

Think Good

Posted by think good - 08 Mar 2009 14:38

Hi Everyone,.

This is a little difficult taking the first step and making a post.

Let me start with a short introduction.

Firstly, this is my 10th clean day. Actually not a big deal for me, as I have reached 10 days literally hundreds of times. Going from 11-20 is much much harder. I know if I can do 10 why not more? but

I have "lived" with this problem for over forty years! Many years before anyone had heard of the internet. I even stayed clean for over 7 months, but that was a long time ago when I was learning full time in Yeshivah.

Internet porn is very rarely my problem, I took out the internet at home, and my only connection is at work. It is very difficult to view porn at work when my large screen can be seen by anyone, (BH). However, if I happen to be in the office very late at night (which is rare), by yatza hara may well gain control.

My main problem is an tremendous attraction to women. As the Germona says "even a women's little finger can arouse...". Frum married women, young girls with long hair etc etc almost

Amazingly, I never did anything with a women, just bad thoughts and zera vbatola.

Of course I have had many ups and downs there are times when I see women with no effect,

and at other times be so hot I am an embarrassment to the Torah.

OK, I think that's enough for an introduction.

I will try in future posts (bn) to go into more details of my very long fight. I have some interesting tips and advice which may help others..

I will leave with a small tip. My forum name "Think Good" is very fundamental in winning the war. The Germor is Soter says a women does not commit adultery until "a spirit or folly enters her". The same is true of most avaras. If one is able to fill ones mind with good thoughts and prevent the "folly" from entering, one will never sin.

Doing this in actuality is very hard.

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Re: Think Good

Posted by the.guard - 07 Jun 2009 10:44

That's tremendous! Do you want to be on the 90 day chart?

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Re: Think Good

Posted by think good - 07 Jun 2009 13:20

If it will help encourage others go ahead.

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Re: Think Good

Posted by the.guard - 07 Jun 2009 13:26

Will it encourage you? If yes, send in the info as per the rules on [this page](#).

Keep up the good work!

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Re: Think Good

Posted by think good - 18 Jun 2009 06:33

My 58th clean day - just keep the CHIZZUK coming.

Mazeltov to Bardichev.

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Re: Think Good

Posted by the.guard - 20 Jun 2009 22:15

I updated your chart! I can see how the second half of the saying from your name "Tracht Gut" is happening already. **"es iz shoin GUT!"**

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Re: Think Good

Posted by think good - 29 Jun 2009 07:39

Today's my 69th day.

keep up the chizuk

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Re: Think Good

Posted by battleworn - 01 Jul 2009 18:44

70 is considered a lifetime! (yom lashonoh) It's time to celebrate! With simcha shel mitzvah life is so bright!

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Re: Think Good

Posted by the.guard - 04 Jul 2009 21:23

I updated your chart to Level 6! Mazal Tov on 70 clean days!

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Re: Think Good

Posted by think good - 14 Jul 2009 13:47

Today's post is amazing. I have been having a lot of bad thoughts the past few days, BH I'm still clean, but was wondering why I suddenly have the old yh back after a very good stretch when he disappeared.

Maybe the very reason Igeret HaTeshuva (third section of Tanya) is learned during the three weeks is because of the power of the evil forces.

We all need to be especially careful not just with guarding ourselves from our main sin, but extra careful with all the "small" sins like guarding our tongues and showing great chesed.

May HaShem give all of us the strength to remain strong.

Igeret HaTeshuva , end of Chapter 7

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Even one who has never violated a sin punishable by excision or a sin incurring death by divine agency, ***such as vain emission and the like***

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In the illustration, if one obscures the sunlight streaming through a window with many fine and flimsy curtains, they will darken as much as one thick curtain will, and even more.

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This is exactly so in the analogue,

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with all those cloud-like sins upon which man tramples indifferently, because they seem to be of little import: they obscure the Divine light by their multitudinous repetition as do many fine curtains, “darkening as much as one thick curtain will, and even more”;

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and certainly with those sins that our Sages often warned against, that are actually like idolatry,

immorality and bloodshed.

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For example:⁵ ignoring the needy,

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concerning which Scripture writes,⁶ “Beware lest there be in your heart something unworthy....”

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Beliyaal (here translated “unworthy”) is used in reference to idolatry⁷..., from which we learn that ignoring the needy is likened to idolatry.

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Or talebearing, the evil tongue, that is equated to idolatry, immorality, and bloodshed.⁸

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Likewise, the vile-tempered is like the idolatrous,⁹

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and so is the arrogant.10

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There are many such cases described in the Talmud — of sins whose punishment is not as severe as that of idolatry and the like, but which nonetheless effect a similar spiritual blemish,

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and [the sin of neglecting] the study of the Torah equals them all.

6. Devarim 15:9.

7. Note of the Rebbe: "Until here, as in the Gemara, loc. cit., and Sanhedrin 111b."

8. Note of the Rebbe: "Arachin 15b."

9. Zohar II, 182b; Rambam, Hilchot De'ot 2:3.

10. Cf. Sotah 4b.

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Re: Think Good

Posted by Kedusha - 14 Jul 2009 15:43

Hello Think Good,

See Igros Moshe Orach Chaim 4:116, who proves from the Rambam that Hotza'as Zera Levatalah does not, in fact, carry the punishment of Misa Biydei Shamayim, contrary to the simple understanding of the Gemarrah. Rav Moshe also states that, even if it were to carry the punishment of Misa Biydei Shamayim, Teshuva and Yom Kippur would be sufficient to achieve

Kaparraah (Yisurim would not be necessary). Most important, Rav Moshe states emphatically that Teshuvah Hamishkol (such as by fasting) is not an Ikuv in Teshuva, and that it is Asur to say otherwise, because you will discourage people from doing Teshuva.

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Re: Think Good

Posted by think good - 15 Jul 2009 07:50

Nice Kedusha, I will look up the Igros Moshe tonight when I get home, bn.

Earlier in Igeret HaTeshuva it is stated *"in our generation, (The Alter Rebbe was talking about **HIS generation**) only the most robust people fasted"*. So clearly in our time most of us are simply too weak to fast.

In the first chapter of Igeret HaTeshuva it says:-

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It is for this reason that the Rambam and Sefer Mitzvot Gadol¹⁸ make no mention whatever of fasting as related to the mitzvah of repentance, even in the case of sins punishable by excision or capital sins.

I.e., fasting is not required even with regard to those sins whose atonement is completed through suffering.

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They cite only confessing [verbally] and requesting forgiveness; as the Torah prescribes, ¹⁹ "They shall confess their sin...."

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Re: Think Good

Posted by think good - 16 Jul 2009 16:46

FALL

sorry I really thought I was going to make it to 90.

As I mentioned my yh has been working overtime and finally I succumbed.

The only good thing I can say is I have all of you for support and am going to make a bigger effort this time.

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Re: Think Good

Posted by bardichev - 16 Jul 2009 17:25

tracht gut vettt zayn gutt

SEE FELL SHMELL

AND GO VAYYYYYYYTERR

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Re: Think Good

Posted by battleworn - 16 Jul 2009 20:00

Now is your chance to live up to your namesake, think good. Look at it this way. You did 70+ days, now you can do 70+ years!

Think about it; 70 days of Shechina Bitachtonim to the extreme, 70 days of ?????? ?????? ?????? And what about getting right back up after the nefilah and coming to this Mokom Kodosh for chizuk. No malach can ever dream of giving HKB"H such nachas ru'ach.

CHAZAK VE'EMATZ!!!

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