

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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 Markz - 06 Sep 2017 23:01

How I'm cutting back?

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

I had the same ichy feeling of new year again, and am making a resolution not to take on resolutions that are out of my league for today

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Sep 2017 11:12

My only resolution is to KOTNMW

Yet I still have this ichy feeling.....

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Re: I will make it b"h

Posted by MayanHamisgaber - 10 Sep 2017 19:03

I hate myself I feel like a loser that cannot make himself a better person....

Here is why

Friday almost ready for Shabbos wife goes to take a shower and suddenly I have access to an unfiltered computer. B"H no falls or slips but how the hell can I even think let alone be fighting with myself to not surf for some porn WHEN BOTH MY KIDS WERE AROUND!!!!

Kept myself busy with last minute things till my wife came out of the shower and B"H nothing happened.

But I was and still am really shaken that I had such a strong urge after all this time makes me

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Re: I will make it b"h

Posted by Markz - 10 Sep 2017 19:08

[MayanHamisgaber wrote on 10 Sep 2017 19:03:](#)

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Here is why

wonder how I will get thru Sukkos.
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Maybe make a competition with yourself and see how long you can stay in wonderland...

I didn't hear of any Trump deportations happening there, so as long as you wish to stay with Alice enjoy yourself

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Re: I will make it b"h

Posted by MayanHamisgaber - 10 Sep 2017 19:14

[ben durdayah wrote on 09 Jan 2011 19:16:](#)

I also used to let that eat me up.

But who says that that's a goal that we should set for ourselves?

Also, that's part of B'makom Sheba'aei Teshuva Omdim, Ain Tzadikim Gemurim Yecholim La'amod.

We have that feeling that we're farfahlen to deal with (among other things) and that's a good way to tap in to "Leiv Nishbar VeNidkeh, Elokim Lo Sivzeh".

And one more thing, what's the Nafka Minah if you wind up like your friends who (as far as you know) never had this addiction -

L'maaseh this whole business of yes like friends/not like friends -IMHO- is lots of hooey, hogwash, bologna (*pronounced baloney*), **shtissim, shtuyot, and for our friend Yoeli with the lithp -B.S.** (*I heard an Israeli chassidishe guy say that today und Ich zug dir tzi az er veist nisht vus s'maint bichlall; my mother washed out my mouth with soap when I innocently repeated the second half of that word*).

Tachlis -Are you happy the way you are? When someone chalilah has yenner machlah, he's busy worrying about his not looking like his friends, or whether the treatments will work and he'll survive?

My dear friend -I have a problem, you have a problem, we have a problem. **Any Jew who is frum and looks at P***, hangs out with shiktzas** (*actually they might be shekatzim, after all if you present yourself as some anonymous John, so can the person you're chatting with*) **online, can't give up M***N HAS A SERIOUS PROBLEM!!!**

Because by definition, most people who live a frum lifestyle -and I'm not even talking about a shtickle ben-Torah, just your average Yossel -have Yiras Shamayim.

And if a guy with Yiras Shamayim in all other areas of life, a guy who has (in general) a wife, kids, other family members, a job or a Kollel, a good (or at least decent) reputation, and whatever else your average Yossel has knowingly and with open eyes places all of what's good in his life on the line in order to watch P***, hang out online with shiktzas, and M**** until he starts losing the ta'am in anything he ever enjoyed **HE IS AN ADDICT!!!**.

His friend might not be.

So it's a choice, worry about **me**, or worry about if I'm going to ever be like my 'normal' friends...

Worry about **today**, because without today -there is no tomorrow.

And I'm not a Rebbe, Navi, or fool who gives out havtachos. I haven't even been around here that long. But I am 100% sure, so I will guarantee you that if you get with the program here, and get clean -**you will be so happy, and so satisfied that you won't be able to care less if you are like your 'normal' friends or not. You'll be happy just the way Hashem made you.**

Besides, maybe your 'normal' friends:

a. are here now.

b.were here in the past.

c.could **really, really, really desperately** use to be here, and weren't yet zocheh.

d.were never here, don't need to be here, and never will.

What's the big difference?

I'm here with you, and for you -if you want,

Eli Ben Durdayah

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Re: I will make it be"h

Posted by MayanHamisgaber - 10 Sep 2017 19:16

[Markz wrote on 10 Sep 2017 19:08:](#)

[MayanHamisgaber wrote on 10 Sep 2017 19:03:](#)

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Agreed

The main point was that I am feeling down about myself right now I will deal with Sukkos if and when I get there....

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Re: I will make it be"h

Posted by Hashem Help Me - 10 Sep 2017 19:23

Urges are urges. And they can be tough. BH you distracted yourself. If i may ask, what's the plan for next time? (And unfortunately there will probably be a next time)

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Re: I will make it be"h

Posted by MayanHamisgaber - 10 Sep 2017 19:29

I have # of quite a few fellows here

I can always find thing to distract myself with

I can try to leave the room/environment

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Re: I will make it be"h

Posted by Hashem Help Me - 10 Sep 2017 20:10

All great ideas. When we come with a plan, we have much greater chance of success. May Hashem lift your spirits and give you a geshmake yom tov. If you want to see how crazy urges can get, look at my recent post on my thread My Story and G-d Bless GYE. Hatzlocha

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Re: I will make it b"h

Posted by dms1234 - 10 Sep 2017 23:18

You can always call me? I am free now!

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Re: I will make it b"h

Posted by MayanHamisgaber - 11 Sep 2017 21:02

Calming down somewhat

but still feeling down that I could have very easily hurt my family...

Maybe I will commit to not being on the computer Fridays when they are around more than the rest of the week...(gonna go find that thread...)

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Re: I will make it b"h

Posted by MayanHamisgaber - 12 Sep 2017 18:43

Just got some sad news my kollel of choice is 99% not a choice anymore so now looking into other options...

Thank you Hashem for all that you give me and for all that you do not give me

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Re: I will make it b"h

Posted by Shivisi_Hashem - 15 Sep 2017 04:02

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Well said, thank you

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Re: I will make it b"h
Posted by MayanHamisgaber - 24 Sep 2017 16:52

Very tired which is dangerous for me

?Kept busy with the kids and writing notes B"H still on the road

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