

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 - 11 Nov 2010 19:54

Happiness is a forum with Rebbeinu Reb Bards in it.

Right up there next to chocolate mouse.

You hear that, Barrister? You're sweeter than *CANDY!!*

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Re: bardichev's battle

Posted by bardichev - 11 Nov 2010 19:58

Chocolate covered pickles

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Re: bardichev's battle

Posted by Yosef Hatzadik - 14 Dec 2010 01:25

Bardichev's Battle declared a ceasefire?

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Re: bardichev's battle

Posted by bardichev - 14 Dec 2010 01:32

No way

GUNZZ BLAZZING

TRUCK RUNNING ON ALL CYLINDARS!!!

GEVALDIGGGGGGGGGG!!

KOT

bardichev

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Re: bardichev's battle

Posted by ZemirosShabbos - 14 Dec 2010 15:06

ahhhhhh

rebbe bardy, duss iz dee spirit!

can we get a few blasts on the air-horn?

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Re: bardichev's battle

Posted by bardichev - 14 Dec 2010 15:48

Zemmy I am driving down the main road of bards town from west to east I will give u a blast

Herr ois.

I need to talk very openly to many of our veterans here

Zemms u are a veteran with 1000 posts so you gotta listen

Our job here is not to be shmutts free

Our job is not to reinvent ourselves

Our job is not EVEN to change

!BARDS VUSS ZUGST DU!!!

STAM KEFFIRRA??!!

Slow boys slow

Herr ois

I myself and many veterans here have contacted me on my help line

They are crying

Waaaaaaa

I went 90 180. 360 2 years etc etc

And I still urge

I still need the fix

I still get triggered

Psssst shhhh I still slip and falll

Waaaaaaaaaaa!!!

Herrr ois

This is very very important

What we do here is very interesting

We activate dormant energy that was put to sleep by our addiction

Keep on reading boys

Its important

Again ill be masbir

The addiction is fun it gives pleasure. It provides an escape hatch from the real issues in life

But but ... (Bards is back in form)

It kills everything in our human nature

It kills the energy we need to be able to work on breaking the pattern

So the addiction is really set up good

He comes in drives u to the amusement park locks u in. And robs your car. So u are stuck

And he tells u don't even try to leave

It will be worse if you leave

You NEED to be here

Ok

Now what we are accomplishing here is

Is

Azoi

We say there is no amusement park

There are no gates

We are not trapped

We shine light on the addiction

And it begins to fade

What we accomplish here is NOT a cure

It is NOT magic

And we will never ever be lust free

Nevevvvvvvver

But we got the "gevver" the "ammunition" within our minds to say. I'm only a prisnor of my own imagination

Bards

KOT

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Re: bardichev's battle

Posted by bardichev - 15 Dec 2010 04:48

Yosef thanks for trying to re-ignite my foodim

Zemms I put my heart into a longy bardsy styly posty

Hey no takers

That's fine I have 4 kretchmers to tend

KOT

B

Hey Y"H keep away from my boys

Your days are numbered

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Re: bardichev's battle

Posted by ZemirosShabbos - 15 Dec 2010 05:21

rebbe b

that post is a classic, no doubt about it

i read it a few times

will read it again

still in middle of learning it

"

i'm not as quick on the draw as the rebbe

so while you are able to straighten up the kretchmas, throw out the pooritz, unpack the palletts of Woodford, i will be imbibing the Waters of Life from the Bardichever Fountain...

thanks very much rebbe b

you are very much of what makes GYE such a special holy place

oh, and one more thing:

it's a lot more to digest than a "kutzw kot"
one of your humble and usually happy talmidim

zemms

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Re: bardichev's battle

Posted by frumfiend - 15 Dec 2010 05:42

choshuva reidd!

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Re: bardichev's battle

Posted by desperate_teddybear - 15 Dec 2010 06:16

We activate dormant energy that was put to sleep by our addiction

We shine light on the addiction

And it begins to fade

There are no gates

We are not trapped

I'm only a prisnor of my own imagination

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Re: bardichev's battle

Posted by bardichev - 15 Dec 2010 07:08

I am not sure were I should be

Here or in one of my pubs

Let's talk Tachlis

I will leave lust out of the conversation here

We will go on one topic

We lack a clear picture of who we really are

Ask yourself

Who am I ?

What are my three strongest attributes?

What am a good at?

What defines my judgment?

What are my 3 clear goals?

What am I doing to achieve those goals?

Am I really what I think I am?

Why is this self inventory important?

Because if we had a clear and defined objective

Then we will live life in the scope of reaching that objective

Than as DOV says I don't care which "lav" suicide is

I don't care which "lav" lusting is

I don't play russian roulette. I don't lay down on I 95. I don't drink the poison of lust. Because it will destroy my life

My goals and my self inventory are my "life"

That's who I am

I will not kill myself

KOT

Bards

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Re: bardichev's battle

Posted by ZemirosShabbos - 15 Dec 2010 15:18

hey rebbe b!

i'm still in the amusement park trying to get some kosher popcorn and you want me to have life-

i think we can declare that this thread is officially 'alive'

and it's rockin and rollin

deep deep stuff

classical bardichev

thanks for sharing

keep those coming, please

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Re: bardichev's battle

Posted by Yosef Hatzadik - 15 Dec 2010 16:00
goals also?

[bardichev wrote on 15 Dec 2010 04:48:](#)

Hey Y"H keep away from my boys

Your days are numbered

Hey! I thought we were buddies? ???

Oh! You must mean the other Y"H. We share initial & get confused sometimes...

[Yosef Hatzadik wrote on 07 Jun 2010 17:16:](#)

Yetzer Horah & **Yosef Hatzadik** share initials.

A talmid chover,

YH (Yosef Hatzadik this time)

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Re: bardichev's battle

Posted by desperate_teddybear - 15 Dec 2010 16:06

hey yetzer hora you're a real mean guy....nanananan (don't know the words)...Yetzer hara, stop picking on me ---country yossi

i would like to add, mr. bards sir, that some people get a thrill out of almost dying. as a teen i used to lie down on main streets in the middle of the night with my buddies and listen to hear if a car was coming or do other stupid things like that. i don't think i cared too much whether i died or not...

but hte way i learnt to care was to GET to know myself and who i was. then i said 'hey i'm a pretty decent guy' and it was uphill from there, to the point that im in recovery right now.

so its true, get to know yourself, and you stop killing urself in whatever way... begin enjoying life and the awesome 'you' that's in it -everything else kind of follows along

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