

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 Holy Yid - 25 Jul 2010 06:18

Nachamu, nachamu ami yomar Elokeichem, nachamu, nachamu ami yomar Elokeichem, oh dabru al lev (the heart, gevalat, how much do we need our hearts and how far are we from our hearts) vi'keiru eileha (even if we have blocked our hearts so we don't hear the call of G-d He calls even louder, He wants us to find Him more than we will ever be looking).

We all know that G-d tell his people, gevalat, think about what it means to be G-d's people, how much love that is, more love than will ever exist in the whole world, nachamu, nachamu, find comfort, find comfort. The Seferim ask why twice?

There are many answers but right now I think the message is we will find comfort as G-d gives us the power to change our lives through the tools of GYE and the second comfort is that G-d gave us comfort as we change. the holy brothers of GYE are such a comfort that even that is so specail.

Gut Voch

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Re: bardichev's battle

Posted by bardichev - 29 Jul 2010 19:59

HELLO ALL

IVE IGNOREDMY PAGE FOR A WHILE

OK IM COASTING ALONG

TRUCKING THIS SUMMER IS DIFFICULT WITH ALL THE HOTTTTTT WEATHER

HEY ITS GONNA COOL DOWN SOON

ALL WE CAN DO IS TAKE IT ONE DAY OR ONE 15 MINUTES AT A TIME

IF U GET THE URGE

JUST CHILL

SAY I CAN SURVIVE 15 MINUTES

YES U CAN WE ALL CAN SURVIVE 15 MINUTES

REMEBER ALL TRIGGERS WILL NEVER GO AWAY

WHAT WE NEED TO CHANGE IS OUR "REACTION" TO TRIGGERS

JUST CAUSE WE SAW SOMETHING

DOES NOT MEAN WE NEED TO CRAVE EVERYTHUNG!!!

THINK ABOUT IT

IF YOU ARE HUNGRY WILL YOU EAT UP THE RESTURANT TABLES AND CHAIRS AND
CASH REGISTER TOOO??

NO NO NO

WE NEED TO "CONTROL" OUR REACTIONS

OK ENUFF 4 NOW

KEEP ON TRUCKING!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: bardichev's battle
Posted by Holy Yid - 30 Jul 2010 17:36

Just stopping by to wish the wild trucker and the rest of the crew a most uplifting and restful shabbos

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Re: bardichev's battle
Posted by bardichev - 30 Jul 2010 20:51

Gooooooooood Shabos

Drink a lchaim

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Re: bardichev's battle
Posted by Dov - 01 Aug 2010 05:32

A zissen Voch aroisgeleib't fun kedushas haShabbos!

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Re: bardichev's battle
Posted by bardichev - 03 Aug 2010 21:50

is the oilam truckin???

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Re: bardichev's battle

Posted by Dov - 04 Aug 2010 04:11

Si senior!

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Re: bardichev's battle

Posted by david712 - 04 Aug 2010 17:01

is this where the big boys hang out in august?

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Re: bardichev's battle

Posted by bardichev - 04 Aug 2010 17:35

Its here or no where

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Re: bardichev's battle

Posted by sci1977 - 04 Aug 2010 20:18

Stopping in to say Hi. Glad things are well.

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Re: bardichev's battle

Posted by jamies - 04 Aug 2010 20:37

bARD I MISS YOU!!!! hows it???

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Re: bardichev's battle

Posted by 1daat - 04 Aug 2010 20:42

Missed ya. If you and Dov could please get into it again, I need to roll on the floor again.

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Re: bardichev's battle

Posted by Holy Yid - 06 Aug 2010 02:43

Getting an early crack at the Gut shabbos mit the Rebbe oin dei chasidim. I am hope that when I come out of the mikva tomorrow I will be so high with kedushas shabbos that I wont be in the oilyom of the internet.

A GUT SHABBOS RABOSAI

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Re: bardichev's battle

Posted by bardichev - 06 Aug 2010 04:47

Mi shetarach be-erev shabbos yochal bishabbos

That is a powerful idea

Lately I am trying not to fight my YH in a head on fashoin

Rather avoid evade ignore!!

So what if I saw

As long as I don't keep on looking!!

The yesod is (I know this is not for everyone. And it wasn't for me in the beginning)

Don't be soo busy with the the YH

Keep on trucking

Another thing is

Pre-emption

Talk to yourself before you go on the road. Go on line. Go out into the bank shoPping etc...

Mi shetarach

Its work

Work

Work

Ahhhhhhhhhhh!!! As steve says the sweetness of coming into shabbos clean

Ahhhhhh its great!!

I heard another bit of chizzuk

Heer goze

Small victories. Small consistent victories.

Are a lot better than a huge win

Small victories

No radio before

Shachris. Win

No peeking into the car at the red light

Win

Don't start the day with the internet

Boooooom huge win

Small victories add

Up

Ok what else is going on??

The summer is dragging along

They used to call it the lazy days

Not in bardichev

Yoish. Migayt shoin bluzen shoifer!!!!

Ani lidoide!!!

Tell Hashem. Tatteh!

I'm yours

Oyyyyyy who is calling me??

My yingele??!!

Gevalllllllddddddd!!

Doidee lee!!!!!!

Ok

Enjoy your woodford responsibly!!

Gooooooooood shabbos

Bards

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