

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 Efshar Letaken - 16 Dec 2010 00:12

I'm still not clear as to who I really am. (I know I'm the Rebb's Gabba, besides from that)

That's kind of the Prob.

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Re: bardichev's battle

Posted by Efshar Letaken - 16 Dec 2010 00:28

Reb B.

Gevaldiger Shtiklech!

Now that's the Bards Fin Amul.

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Re: bardichev's battle

Posted by bardichev - 16 Dec 2010 00:43

Can I get my gabbeh back?

I have more stuff in the works

All in the zchus of my "buddy" Yosef Hatzaddik

KOT

When is our trip to yellowknife northern provinces?

Or what's up with shamayim news?

B

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Re: bardichev's battle

Posted by Yosef Hatzadik - 16 Dec 2010 00:59

[bardichev wrote on 16 Dec 2010 00:43:](#)

All in the zchus of my "buddy" Yosef Hatzaddik

Yasher Koach!

I can use all the zechusim I can get!!! :D :D

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Re: bardichev's battle

Posted by ZemirosShabbos - 16 Dec 2010 15:31

hatalmidim rotzim od divrei chizuk vehisorerus meha'admor shlita

ulai sipurim? k'mo Ben Harry....

ma ata omer? ha'admor rotzeh pidyon? ha'im ata mekabel Paypal?

ata tzarich tzveebel kigel? lech la'internet heimishrebbesupplies.org

bitta

please

bevakasha

sivu play

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Re: bardichev's battle

Posted by david712 - 16 Dec 2010 20:59

FYI- Bardichiver.com is still available it may be a good investment to invest and purchase it.
When Bardy starts tweeting to his chasidim i am sure you will want the site.

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Re: bardichev's battle

Posted by bardichev - 26 Dec 2010 17:05

Ok

What does keep on trucking really mean?

Is it a slogan

I love NY

We try harder

The world on time

The real thing

And keep on trucking??

No no no

KOT is not a slogan

KOT is 2 things

I will explain the first

We are sechel/lev

Hergish/chuchma

We need to train ourselves not to lose focus from our constant chochma

We addicts are very very very flighty. Very triggerable. Very inconsistent. We always feel the urge to see some thing. Once we see we feel we need to do something.

Exercise #1 would be to learn how to focus and not be so triggerable

B

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Re: bardichev's battle

Posted by ZemirosShabbos - 26 Dec 2010 22:33

shkoyach rebbe!

???? ?????? ?? ?? ??? ??????

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Re: bardichev's battle

Posted by frumfiend - 27 Dec 2010 06:55

vee shovelt men arois a truck? Efsheer kot works for snow?

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Re: bardichev's battle

Posted by bardichev - 27 Dec 2010 09:19

When I was a kid growing up in brooklyn kentucky

I remember the trucks had chains on them

Gevaldigggggg

Sometimes we need chains (restraint) in order to forge forward!!!

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Re: bardichev's battle

Posted by bardichev - 28 Dec 2010 00:58

SIMCHA IS THE SECRET!!!

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Re: bardichev's battle

Posted by desperate_teddybear - 28 Dec 2010 16:14

what happens when u google.image bardichev:

images.google.ca/imgres?imgurl=http://www.guardyoureyes.org/forum/index.php%3Faction%3Ddlattach%3Battach%3D695%3Btype%3Davatar&imgrefurl=http://www.guardyoureyes.org/forum/index.php%3Ftopic%3D574.60&usg=__REltyScCyiqv9Hg5hYz8u5EJRIU=&h=47&w=65&sz=8&hl=en&start=0&zoom=1&tbnid=iR4F2g2COMO4hM:&tbnh=47&tbnw=65&prev=/images%3Fq%3Dbardichev%26hl%3Den%26biw%3D1280%26bih%3D619%26gbv%3D2%26tbs%3Disch:1&itbs=1&iact=rc&dur=266&ei=6wsaTYf1E8y9nAfiwaTcDQ&oei=lgsaTbGUfzPnAfzgtnYDQ&esq=6&page=1&ndsp=21&ved=1t:429,r:2,s:0&tx=39&ty=13

images.google.ca/imgres?imgurl=http://farm3.static.flickr.com/2570/3830218860_43b32aa76d.jpg&imgrefurl=http://www.guardyoureyes.org/forum/index.php%3Ftopic%3D985.15&usg=__yVFodSH354ZM_rhL26ineqXkyzw=&h=430&w=430&sz=51&hl=en&start=0&zoom=1&tbnid=L_DqqhkjgxJeaM:&tbnh=163&tbnw=175&prev=/images%3Fq%3Dbardichev%26hl%3Den%26biw%3D1280%26bih%3D619%26gbv%3D2%26tbs%3Disch:1&itbs=1&iact=hc&vpx=701&vpy=74&dur=1081&hovh=225&hovw=225&tx=66&ty=146&ei=6wsaTYf1E8y9nAfiwaTcDQ&oei=lgSaTbGUFOzPnAfzgtN_YDQ&esq=6&page=1&ndsp=21&ved=1t:429,r:3,s:0

images.google.ca/imgres?imgurl=http://flmnetwork.com/content/generators/skinny-sig-generator/temp/FLMNetworkSig4c96b566847fb.png&imgrefurl=http://www.guardyoureyes.org/forum/index.php%3Ftopic%3D702.75&usg=__eFNvvvrGfasBNKrlUpkuY5RpE3w=&h=100&w=400&sz=88&hl=en&start=0&zoom=1&tbnid=DIHLr6JLNrlQDM:&tbnh=50&tbnw=200&prev=/images%3Fq%3Dbardichev%26hl%3Den%26biw%3D1280%26bih%3D619%26gbv%3D2%26tbs%3Disch:1&itbs=1&iact=hc&vpx=338&vpy=317&dur=1856&hovh=80&hovw=320&tx=212&ty=52&ei=6wsaTYf1E8y9nAfiwaTcDQ&oei=lgSaTbGUFOzPnAfzgtN_YDQ&esq=6&page=1&ndsp=21&ved=1t:429,r:9,s:0

that's just in the top ten images, bro. ur famous.

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Re: bardichev's battle

Posted by desperate_teddybear - 28 Dec 2010 16:16

[On The Road wrote on 28 Dec 2010 05:29:](#)

[d_teddybear wrote on 15 Dec 2010 16:06:](#)

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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

I think stopping from killing yourself is one of the best ways to get to know yourself.

Actually, I used to do stuff along those lines too.... sure glad I made it out alive and into my 30's BH.

still got 10 years to make it to 30. i hope i arrive there intact...lol *nervous laughter*

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Re: bardichev's battle

Posted by ZemirosShabbos - 28 Dec 2010 16:23

[bardichev wrote on 28 Dec 2010 00:58:](#)

SIMCHA IS THE SECRET!!!

thanks rebbe b!

i was able to hear that through my earmuffs and over the din of the (non-existent) snow-plows...

timely reminder...

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