

Just Starting

Posted by humanbeing - 04 Jan 2010 17:34

Hello fellow brothers,

I can't begin to describe my feelings of love and gratitude to all you kind Yidden. Kal Yisrael Araivim etc. and now I can truly see I'm not alone...

A little about me - I'm 32 years old with 4 B"H beautiful children and a very wise wife whom I truly love and cherish.

I have been struggling with remaining clean since I'm 15/16 years old...I fall once or twice a week since then.

When I got married (8 years ago) I was able to control myself for quite some time. However, the pressures of Parnossoh and the pitfalls of the high speed internet. R"L... Due to technical difficulties (I marked 1/1/2009 instead of 1/1/2010 as my first day) mistakenly my wall of honor post shows a previous streak of 364. I am now clean for 4 days since the Goyishe New Year and I hope to make that 364 days clean (and beyond) a reality.

I hope to find a sponsor or at very least a partner to whom I can entrust my internet filter/Accountability software. I will need that person to spend time in the beginning to tweak the settings since I have to use the internet extensively as part of my job. Unfortunately, I spend many hours alone in my office...I pray that this accountability and sense of community will help me attain a daily victory over my Yetzer Horah and desires for many years.

I also hope to find a Phone Group that would work with my schedule...I'm in the West Coast

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Re: Just Starting

Posted by humanbeing - 02 Feb 2010 20:05

So we are working working....hamlacha Merubah...Vhapoalim Atzailim...Avda B'hefkeira Naicha

Laih....Today we are going to be free To be what we want to really be.

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Re: Just Starting

Posted by humanbeing - 03 Feb 2010 18:36

Hello there...My dear friends,

Good Sunny California Morning to you. So we are into our 7th day Baruch Hashem...I just met a man who had his leg amputated and he told me, "I'm slowly getting back on my foot." This really happened, no jokes.

In order to stay clean and sin free we **must** really think about and relate to the brochos...Pokeach Ivrim...I can see...Zokef Kefufim....I can walk...Malbish Arumim ...I have clothes....Without real gratitude in our daily lives...we become resentful, full of self pity so then we self medicate with these unhealthy habits...

Steve I hope you don't sue me for copyright violation. :D

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Re: Just Starting

Posted by silentbattle - 03 Feb 2010 23:20

Absolutely true - to the extent that we realize how much hashem has given us, we're grateful, and happy.

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Re: Just Starting

Posted by Gabe - 04 Feb 2010 03:02

[humanbeing wrote on 03 Feb 2010 18:36:](#)

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Beautiful thoughts.

You should pass this along to JIP. I think this is exactly what he needs to hear right now.

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Re: Just Starting

Posted by Steve - 04 Feb 2010 12:49

Halevi,

I felt JIPPED until I figured out you meant JewinPain, in accountability group 7.

He who thought of the mitzvah should be the one do do it.

GO FOR IT, PINCHAS!!

HB,

You can quote me anytime, and you don't need to pay royalties either.

KEEP STONG, HOLY BRO, AND HAVE AN AWESOME DAY!!!

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Re: Just Starting

Posted by Gabe - 05 Feb 2010 02:21

Would never JIP you, Steve 8)

Steeeeeeeeevie, you're quite the pickle. I've noticed you're rocking up that chart to 90.
Inspirational.

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Re: Just Starting

Posted by humanbeing - 05 Feb 2010 09:12

Halevi, Steve...Thanks for checking in...hey Steve I know you throw your weight around quite alot...Your wisdom and wit are legendary. However if you can drop buy Accountability Group #7 and see if you can help out JewinPain....He needs and expert pickerUpperMan...I'm doing my best but we might need the Barrel-Chested Eliite Commando, Steve.

Hey lookee here I'm on Level 2.

One week is easy for me...Now starts the challenge...Dan Dan Dan Daaan! (Dramatic music) - I really am tone deaf.

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Re: Just Starting

Posted by imtrying25 - 05 Feb 2010 09:20

Well if you can do one week you can do another. One day at a time. Literally!! And youll get places you never thought reachable!!

Have a great shabbos!!

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Re: Just Starting

Posted by humanbeing - 05 Feb 2010 09:24

I believe I have to acknowledge that in my particular Chait ther eis an issue of buildup ...In the 2nd week I need to find positive outlets for the anxiety and challengs that I face....One week buildup is easy to handle ...Thanks for checking in IT.

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Re: Just Starting

Posted by imtrying25 - 05 Feb 2010 09:27

I hear. Hmmmmmmmmmm. This is what it REALLY means one day at a time. One day!! TODAY!!!! Nothing to do with yesterday!! Nothing to do with tomorrow!! Just today. See if that works. I always felt that the reason why time brought buildup issues was because i was counting the days. Even subconsciously sometimes. If we could focus just on today it might be easier. Either way keep on rollin and hae a great shabbos. ANd if you feel the urge comin on

strong send a shout out and im sure youll get some help!!!

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Re: Just Starting

Posted by Steve - 05 Feb 2010 19:43

Cousin IT is right. Counting works for some, and interferes for others.

Forget about the past. Look at each day as it comes. Then there's no buildup. BRILLIANT as usual, IT.

HB, did you ever hear about the story of the rebbe Reb Zeesha, who couldn't walk out the door to shul each morning until he made a bigger kabbolah than the day before?

For non-angels like you and me, the best we can hope for is to make THE SAME Kabbola. And HKB"H will keep count, not us.

Hashem has met you half-way already!! You know what i mean. He has sent you eitzas to bring you to a high level of Simcha, that will carry you for the next few weeks. Keep feeling that Ikhar Simcha.

Oh, and find the chassam Sofer on the Gemorrah in megillah, daf Chof Chess Amud Beis, about Reish lakeish and the talmud chacham. look in the Mesivta sefer in the commentary section. Why Reish Lakeish answered him like this, and what the hemshich is to the famous Tanna D'bei R' Yishmael. It'll help you to be b'simcha more often.

With love and respect, and wishes for a wonderful and leibedike Shabbos!!

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Re: Just Starting

Posted by humanbeing - 05 Feb 2010 20:04

Steve my head is spinning from the M"M...Will look it up the next time I make into Yeshivah...The Rebbe Reb Zeesha's Yartzeiht is on my birthday....Wow what Hashgocho Elyonah

Since Teshuva is a Mitzvah it must be done Bsimcha...lvdu ess Hashem B'simcha...Thank you for helping me work on my Bitachon. I have to trust Hashem that Buildup Shmildup he will look down at his Dear sweet Kinderle (and even if he has the smmeiliest diaper) he will help me keep myself clean with love and nachas!!!

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Re: Just Starting

Posted by sci1977 - 05 Feb 2010 20:24

Keep on trucking. Have a wonderful shabbos.

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Re: Just Starting

Posted by imtrying25 - 06 Feb 2010 21:08

Now thats the right attitude. Hashem wants you to know that you can do it, that anything you try youll see thers nothing to it!!

Oh where is letakain?? Cant anyone get my lines anymore??

Have an absolutly awesome week my friend.

:D :D

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