

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

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 01 Nov 2017 11:47

I do not understand the question
encouraging and thoughtful that i know i can do this for good !

=====

Re: I will make it b"h

Posted by Workingguy - 01 Nov 2017 14:14

[Path of life wrote on 23 Oct 2017 16:38:](#)

[GrowStrong wrote on 23 Oct 2017 06:28:](#)

my life changed when i learned i was sick getting better and not evil trying to get good.

Do you think you moved past the point of bechira into something akin to an addiction?

What is the fine line between Bechirah And an addict?

The line would be whether you can actually choose not to act out or whether basically every single time when faced with the opportunity, you will act out.

The only thing that matters with that line is what you have to do. Because if you're the first type- where you can choose not to if you want to- then your job is to set yourself up in a way that you're making the right choices.

And if you're at the point that you can't do anything about it and always act out, then your job is to get help.

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 01 Nov 2017 18:10

Nice to see you still alive Workingguy

=====

Re: I will make it b"h

Posted by Markz - 01 Nov 2017 18:59

[MayanHamisgaber wrote on 01 Nov 2017 18:10:](#)

Nice to see you still alive Workingguy

He texts me sometimes...

Is an inspiration to others in real life...

Have you made a solid connection yet with 1 gye?

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 01 Nov 2017 19:07

I am embarrassed to say no

My excuse: I am in in middle of a few things now that will enable me to go to a kollel America and have no time and why start something here that will stop

But these are just excuses and I should call someone in America NOW to start

(I have texted shlomo a few times.....)

=====
=====

Re: I will make it b"h

Posted by Markz - 01 Nov 2017 19:42

[MayanHamisgaber wrote on 01 Nov 2017 19:07:](#)

I am embarrassed to say no

My excuse: I am in in middle of a few things now that will enable me to go to a kollel America and have no time and why start something here that will stop

But these are just excuses and I should call someone in America NOW to start

(I have texted shlomo a few times.....)

He may be busy

Try anyone on the Free Towing "Success Story" section.

Or try them all and you may land 2 big fish in 1 day :-)

=====
=====

Re: I will make it b"h

Posted by MayanHamisgaber - 01 Nov 2017 19:59

Sorry I wasn't clear

I have texted Shlomo a few times over sukkos

=====

====

Re: I will make it b"h

Posted by tzomah - 02 Nov 2017 11:27

[tzomah wrote on 01 Nov 2017 11:15:](#)

why does it **sicken** you?

to be sickened by an aveirah is a high madreigah as grilled neveilah does not sicken me so probaly if we are sickened by this its coming from a different place and maybe instead of sickened we need to think about what we are really looking for

the sickened feeling can be just another block from getting what we really need

=====

====

Re: I will make it b"h

Posted by MayanHamisgaber - 02 Nov 2017 18:28

[tzomah wrote on 02 Nov 2017 11:27:](#)

[tzomah wrote on 01 Nov 2017 11:15:](#)

why does it **sicken** you?

to be sickened by an aveirah is a high madreigah as grilled neveilah does not sicken me so probaly if we are sickened by this its coming from a different place and maybe instead of sickened we need to think about what we are really looking for

the sickened feeling can be just another block from getting what we really need

I do not mean to sound high and mighty but as much as grilled neveilah smells great to me the thought of eating it it self does not sit well with me

So too every time I act out I feel disgusted with myself for I have made a conscious to do so

Maybe I am fooling myself maybe not but right now I need a game plan and I hope to call someone real soon as a start

All comments or suggestions are welcome

=====

Re: I will make it b"h

Posted by tzomah - 02 Nov 2017 18:37

ok fine question is why you feel disgusted with yourself and not the porn

you can work on accepting yourself

not to say you should act out but you don't have to be disgusted with yourself

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 02 Nov 2017 18:46

I feel disgusted with myself and the porn

Agreed I need to learn to accept myself and not act out

Story of my life always to hard on myself very black and white

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 02 Nov 2017 20:35

I have tried calling a good fellow a few times but it seems that it is not a good time for him so I shall try again probably after Shabbos

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 05 Nov 2017 20:48

So I got thru to a fellow trucker and we came up with a plan

I will bl"n write down 3 things to do before I act out and if i do not do one of them then there will be a small "knas"

Wishing myself much Hatzlacha

(And thank you)

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 06 Nov 2017 20:55

[tehillimzugger wrote on 17 Mar 2013 16:11:](#)

What's with you Gibbor? Bards always said "No Gribbling"!

You nisht gevisst farshtanen?

[bardichev wrote:](#)

in simple english we say dont make the same mistake twice

there is a HUGE group of people who say NOT to gribble into the YH

reb nossson vachtfoigel used to say "gribble nisht"

gribble nisht is called keep on trucking!!

Speak to Dov=Rebberebber he says too that we dont need to figure out how the YH works

do u need to know how fire damages

or how nicotine kill the fresh cappilaireis in your lungs

or how potholes puncture truck tires

nehhhhhh

just listen to what your mother told you

dont talk to strangers

dont jump off a roof 'cause everyone is jumping

dont play with fire

dont look at someone elses plate (wife daughter shvigger)

kot!!

bardichev

[bardichev wrote:](#)

GUARD

I SAY THER NEEDS NO SOLUTION WHEN YOU DONT BECOME

FARKLAPPT AND FARGRIBBLED WITH THE PROBLEM

UVACHRTA BACHAIM!!!!

LIVE LIFE!!!

SMILE

DANCE

SING

MAKE JOKES IN SHUL (OF COURSE NOT DURING DAVENING)

SMASH YOUR OWN HAT

DRAW SMILEY ON YOUR KIDS HOMEWORK

TEXT YOUR WIFE KISSY SMILEYS(I HOPE IAM ALLOWED TO SAY THIS)

LIVE BE ALIVE!!!!!!!!!!!!!!!!!!!!!!

b

There's some more good stuff

You'll find it [here](#).

=====

=====