

Still Raging Against The Machine

Posted by Cry2Tatty - 30 Nov 2009 01:17

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so thats pretty much the deal...i showed up here one day by accident and saw something weird...here were all these jews that where putting up a genuine resistance to the evil empire that is lust...in all my wanderings ive seen some crazy crap but something like this? not at all...i saw two dozen frum blogs but alas, they too were contaminated by the lust assault..poor figures...nothing more than drones following the creed that larry flynt recieved himself on Mount Sinai...disguised as frum sites but nothing of the sort, really....did i find any voices that said, "look, this sh\*\* aint right..."...probably but a quick peruse through and i discovered that they were either out of touch with reality or just plain silly...and then i bumped into this site...and here was real and GENUINE and honest solutions....so i came...i looked around...marveled at all the flakes that took up residency here....

well, im now on at least 20 days of no pr0n and no bating...which is a miracle...its been years and years before i came here that i wasnt able to pull 5 days together and many many months where i stopped even trying....i dont know what happened but the group support and the genuineness of the good folks here and hearing their experiences and lo and behold i am a changed man...

the changes were not only in me but perhaps even greater in the people around me...no longer driven by lust i saw people (WIFE) in a new light and the changes in the way we relate to each other was quick and vast....this is perhaps what i owe GYE the most for....

i dont take myself too seriously and i hope you dont either....

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Re: Still Raging Against The Machine

Posted by Steve - 01 Feb 2010 16:59

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Rage-baby and Mo-Man,

You guys can be **SO STRONG!!**

*(ok, ok, be modest, I know that odor isn't everything...)*

Take it from ol' pickle-face, here... remember the YH is trying to trip you up so that you'll give up your resolve.... DON'T GIVE IN TO HIM!!

**KAVEI EL HASHEM!!** - first trust Him and ask Him to give you the strength to fight your battle. you are NOT ALONE!!!

Then, **Chazak V'Ameitz Leibeche** - strengthen yourself, and fortify your own heart - this is your hishtadlus, YOUR part. THE SUCCESS IS NOT IN YOUR HANDS. ONLY THE FIGHT IS!

Then, **V'Kavei El Hashem** - wait, didn't I do that already? - NO!!! This second time is AFTER my hishtadlus, I add on MORE trust in Hashem - on TWO fronts:

One, To actually make my fight successful!!

Two, AGAIN to ask for more strength to fight, not to rest on my laurels.

I think a BIG thing to do is each night, before going to bed, is to make an accounting of the whole day, on a positive note, and THANK HASHEM FOR ANY LITTLE SUCCESS, NO MATTER HOW SHORT LIVED. Don't go to bed depressed, rather happy with the fight and the successes you had. Focusing on the positive makes it easier to repeat it the next day, and to add to it.

Hang in there, my friends!!

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Re: Still Raging Against The Machine  
Posted by Me3 - 01 Feb 2010 18:16

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Page 1011!!!!!! I hope your back aint sore!!!!!!  
Glossolalia or speaking in tongues is the fluid vocalizing (or, less commonly, the writing) of speech-like syllables, often as part of religious practice. Though some consider these utterances to be meaningless, others consider them to be a holy language.

Keep on skating bro.

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Re: Still Raging Against The Machine  
Posted by imtrying25 - 01 Feb 2010 22:24

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are you talking about the 10 keys book??

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Re: Still Raging Against The Machine  
Posted by imtrying25 - 01 Feb 2010 22:25

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There you go bro.

[www.no-porn.com/books.html](http://www.no-porn.com/books.html)

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Re: Still Raging Against The Machine  
Posted by imtrying25 - 01 Feb 2010 22:56

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sounds wild. but you have to know if broke in literally means broke in. or it means he went into the bank with a gun. but either way its wild

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Re: Still Raging Against The Machine  
Posted by imtrying25 - 01 Feb 2010 22:58

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Oh i thought you were referring to the first break in. where he leaves his hat and shoes by the door! :D :D :D :D

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Re: Still Raging Against The Machine  
Posted by the.guard - 01 Feb 2010 23:40

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[imtrying25 wrote on 01 Feb 2010 22:25:](#)

There you go bro.

[www.no-porn.com/books.html](http://www.no-porn.com/books.html)

If your filter blocks it:

[www.guardureyes.com/GUE/PDFs/eBooks/TenKeys.pdf](http://www.guardureyes.com/GUE/PDFs/eBooks/TenKeys.pdf)

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Re: Still Raging Against The Machine  
Posted by Momo - 02 Feb 2010 06:58

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Dear RAGE,

Thinking of you.

5 days is awesome. That's how it starts. The first few days are the hardest.

It bothers me when you write "No more falls!" because I'm afraid that will just get you down if

you fall, C"V. How about "I won't fall today" and repeat that every day?

I like what someone wrote, that day 1 is the same as day 91. Something to think about.

I appreciate the link to the no-porn "key" book. I haven't heard of it before, but I'll check it out.

Keep strong brother,

MOMO

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Re: Still Raging Against The Machine

Posted by imtrying25 - 02 Feb 2010 11:44

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Hey Rage how bout sendin me some of your "stuff". Maybe this way youll have an easier time teachin me to drink all that beer!!!! :D :D :D :D :D :D :D

No im serious. wouldnt mind to hear some of this music.

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Re: Still Raging Against The Machine

Posted by Momo - 02 Feb 2010 14:48

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Hey, Rage, mind sending me your music? Like to hear what you like in music. :D

Thanks in advance.

Rage, I started reading the "10 keys" book you linked to, and that took me to the RR approach (Rational Recovery, <http://rational.org>) since he quotes it a lot. I am intrigued.

It's a very different approach from AA (or SA).

No more falls - ever vs. I'm not falling right now, one day at a time.

I am in control vs. I'm powerless and need a Higher Power to help me.

I can recover vs. I'll always be an addict.

Willpower vs. disease

I know, I know, a ton of stuff has been written here about it (check out RR in the Bet Midrash). I was reading that too, today.

I sincerely believe that there are different approaches, and everyone has to find the one that works best for him/her.

We at GYE agree to write what works, and not to bash any approach.

When I find something that "works" for me (B"H), I'll let everyone know. I'm still playing the field.

And so Rage, I'd rather not write slogans or campaigns. Do we say "no more falls, ever" or "no

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Re: Still Raging Against The Machine

Posted by Dov - 02 Feb 2010 22:14

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Oy! Enough talk about the mud - I'm getting too dirty! ...ok, nobody twisted my arm to read your post, so here's a little share about this yucky subject:

I went to an otherwise healthy health-related course once that required viewing of an inappropriate video. I was a full-blown acter-outer yet still did not watch it! It just didn't seem like it would be "cricket" for me to watch even porn that people who thought I was a prude were forcing me to watch. I had to steal it, it seemed....bizarre, but that's what happened.

Anyway, when I shared the video thing with my (still relatively unsuspecting/oblivious) wife, her response came as a total shock to me. She just said that "anyone who would do any of that stuff knowing that strangers are watching has no clue about intimacy at all. For them it must just be a show. And that's really abnormal."

Wow. I had never considered that, at all. The entire thing has nothing to do with genuine human sexuality. And this is the diet I take in when acting out, G-d forbid. "It's a wonder I can think at

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Re: Still Raging Against The Machine  
Posted by Me3 - 02 Feb 2010 22:28

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You can believe anything you want to if you try hard enough.

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all", after all that Kodachrome abuse...