

bardichev's battle

Posted by bardichev - 19 Apr 2009 19:51

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 LHSHTABED 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 Steve - 09 Apr 2010 18:24

WE LOVE YOU BARRR-DEEEE,

OH YES WE DOOO-OOO,

WE DON'T KNOW ANYONE,

AS HIGH AS YOOO-OOO.

AND WHEN THE SUGAR'S GONE,

YOU'RE BLUE?

NO, NOT OUR BARDS,

OH, NO, NOT YOOO-OOO.

U KNOW, ALL CAPS CAN BE CONTAGIOUS...

GOOD SHABBOS KOIDESH!!!

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Re: bardichev's battle

Posted by bardichev - 09 Apr 2010 18:44

I WILL HAVE A PICKLE AND PISHKE

OOOPS I MEAN

KIGEL AND KISHKEH

GEVALDIGGGGGG

GOOD SHABBBOS

SHTEEV

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Re: bardichev's battle

Posted by Holy Yid - 09 Apr 2010 19:09

I will dance later. Gut shabbos to all.

Dov are you dancing with me?

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Re: bardichev's battle

Posted by shemirateinayim - 11 Apr 2010 04:26

REB BARDS this post is W-A-Y too late I should have found it after your fall,
however....better late then never, and you can see why.

sefer omer hatenufa: netzach shebigvura
can't type in hebrew]

[below is a word for word transliteration- i

gm eiruvim 5 'kol makom shene'emar netzach selah vaed, ain lah hefsek" Vilazeh Yoreh Lanu
midah Zu netzach shebigvura, lehorot sheliolam yihyeh adam bigvura zu lehisgaber al yitzro, ki
im yakeil leatzmo beshum pa'am velo yisgaber ka'ari la'amod kinegdo, **lo yoilu lo kol mah
shehisgaber ad heina** ki im bechol rega yisgaber bigvura zu "

You gotta get the YH when it's down. You gotta finish him off, it's not enough to overcome
him. And every single day you must be misgabeir ka'ari to fight him, because if you aren't ready
for a full blow battle, he can overcome all the gevura you mustered untill now. In short, the
name of the game is "overkill" or belashon am zar K-O-T

Also, stamazoy see the medrash tanchuma on parshahs shmini, about the issur shtiyas yayin....
funny enough, it gives a breakdown of what addiction leads to (alot of what it says is primarily
for AA, yet another reason to see it mybe, but one short shtikel applies to all adictions)

Ain lanu eisek betoras nistar, I saw it quoted in "usfartem lachem" by R Daniel Parish (ba'al
Matok Midvash al hazohar). The tanchuma I do learn.

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Re: bardichev's battle

Posted by Dov - 11 Apr 2010 15:46

[Holy Yid wrote on 09 Apr 2010 19:09:](#)

I will dance later. Gut shabbos to all.

Dov are you dancing with me?

Nu, voszheh dehn!?? Of *course* I am!!

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Re: bardichev's battle

Posted by jewinpain - 11 Apr 2010 15:55

Hey! Can I join in the baal shem's dance

Where is it taking place?

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Re: bardichev's battle

Posted by Yosef Hatzadik - 11 Apr 2010 16:03

[jewinpain wrote on 11 Apr 2010 15:55:](#)

Hey! Can I join in the baal shem's dance

Where is it taking place?

Here, there, everywhere!

Wherever we let HIM in!

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Re: bardichev's battle

Posted by bardichev - 11 Apr 2010 16:10

G ;D E ;D V ;D A ;D L ;D I ;D G ;D G ;D G ;D G ;D G ;D

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Re: bardichev's battle

Posted by Yosef Hatzadik - 11 Apr 2010 16:36

[bardichev wrote on 11 Apr 2010 16:10:](#)

G ;D E ;D V ;D A ;D L ;D I ;D G ;D G ;D G ;D G ;D G ;D

DON'T JEWS USUALLY DANCE THE OTHER DIRECTION??

FROM RIGHT >>>> TO LEFT (the direction that the kohen circled the mizbei'ach - the direction we circle the bimah on Hoshanah Rabah & Simchas Torah)

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Re: bardichev's battle

Posted by bardichev - 11 Apr 2010 17:57

TURN UR SCREEN AROUND

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Re: bardichev's battle

Posted by Dov - 11 Apr 2010 18:16

How about we just turn our *heads* around? Then we may be more like Reb b and dance in the

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Re: bardichev's battle

Posted by bardichev - 11 Apr 2010 23:19

?? Em ekil gnichad

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Re: bardichev's battle

Posted by Dov - 12 Apr 2010 02:58

!!drofdooW
right direction!

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Re: bardichev's battle

Posted by bardichev - 12 Apr 2010 03:47

!!!ggggggidlaveG

(Is it still chol hamoed and we are writing with a shinui??)

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