

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 thanks613 - 21 Apr 2016 16:09

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Safe trip Aryeh. Keep us posted and have a great Yomtov

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Re: Here we go

Posted by Aryeh821 - 27 Apr 2016 19:59

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Hey all so I fell Monday yesterday and today (Although it was only searching triggering photos and not masturbation with a finish and some people don't count that as a fall I do) my shmeras einiem has been horrible but in terms of hanging out with girls I was good except for last night when while I was talking to my cousin two girls sat down next to us I should have gotten up but didn't (more later have to go now)

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Re: Here we go

Posted by markz - 27 Apr 2016 20:06

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I see you're here still (hoverin on the page)

please stay with us

And I'd be the first to agree with you that Vegas and all environs are triggering

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Re: Here we go  
Posted by Aryeh821 - 27 Apr 2016 20:54

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Continuing from before (just had to run to lunch) so after the girls sat down I didn't get up I didn't really engage them and although I should have gotten up there was a bit of a victory as I didn't engage them and didn't show them a really cool magic trick I had that would have really started a conversation

before all of my falls when the lust hit I had and idea to reach but thought nah I'll win this time ETC so my resolution is just that next Time lust hits I'm gonna reach to someone on the site

thoughts?

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Re: Here we go  
Posted by markz - 27 Apr 2016 21:02

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I don't have much to say

I think your parents don't realise what challenging situations they unwittingly put you through, eg mixing with girls, or unfiltered devices

I don't know for sure, but I think there are brave steps you can take to be successful!

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Re: Here we go  
Posted by Aryeh821 - 02 May 2016 21:38

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Hey chevra I fell again today I have to be honest with myself I had numerous ways I could have

reached out or distracted myself what I realized is that I still want to fall and have not yet reached rock bottom a bit depressing that I still want to fall but I recognize the issue

thoughts?

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Re: Here we go  
Posted by Shlomo24 - 02 May 2016 23:25

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FSKOT

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Re: Here we go  
Posted by Aryeh821 - 02 May 2016 23:30

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[Shlomo24 wrote:](#)

FSKOT

What does that mean

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Re: Here we go  
Posted by markz - 02 May 2016 23:41

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It only sounds good in Gemara Nigun

FS

Fell Shmell (ay ye yai, twist 3 thumbs)

KOT

Keep On Trucking (yeah)

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Re: Here we go  
Posted by inastruggle - 04 May 2016 15:36

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[Aryeh821 wrote on 02 May 2016 21:38:](#)

Hey chevra I fell again today I have to be honest with myself I had numerous ways I could have reached out or distracted myself what I realized is that I still want to fall and have not yet reached rock bottom a bit depressing that I still want to fall but I recognize the issue

thoughts?

I know exactly how you feel. That's the way I felt for the last while until I came back to gye. A big part of it may be that once we fall, we feel like we might as well keep falling because we aren't going to be ruining our streak anyway.

If you can give yourself more of an incentive to be clean *now* it might help.

Get a piece of paper, list all the reasons you want to stop, list all the ways falling affects you negatively, and write out some sort of taphsic for a short while.

Once you have a decent streak it should get easier.

I found doing these things helpful. You don't really have much to lose by trying it.

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Re: Here we go  
Posted by stillgoing - 04 May 2016 21:33

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[markz wrote on 02 May 2016 23:41:](#)

It only sounds good in Gemara Nigun

FS

Fell Shmell (ay ye yai, twist 3 thumbs)

KOT

Keep On Trucking (yeah)

Markdechi, I dingzech on you. L'chora it's clor that that the oise FellShmellKeepOnTrucking has to be said b'toch k'day dibbor. (twist 3 thumbs) You KeepOnTrucking af al pe kain that you FellShmell (not you chash v'sholom, d'yener mench) There can't be a hefsek between the FellShmell and the KeepOnTrucking.

Maskim?

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Re: Here we go

Posted by markz - 05 May 2016 03:50

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[bardichev wrote on 01 Jul 2009 22:51:](#)

I WAS ASKED THE QUESTION WHAT IS THE TERM I HUMBLY COINED FELL SHMELL MEAN?

HERE GOES

LIFE IS A ROLLER COASTER

WHATEVER GOES UP MUST COME DOWN

BALLS IN THE AIR,ELEVATORS, STEPS, LADDERS. STOCKS, REPUTATIONS, ETC..

IF ONE FALLS IN AVODAS HASHEM YOU SAY

OK I FELL AND YOU MOVE ON

FALLING IS NOT DEFEATED DEFLATED

DON'T PLAY VICTIM WITH YOUR SELF JUST SAY FELL SHMELL AND MOVE ON

WITH LOVE

TRYING TO BRING HAPPINESS AND HUMOR BACK TO ALL HERE

VAYIGBA LIBO BIDARKIE HASHEM

BARDICHEv

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Re: Here we go

Posted by Aryeh821 - 06 May 2016 20:50

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Thanks for all the input guys I really appreciate it just checking in to update that it's going good

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Re: Here we go

Posted by Aryeh821 - 08 May 2016 02:12

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Hey all I'm still sober but I had a bit of a incident probably a half an hour before shabbos I was about to break down and fall I was waiting for the device I was going to use to finish updating a few moments before it did I turned to G-D and Said G-D when that device turns on I'm done I can't fight this please , please take this away from me because If not I'm lost and He did

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