense seeing as he know that I have watched porn and masturbated so I chickened out today but I'm going tommorow

so I would love to try calls but with my yeshivah schedule they don't really work but B'H Bali neder I'm gonna try during Bain ha'azmanim

So as I mentioned earlier the washroom was a big problem for me and This time round I figured I gotta do something different so I was thinking about it and something that dov said in a post popped into my head it was something along the lines that some people "romanticize" certain situations like yichud (i hope I got that right) and I felt like I had done that to the washroom every time I needed the washroom I used to fret over would I masturbate or not or what I would fantasize about so I said to myself "Aryeh calm down your just going in there to go to the washroom nothing more" and it worked wonders

markz My pick-axe is packed away as winter is supposed to be over but I'll see what I can do thoughts?

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Re: Here we go  
Posted by markz - 13 Apr 2016 13:21

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You're upset losing a good friend, and concerned about the upcoming hotel

Off the cuff - I say "*k'neh l'cha chaver*"

Go out and looks for great companionship, even if it costs an arm and a leg, and do that at the hotel too

Btw do they allow trucks in the hotel lobby?

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Re: Here we go  
Posted by Aryeh821 - 15 Apr 2016 21:14

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Hey chevra I'm feeling very angry and sorry

mostly angry at myself for not controlling my eyes my brain my mouth nothing really also I'm feeling angry at Him I really shouldn't be but why couldn't he give this titanic challenge to someone else or better yet no one He knew I would keep failing so horribly



also feeling (in case you couldn't tell) really sorry for myself

but as always onwards

good shabbos all

thoughts

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Re: Here we go

Posted by markz - 15 Apr 2016 21:43

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Aryeh

it sounds as though there's a lot of feelings heated up here

We were put here to deal with them, not to bury them

There's a book that a lot of guys use which deals with this I think, and Cordnoy is proficient at.  
And he's starting his call again on Monday 120pm Est.

Please try your utmost to listen in

You don't have to say hi. Let me know what you think about it

Im with you all the way!!

**FSJKOMT!!**

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Re: Here we go

Posted by realsimcha - 17 Apr 2016 03:39

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[Aryeh821 wrote on 15 Apr 2016 21:14:](#)

Hey chevra I'm feeling very angry and sorry

mostly angry at myself for not controlling my eyes my brain my mouth nothing really also I'm feeling angry at Him I really shouldn't be but why couldn't he give this titanic challenge to someone else or better yet no one He knew I would keep failing so horribly

also feeling (in case you couldn't tell) really sorry for myself

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good shabbos all

thoughts

Ouch. I used to say that all the time. Now I am grateful for the chance to serve Hashem with the wind of recovery at my back. I just pray that this feeling will remain with me and I am determined to do my darndest to make sure that happens. Hang in there! Good things ahead! Dont give up even if you fall 1000 times. Just keep trying, thinking. and being courageous enough to do things differently in the future. Hatzlacha.

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