bardichev's battle
Posted by bardichev - 19 Apr 2009 19:51

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Hello to everyone here. I am truly humbled to be here. It is the most wonderful thing.

I can not believe that today is my 31st day without any assur internet whatsoever. Without any bittul zeman internet. I can't believe it myself I am so happy.

Just four weeks ago I couldn't sit in front of my computer without peeking just for a few minuets at all the filth that the Y"H brought my way.

Just four weeks ago I was the lowest person in the world living the biggest lie. Just four weeks ago I was crying under my desk and I really wanted to change. Indeed in the past I made strong kabbalos I gave myself all kinds of mussar I applied all kinds of advice but I never was able to ever go 2 weeks clean.

I B”H found a lifeline GUE I realized 3 things a. there is a way to recover

B. that I am an addict an addiction will need recovery not that I’m just crazy or SHVACH . C. there is other people in the same boat that are honestly working on changing their lives.

At that point I didn’t feel that I deserved to be on the forum let alone on the WOH.So I kept my own journal for two full weeks .It was so hard to change but all the chizuk from reading all the posts on GUE pushed me along.

I still can’t believe that I am clean for a month .I am not trying to delude myself to say I arrived I REALLY need all the encouragement to reach my short term goal of 90 days. I am really taking it one day at a time. I am davening for siyatta dishmaya.

I realize that the battle of the Y”H is a full time job. My shemiras ainiyim is on a very good level B”H.I am scared that I will fall so I am really setting small goals.

I came to this realization that I couldn’t stop my self until I admitted that I was an addict not that this was just a bad habit this is my addiction.Once I knew I was an addict I was able to accept advice from all the people on the forum because until one doesn’t ADMIT he cant be helped because its not for him.

I started to realize that the power of TEFILLA is so great.

I had a wonderful insight in the tefilla we say “VCHOF ES YITZREINU LHISHTABED LACH” we daven that Hashem should force Y”H to be subjugated to HIM. All my life I davened that “my” Y”H should be controlled by “me” .NO NO NO I have learned from the first of the twelve steps we are begging Hashem to force the Y”H to be under HIS control.(I am saying this as a chizuk not trying to delve into deep questions that deal with Emunah).

May all our friends here be the source of inspiration that we all become truly the HEILIGE NESHAMOS WE WERE GIVEN AT BIRTH.

Please give me the chizuk (and mussar too) to reach my goal.

May Hashem bentch each and every one of us.

Humbled and happy

bardichev

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Re: bardichev's battle
Posted by stillgoing - 10 Mar 2019 18:24

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Trouble wrote on 25 Apr 2017 13:15**:**

My second attempt.

Thanks for all the rifraf and bantering back and forth. Interesting that this thread is void of the "hey trouble, good going, your streak is inspiring to all, brush yourself off, you can do it," but whatever, it's fine by me.

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Here are some of the mantras and one-liners that we are accustomed to here on this anonymous-name-quasi-rules-mostly orthodox (any religion)-12 steps flag waving/card carrying website: one day at a time; pick yourself up; Torah will save you; remove your glasses; thinking about your wife is lusting, no it's not, yes it is - it's the yetzer hara in all his glory; it's all barsherte/there was nothing you could have done; it's all one big test; it's not my fault (one of my favorites); this happening was a direct sign from Above; dreams are narishkeit, no, they're not, fantasies are, etc.

So, let's get back to our story and address some of the choshuve esteemed comments: doing the deed with a business associate is a terrible and grave sin and should not be joked about. Ok, we got that out of the way. Yes, we care if it happened and we must repent to the fullest (and you even merit to say the parenthesis in tefillas zakah - I always thought like rabbi Akiva, ??? ???? ???? ?????????). But, regarding sobriety: ultimately, what difference does it make if you spent two hours on your computer in your office closet watching p*** and m********** (did I do that right?) and spilled seed (can't believe I wrote that), or it was spilled right before dessert? The count (???? ???? ?????) must be reset. The bottom line is that for today, my job and focus is set. Will I need to read more pages from the giant book because the sin was more severe? (And I forgot to mention ????? ????? ?? ?????.) Do I now need to work 18 steps? I still need to do the same thing. I must guard my eyes. I must work a recovery program. I must open to another sober, more experienced person. And I must ask and answer the questions in the daily renewal.

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Please forgive my attitude and tone. I am infatuated with lust. It engulfs me. No matter what I do, I'm no good without lust, And I can't get enough, Must be lust on my brain.

"hey trouble, good going, your streak is inspiring to all, ..."

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Re: bardichev's battle
Posted by Trouble - 15 Jan 2024 16:50

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another slogan, "life is a bowl of cherries," or something like that. mine is a different fruit: peachy; in fact so much so, i think i've had enough with nauru! i'm moving to biafra. they also don't have a capital.

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Re: bardichev's battle
Posted by davidt - 15 Jan 2024 17:33

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Maybe life has some cherries, but it’s also got cauliflower & spinach mixed in

We can say it another way: 'Life is definitely a bowl of cherries, some rotten while others are good.'

Sometimes it is a bowl of rotten, moldy cherries. But, as easy as pie you can throw those old cherries out, clean up the mess, and go get some new ones! And, sometimes its a mixed bag. You can get the most delicious cherry in the same bowl as one that makes you scream in disgust.

So, when things don’t go your way. When things don’t go as planned…

Just, keep going. It is worth it. You are worth it. Don’t let yourself get stuck in the icky stuff.

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Re: bardichev's battle
Posted by youknowwho - 15 Jan 2024 18:23

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Trouble wrote on 15 Jan 2024 16:50**:**

another slogan, "life is a bowl of cherries," or something like that. mine is a different fruit: peachy; in fact so much so, i think i've had enough with nauru! i'm moving to biafra. they also don't have a capital.

Biafra? *Meh*, not my kinda peaches...

But I totally respect your right to an opinion, 'o course!!

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Re: bardichev's battle
Posted by iwillmanage - 15 Jan 2024 22:55

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Trouble wrote on 15 Jan 2024 16:50**:**

another slogan, "life is a bowl of cherries," or something like that. mine is a different fruit: peachy; in fact so much so, i think i've had enough with nauru! i'm moving to biafra. they also don't have a capital.

Biafra! The perfect place for you, Trouble!

Just listen to their anthem, that courageous fighting spirit and resolute determination. Should really be adopted here on GYE

Land of the rising sun, we love and cherish,

Beloved homeland of our brave heroes(!)

We must defend our lives or we shall perish,

We shall protect our lives from all our foes;

But if the price is death for all we hold dear,

Then let us die without a shred of fear.

We shall emerge triumphant from this ordeal,

And through the crucible unscathed we'll pass;

When we are poised the wounds of battle to heal,

We shall remember those who died in mass;

Then shall our trumpets peal the glorious song

Of victory we scored o'er might and wrong.

Oh God, protect us from the hidden pitfall,

Guide all our movements lest we go astray;

Give us the strength to heed the humanist call:

To give and not to count the cost' each day;

Bless those who rule to serve with resoluteness,

To make this clime a land of righteousness.

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