

Slogging Through the Muck

Posted by habaletaher - 16 Dec 2009 09:28

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Hello to everyone,

This is my first foray into the world of GYE, and I'm really hoping that it will become a real force in my life, as I've been battling the other forces for too long.

I'm happily married to a beautiful and loving woman, and together we are raising a bunch of wonderful children, yet there is a side of me that no one knows about, a side of me that has been eating away at me for almost as long as I can remember. That side of me is the Mr. Hyde to my Dr. Jekyll, the crazed sicko who gets set loose at night and does horrific shameful things. Being a true ohaiv Ha-shem, who really loves the aibishter and his torah and mitzvos this creates an enormous amount of conflict in my life, leading me to feelings of isolation despite being surrounded by people who love me, and despair despite leading a relatively successful life.

To compound those feelings, I am involved in avodas hakodesh, so while people are looking to me for inspiration, I'm sometimes involved in things that if they had the slightest clue of, they would pillory me in the town square. This makes me feel even more like a fake and a fraud despite the fact that all I really want to do in my life is bring people closer to Avinu Shebashamayim. Many times, I have thought about quitting, recognizing that I'll never really be able to inspire others if there's no gas in my fuel tank, but I'm reminded of the fish's response to Rabbi Akiva, "If in the water, the place of our life, we need to fear, how much more so on dry land, the place of our death!" So I guess I will try to stay close to the water, (besides all the teaching I do, I personally learn for hours every day, sometimes immediately followed by a most inglorious session of shmutz!), and just keep trying to slog through the muck.

I hope you can give me the chizzuk I need to make it out of my living hell.

Habaletaher

PS I can't even say Day 1! Maybe tomorrow!

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Re: Slogging Through the Muck

Posted by habaletaheer - 23 Dec 2009 23:30

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[Holy Yid wrote on 20 Dec 2009 17:51:](#)

Mazal tov on hold back. I am glad I was a help. One question- what are you doing online at 2:30am? Please make a curfew and a penalty for breaking it. I do this and it is a wonderful tool. Keep up the good work. We want you to succeed.

Hi Holy Yid,

Thanks for your suggestion, but the problem is that I have all sorts of deadlines some of them requiring me to email stuff in before a certain time, and I often find myself working on projects well into the night! If I just obey a curfew and go to bed, I'm in serious trouble the next day. On top of that, it is usually stuff I can't do during the day because I'm so busy! I need 29 hour days!!!!

Haba

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Re: Slogging Through the Muck

Posted by habaletaheer - 23 Dec 2009 23:46

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7!!!

The holy number 7! The truth is that this week is easy because I'm away on a trip for the week

AND around people all the time (otherwise business trips are the WORST possible time for an addict!)

I should easily hit 11 days, because of the trip, but when I get home the battle is on!! I won't be able to post much, cuz most of my internet on this trip is limited and I'm doing all my email and whatnot from my Blackberry.

My Goals for next week: (Dec 27-Jan2) Get K9 on my home CPU and laptop!!!

Help me out!!

Haba

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Re: Slogging Through the Muck

Posted by habaletaher - 24 Dec 2009 08:33

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Hi everybody,

I hit 8 today and just got a new prize on my 90 day chart, i moved from the ribbon to the nifty crown with the words chazak chazak on it!

Let's make it to 9. Right now I'm in a hotel room on the west coast and really tempted to surf, but not like the surfers I saw today on the beach who are always surfing back toward home, but the kind of surfing that leads you away from everything that is good and healthy in your life!!!

Ha-shem, please stay with me here!!!!

Haba

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Re: Slogging Through the Muck  
Posted by OneLife - 24 Dec 2009 09:09

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we did a deal, and going to fulfil it.

90 days for 3 of us. you, steve and me.

now as you alone , you are not alone !!

if you fill the YH comes strong, than take your self very far away from the computer,  
and dont forget we have a deal. OK?

you can run or something,

for us.  
Yoe are not alone haba, i'm here and everyting is OK.

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Re: Slogging Through the Muck  
Posted by habaletaher - 24 Dec 2009 09:22

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Getting far from my computer aint that easy for me... I'm kind of attached to it by the hip. I've got a USB cord running from my hand into the jump drive and when I'm away for too long it starts to itch...

I know, the alcoholic thinks he's attached to the bottle at the hip, but this is different. Why?  
Because it's not really...

I know I need to figure out a way to keep myself away from a screen more, but I'm having a very hard time setting up real boundaries...

But I will try to stick to our little deal (It's amazing it is working already, I was about to throw in the towel, especially because my laptop has no filter YET,) but I saw your post and said that's right. Steve, One Life and I have a date together with a 90 day crown in the near future and I can't be late!!

Thanks

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Re: Slogging Through the Muck  
Posted by OneLife - 24 Dec 2009 09:55

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why?

i think the K9 is free, so why not?

filter is the first step of breaking free. i recommend you to install it on your laptop , and the most

you can let the guardureyes the password and continue your 90 days safer. (check the procedure how to do that)

i have filter on my computer at my work, i blocked any search engine even google.

actually i don't have internet except my favorite sites list.

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Re: Slogging Through the Muck

Posted by imtrying25 - 24 Dec 2009 11:51

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Sorry Haba i just saw your shout-out. Hope your enjoying yourself on the west coast. Kosher  
Anyways , yeah my thread gets lonely alot too. But hey you can go onto  
others to see wher the action is at. Keep rocking.

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Re: Slogging Through the Muck

Posted by Momo - 24 Dec 2009 12:30

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Dear Haba,

enjoyment i mean  
I finally found you! Now I'm gonna visit you and post!

**Go Haba Go!**

**Go Haba Go!**

**Go Haba Go!**

**You can do it, one day at a time!**

**You can do it, one day at a time!**

**You can do it, one day at a time!**

Watch out Y"H, here comes Haba about to roar....

Ready....

Get set.....

RRRRRRRRRRRRRRRRRRRRRRRRRRRRROOOOOOOOOOOOOOOOAAAAAAAAAAAAAAAAAAAAARRRR  
RRRRRRRRRRRRRRRRRRRRRRRRRRRRR!!!!!!!!!!!!!!!!!!!!!!

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Re: Slogging Through the Muck

Posted by the.guard - 24 Dec 2009 22:11

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Haba, it's beautiful to watch your progress... Keep on Truckin!

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Re: Slogging Through the Muck

Posted by cleareyes613@gmail.com - 25 Dec 2009 01:50

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What an inspiring thread. Thank you Haba.

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Re: Slogging Through the Muck

Posted by bardichev - 25 Dec 2009 06:59

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guardureyes:

Haba, it's beautiful to watch your progress... Keep on Truckin!

Hey I heard that once?!

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Re: Slogging Through the Muck

Posted by the.guard - 25 Dec 2009 07:30

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[bardichev wrote on 25 Dec 2009 06:59:](#)

guardureyes:

Haba, it's beautiful to watch your progress... Keep on Truckin!



Hey I heard that once?!

Actually, Reb B, You were *mechaven* to a slogan from AA (see #16 on [this page](#)).

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Re: Slogging Through the Muck  
Posted by OneLife - 25 Dec 2009 09:16

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hava, how are you dude?

i see you continue with the good work, and thats good.

just remember we have a deal and your next mission as you have written is to install the K9 as soon as possible.

i will bli neder post after shabbat,

so shabat shalom from the holy land.

i love you all.

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Re: Slogging Through the Muck  
Posted by habaletaher - 25 Dec 2009 10:08

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Hi EVERYBODY!!!!

Thanks so much for coming out and supporting!!! I started this thread 9 days ago and I'm 9 days clean!!! I can honestly say that I have benefited tremendously from this site, and I have held myself back numerous times because of it! (Like tonight for example... Every time I think of doing something or looking at something, I'm like, NOPE I can't do that, thems people at GYE

care too much about me and I can't let them down!!! Ironically I find myself thinking, OK, no porn, but what about other things, maybe if I just look at other things just a step away from porn I can still keep my rating, but it is all the big bad yetzer hara man.... I'm not even sure what the threshold for a slip up or a fall is, maybe you can enlighten me...

I also appreciate that the moment I posted something about my blog getting lonely (I posted 4 posts in a row yesterday, I was really getting desperate, you all just came out of the woodworks in support, it was a huge chizzuk!!

Bardi: I don't know how you do it, but your avatars and posts just fill the forum with lightness and unstoppable simcha!! Keep on Trucking!!

Reb Gaurd: Thanks for the chizzuk, and I know I'm not towing the line just yet, but soon you will have passwords to my K9 accounts on both my CPU and laptop!! It's hard to close that door and install all these filters when you've been fall free for 9 days. Unfortunately, it is right after a fall that you have the most strength to day Enough!! Hopefully you will get mine before I fall.

Momo: I don't know how you make your oversized posts and all your special effects, but I know it makes everyone here excited, people really seem to rally around you! I can't wait for your surprise postings, and I can't wait to give a hundie to GYE in your honor. Keep Rockin in the Free world!!

One Life: I look forward to finishing 90 days together with you and Reb Steve.

Imtrying25: You just seem to be everywhere delivering chizzuk despite being confined to a How do you do it? Keep it up! (Also, I know that I can visit other people's threads and I have done a lot of that, but sometimes it's hard to leave a post if you don't know the person at all....)

Clear Eyes: Thanks for the chizzuk and may we all get what your name calls for. I stared at the chanukah licht long and hard (well actually not soooo long, I'm always super busy, and chanukah was no exception....) cuz they say it washes/clears your eyes.. I think GYE can help those chanaukha candles have that affect!

THANK YOU ALL SO MUCH FOR COMING OUT!!! YOU GUYS ARE REALLY KEEPIN ME  
CLEAN!!!

Haba

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