

I AM HIGHER THAN ALL THIS!!!

Posted by higher - 01 May 2019 14:39

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High!

I have been on and off/lurking/etc... this site for a while. ive been struggling with erotic audio, erotic reading material, and looking for inappropriate websites, occasional mb but no p. (one exception when there was a really bad break in the filter but i only saw muted previews bh) either way i wanna quit all this garbage! this is really not ME. this stuff is fueled by being starved for intimacy and my wife is disgusted by it. in addition, there are heavy duty shalom bayis issues. so since i feel starved, its hard for me not to act out...i am working on the last two issues and iyh things will improve. for now, i feel like i can use the chizzuk as well as accountability that a thread like this can give me. thus begins my 90 day program. awaiting the gye's welcoming committee's response...

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 23 Jun 2019 22:33

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**was just thinking....(#8)**

this is a continuation of **#6** and **#7**. See above.

Its not my place to dispense my understanding of bitachon on such a forum. i will only offer two suggestions of where to seek this chizzuk and clarity.

1. chovos halevavos (shaar habitachon) you can use the lev tov or rav avigdor miller's pirush if you have a hard time with the words.

2. theres a great english sefer called "faith over fear" by rav perr, a rosh yeshiva. its based on the alter of novardok's writings on bitachon but he brings out very down to earth lessons and his presentation is very real and enjoyable.

i would also suggest that one should learn whatever sefer on bitachon with a consistency-even a little bit a day. actually, its **advisable** to learn a little bit a day, cuz the point is not to amass knowledge but to ingrain a small piece daily in your bones and really internalize it. that takes patience but its the real way to growth.

much success,

p.s. i would be happy to engage anyone sincerely interested regarding the subject of bitachon,

in a one on one manner. feel free to pm me.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by Realestatemogul - 25 Jun 2019 03:37

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I just think your focus is too much on the slip and not enough on the upward climb. It may sound crazy, but there is ZERO tachlis in thinking about a slip in the past. Okay true, charata is part of tshuvah but I don't think that is a well understood thing. It doesn't mean you should feel like a garbage can.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 25 Jun 2019 03:57

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[higher wrote on 11 Jun 2019 04:46:](#)

#0

. i had a fall. i was in a situation with a bad book around and i knew i shouldnt be looking inside and i flipped to a bad part. actually it wasnt a "bad book" specifically. in terms of its labeled category it was a novel. but apparently nowadays, either the authors have lost their talent or if they dont put in an inappropriate scene, the book simply wont sell (as much).

Either way, i probably could have rationalized that it was just a slip and maybe even gye wouldve allowed me to continue on the streak and all that.

But im tired of slips as well. for me, i want real clean days. so i scratched the whole thing.

**Im proud of all the times ive said no the yetzer hara, and i know that ive made Hashem proud over the different successes within this streak. the streak aint my religion and quite frankly (in terms of gye rules) its not even a goal of mine, so here i am.**

REM, i appreciate your point. its true.

but i must confess. i dont feel like a garbage can.

see the bold.

and i will still keep on truckin'.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 25 Jun 2019 04:00

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btw i dont give a darn about my karma but it seems that some individual is making it his duty to find time on a consistent basis to lower it.

if you have a problem with any of my posts.....

SAY IT TO MY FACE! (post it.)

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by Shnitzel and kugel - 25 Jun 2019 05:48

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I just uped it.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 25 Jun 2019 17:34

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[Shnitzel and kugel wrote on 25 Jun 2019 05:48:](#)

I just uped it.

nice of you.

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?i really just want to hear if anyone has any criticism concerning my posts. id rather people not hide behind faceless and wordless karma lowering and rather speak up and post directly.

i have no problem defending any of my posts and also no problem admitting if i agree that im wrong.  
its not about the karma (but it is!

so speak up, unknown one! now!

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by Hashem Help Me - 27 Jun 2019 13:20

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Regarding an earlier comment here, there are two types of "feeling bad" about a fall. Charata - to feel bad enough to do something about the fall, is good. Figuring out what the trigger was, talking it over with a chaver, and planning strategy for the future is all good. Yi'ush - to simply feel bad and "down" has no place in yiddishkeit. Usually it is also self defeating because when one is depressed, acting out is "around the corner".

Regarding karma, for the longest while I have not paid the slightest attention to mine or anybody else's. I do care what intelligent people feel about my posts and I find that where they feel it necessary to compliment or criticize, they either post a response, send me a PM or an email, or sometimes a phone call. Anonymous karma raising/lowering from any random fellow (who may be of compromised intelligence, be a cynic, or is simply unfamiliar with how guys break free) is meaningless.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by cordnoy - 27 Jun 2019 15:22

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[Hashem Help Me wrote on 27 Jun 2019 13:20:](#)

I do care what intelligent people feel about my posts and I find that where they feel it necessary to compliment or criticize, they either post a response, send me a PM or an email, or sometimes a phone call.

or, click "thank you."

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 28 Jun 2019 03:35

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[Hashem Help Me wrote on 27 Jun 2019 13:20:](#)

Regarding an earlier comment here, there are two types of "feeling bad" about a fall. Charata - to feel bad enough to do something about the fall, is good. Figuring out what the trigger was, talking it over with a chaver, and planning strategy for the future is all good. Yi'ush - to simply feel bad and "down" has no place in yiddishkeit. Usually it is also self defeating because when one is depressed, acting out is "around the corner".

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great points! i really appreciate your post!

i did notice that you personally have taken down your karma so no one can raise or lower it.

if you truly dont care about it...then why would you even bother taking it down? wouldnt you just ignore, it period?

not an accusation, just curious...

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Re: I AM HIGHER THAN ALL THIS!!!

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Posted by Hashem Help Me - 30 Jun 2019 17:22

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[higher wrote on 28 Jun 2019 03:35:](#)

[Hashem Help Me wrote on 27 Jun 2019 13:20:](#)

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great points! i really appreciate your post!

i did notice that you personally have taken down your karma so no one can raise or lower it.

if you truly dont care about it...then why would you even bother taking it down? wouldnt you just ignore, it period?

not an accusation, just curious...

I don't recall ever requesting my karma be taken down.....

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by Realestatemogul - 15 Jul 2019 03:50

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Hey Higher than all this! I hope all is well...

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 15 Jul 2019 18:55

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im okay bh.

appreciated.

maybe well talk one of these days...

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 15 Jul 2019 19:00

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i actually had pretty bad slips, very close to falls recently.

kind of lonely. but things are okay.

decent ground for improvement with stuff.

have to work on it.

been pretty busy lately.

i hope that i am successful, bez"h

i also hope the same for everyone else here.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by Dave M - 16 Jul 2019 13:00

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I'm sorry to hear that you are going through a rough patch. I'm also going through a period with additional stress. Our journey has its ups and downs. We just need to ride this out. It will get better.

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Re: I AM HIGHER THAN ALL THIS!!!  
Posted by higher - 23 Jul 2019 01:20

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just wanted to say that im doing well bh!

had some hard times recently but i bounced back up.

hope everyone here is doing well.

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