

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Feb 2017 04:32

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Thanks guys  
encouraging and thoughtful that i know i can do this for good !

HHM:

Thank you for your' chizuk

BB:

51 days ago i would have just surfed utube and wasted a lot of time because of these urges and would have considered it lust.

Cordnoy:

maybe it's lust maybe not I don't know

the desires were subdued since I came here and is the first time I'm really dealing with thoughts of going back to where I was before

I did not think that the just disappeared but really was waiting for this to happen and now I want to know if I really am not an addict or am I fooling myself hence I reach out to you and the others in my gye family for help and understanding

Thanks for talking me through this guys

B'hatzlacha

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Re: I will make it b"h

Posted by cordnoy - 08 Feb 2017 04:36

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Forget the addict question.

What are you doin' to change?

And please don't say, "I'm not lookin' at porn and I'm postin'," for that's not inner change.

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Re: I will make it b"h

Posted by bb0212 - 08 Feb 2017 05:07

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[MayanHamisgaber wrote on 08 Feb 2017 04:32:](#)

BB:

51 days ago i would have just surfed utube and wasted a lot of time because of these urges and would have considered it lust.

This was the answer I was expecting. Lust is in our nature. We're going to have "good days" where we are in complete control. Other days will be ?? ????? ????? ?? ??? ????? days. I'd imagine that the stronger we get, the more we succeed. The more we succeed the more days we have complete control. But on those down days.. That's just us being men. That's how we were created, that's the challenge and we CAN win, with our Abba's help.

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Re: I will make it b"h

Posted by Singularity - 08 Feb 2017 08:25

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[MayanHamisgaber wrote on 07 Feb 2017 20:24:](#)

HHM

Thank you, not to sound depressed, like i said at day 30 so what but now I'm saying it not out of stress or frustration rather while it is a nice accomplishment I still have to realize that this in no way means that I am cured and must always be on guard hence just trying to get through now and only now.

B"H nothing to stressing today imagine that....

B'hatzlacha

Not depressed. Just realistic!

Fireworks. Fireworks for day 50! If you want, time your next day 50 (*lo aleinu*) for July 4th.

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Feb 2017 12:59

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[cordnoy wrote on 08 Feb 2017 04:36:](#)

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for inner change I'm trying to be honest with myself about my ego anger and self esteem figuring out when and why I get angry/egoistic and working on these middos thru mussar and talking to friends and family.

Also listened to the chossen shmuzzen by R' Fuerman(or however you spell it) also downloading and listening to Dov's calls and reading the different advice found here and trying to decide what works for me from all of these places.

Is there something else should try?

Thank you for takking time to help me

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Re: I will make it b"h

Posted by cordnoy - 08 Feb 2017 13:44

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[MayanHamisgaber wrote on 08 Feb 2017 12:59:](#)

[cordnoy wrote on 08 Feb 2017 04:36:](#)

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Ate you tryin' to figure this all out by yourself?

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Re: I will make it b"h

Posted by cordnoy - 08 Feb 2017 13:44

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[MayanHamisgaber wrote on 08 Feb 2017 12:59:](#)

[cordnoy wrote on 08 Feb 2017 04:36:](#)

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Are you tryin' to figure this all out by yourself?

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Feb 2017 18:16

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since coming on to gye yes with the exception of talking to my wife no-one knows about this

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Re: I will make it b"h

Posted by cordnoy - 08 Feb 2017 19:11

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[MayanHamisgaber wrote on 08 Feb 2017 18:16:](#)

since coming on to gye yes with the exception of talking to my wife no-one knows about this

Food for thought

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Feb 2017 20:54

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have thought about it alot already posted about it and you said time to get a new rebbe

I agree but that is easier said than done as I really don't want to let more poeple into my private

life

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Feb 2017 20:59

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sorry cordnoy you did not say it's time to get a new rebbe gevurah did it's on page 5

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Re: I will make it b"h

Posted by Hashem Help Me - 08 Feb 2017 22:58

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[MayanHamisgaber wrote on 08 Feb 2017 20:54:](#)

have thought about it alot already posted about it and you said time to get a new rebbe

I agree but that is easier said than done as I really don't want to let more poeple into my private life

No one is suggesting "people". If you choose well, one good mentor may be worth that discomfort. You can speak anonymously on the phone from a google voice phone number and get the advice, chizuk you may thrive on. But the decision is yours.

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Feb 2017 23:11

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At the risk of an outpouring of love from many here I'll say my reason why right now i do not want to find one

1)I am looking t move back to the states soon and it could get complicated

2)I feel that working on the 3 middos mentioned above should at least curb this beast inside me and so far only I can change me by being brutally honest with myself.

True having a mentor or rebbe to talk to is a good thing but so far I have made very good progress by talking to my wife parents and friends and I see no reason why this cannot continue to work.

Anyones thoughts or comments are welcome and who knows maybe I am wrong I am not afraid to be wrong wont be the first time and probably wont be the last time either

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Re: I will make it b"h

Posted by Markz - 09 Feb 2017 02:38

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[MayanHamisgaber wrote on 08 Feb 2017 12:59:](#)

[cordnoy wrote on 08 Feb 2017 04:36:](#)

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downloading and listening to Dov's calls and reading the different advice found here and trying to decide what works for me from all of these places.

Is there something else I should try?

(From a later post) True having a mentor or rebbe to talk to is a good thing but so far I have made very good progress by talking to my wife parents and friends and I see no reason why this cannot continue to work.

Thank you for taking time to help me

Can we have a convo. Do you mind if I inquire my dear brother what's going on

1. Can you explain working on these middos thru mussar. What does that mean exactly
2. "figuring out when and why I get angry/egoistic". I'm clueless how to do that myself. How are you managing
3. "Talking to my wife parents and friends" about the weather? About porn?

All the best - my brother!!

GET YOUR SNOW TRUCK OUT AND KEEP ON TRUCKING!!!

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