

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 battleworn - 08 Sep 2009 15:27

Rebbe Mazel Tov! We should all be zocheh to wish you Mazel Tov on 10,000 posts b'karov!

Ki b'simcha setzei'u! Keep on truckin' but install some jet -engines on your truck because there's a whole lot of work to do!

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Re: bardichev's battle

Posted by Dov - 08 Sep 2009 16:20

Sweet yidelleh - Look up "eleph" in the ShaLo"H and have a gevaldige (or even a gevaldikeh) time! :o

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Re: bardichev's battle

Posted by kutan - 08 Sep 2009 16:44

Mazel tov, Rebbe Dr. Mr. B.

from your little friend,

kutan

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Re: bardichev's battle

Posted by bardichev - 08 Sep 2009 16:55

1001 AND COUNTING.....

thank you all

thank you all

I feel humbled and happy to be here

it is truly amazing

that the people who we really care about

every triumph every setback

these closest of friends

the ones who know our

inside inside fears hopes etc

these people are anonymous

it is a mindblowing phenomenom

I have (ok caps) "NO IDEA"

how I was meritous to be

where I am today

OK, I am not LUST FREE

TOO BAD

WHO CARES???

NOT ME!!

I am trying to..

BALANCE

peace of mind

CONTROL

happiness of self

BITACHON

not live the problem

LAUGH

keep on truckin'

CHIZZUK

look at the world as a beautiful place

DAVEN (mincha too)

no regret

no sorrow

no self pity

no nebeching

no rachmanussing

no deep thinking YH philosopyhing

JUST ME HAPPY TO..

BE ALIVE

SANE

HAVE A NAME

A HOME

A FAMILY

CLOTHING

(good looks)

FRIENDS

POWER OF SPEECH (and type)

ABILITY TO LOVE

AND TO BE LOVED

I CAN SEE

AND HEAR

I WANT TO TELL THE WORLD HOW HAPPY I AM

bardichev

THANK YOU FOR BEING MY FRIENDS

G-E-V-A-L-D-I-G-G-G-G-G-G-G-G-G-G!!!

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Re: bardichev's battle

Posted by Dov - 08 Sep 2009 17:28

...and we can add YOU to *our* lists!

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Re: bardichev's battle

Posted by Sturggle - 08 Sep 2009 18:24

oh man oh man, rebbe...

you are amazing!

THANK YOU!!!!!!

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Re: bardichev's battle

Posted by Efshar Letaken - 09 Sep 2009 04:01

Did anyone give you a Mazel Tov yet on your 1000 posts & 6 Months?

E.L.

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Re: bardichev's battle

Posted by kutan - 09 Sep 2009 20:32

Dr. B,

you keep surprising me ...

hey, did any one tell you that you have many facets to your personality?

pretty amazing.

kutan

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Re: bardichev's battle

Posted by bardichev - 09 Sep 2009 20:44

Dr. B,

you keep surprising me ...

hey, did any one tell you that you have many facets to your personality?

pretty amazing.

kutan

ALL TRUE

HOW DID YOU NOTICE??

b

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Re: bardichev's battle

Posted by kutan - 09 Sep 2009 20:48

your last post was special.

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Re: bardichev's battle

Posted by kutan - 10 Sep 2009 18:51

[bardichev wrote on 31 Aug 2009 17:02:](#)

Quote

If we do not learn to despise lust, meaning the animalistic actions that people so wontonly succumb to , then even if we are successful in 'building up' yiras shomayim and squashing it, who says we will be successful all the time? all one needs is a SINGLE downfall. It becomes unlikely that we will have a perfect record.

DESPISING LUST WOW!! THATS A TALL ORDER

ESPECIALLY FOR BOCHRIM WHO CAN NOT HANDLE THE FACT THAT THEY ARE LUSTING IN THE FIRST PLACE

A CLASSIC "TRICK" OF THE Y"H IS TO GET ONE "TOLOOK" AND THEN HIT HIM WITH ALL THE AVEIROS HE WAS OIVER.

I THINK THAT ONE NEEDS TO TAKE A COOLER AND CALMER APPROACH

BECAUSE YOU CAN DESPISE LUST UNTIL..UNTIL.. THE NEXT TIME YOU FEEEL THE URGE TO LUST

ARE YOU CRAZY DO YOU THINK YOUR MIND IS GONNA TELL YOUR HEART HEY! I AM IN MIDDLE OF DESPISING YOU

BUDDY ID DOES NOT WORK THAT WAY

WE NEED TO COMMUNICATE ESPECIALLY TO OUR YOUNG BOYS AND GIRLS THAT THE FEELINGS THAT THEY FEEL AND THE URGES THEY HAVE ARE 1000% NORMAL

NOW THESE "NORMAL" FEELINGS NEED TO HAVE "NORMAL" REACTIONS.

AND THAT IS HOW YOU DEVELOPE "NORMAL" BEHAVIOIR PATTERNS

IF A BOCHUR TELLS HIS REBBE HE HAS A PROBLEM RIRDING THE CITY BUS BECAUSE HIS EYES ARE ALL OVER THE PLACE

AND HIS REBBE TELL HIM OMG WHAAAT DID YOU SAY YOU LITTLE DUDDING MENUVAL ETC ETC ETC

YOU CAN BET WE WILL HAVE A LITTLE BUDDING MENUVAL

BUT.. BUT.. IF THE REBBE LIKE SOMEONE MENTIONED HERE (I HAD SUCH A REBBE) SAYS TZADDIK DON'T FEEL TOO BAD

I ALSO STRUGGLE IN THIS AREA EVERYONE DOES AND I WILL GIVE YOU "EITZOS"
HOW DO CONTROL AND BALANCE

THAE BOOM! ANOTHER NORMAL PERSON JUST ENTERED SOCIETY

MY TWO KOPEKS

bardichev

Dear Mr. B.

I meant to elaborate on the despising lusting bit. Eye.nonomous prompted me about it on his thread, and I'm copying it here, since kutan does not have a thread yet (maybe for the Bar Mitzva)

To clarify. Despising lust is silly. Hashem made it, we need it, as the Anshei kneses hagdola found out with their great experiment (no chicken eggs...)

But lusting is something else. Its giving in to the mida, where you are not in control.

That CAN be despised, and a person CAN develop a ratzon to not do that.

A half year ago, I would have told myself, your crazy man, can't change the biology built into man.

But Guru Guard came along and taught me differently.

Now, this is not to say that the instinct of lust does not show up in the person when confronted

with a nisayon. and it is not to say that if the person is feeling down at that moment, that the urge to give into the lust and start 'lusting' will not surface. And, at that time, like you noted above, it would be fool hardy to say to one's self, this is disgusting, when the lower self is screaming the opposite. At that time, we need hand-to-hand eitzos (which you will fill in, IYH, when you get a chance).

But beforehand, not b'shas the nisayon, a person can develop a understanding and clarity that lusting is silly and ugly, in gashmius (not focusing now on the ruchnius, but simply in terms of Olem Hazeh considerations).

For more on this idea it is VERY worthwhile to listen to the following shiur:

<http://rehab-my-site.com/guardureyes/forum/index.php?topic=402.0>

see post number four there.

And then we change our actual ratzon, meaning we change things we like. and then most of the time, we are HAPPY not to be lusting, and it is not a struggle.

Eye.N... asked me to record the things that made me despise lusting:

The following is copied from his thread.

I realized that this is not so easy.

it was not just one point, but the waxing of many things I've seen on the site/handbooks/the-world-out-there (where we have to go, in between logging onto GYE) that came together.

That said, here goes.

Have you ever been to a kidush after shachris? Where I daven, Hashem should bless them, there is a takana that only cake and soda (and woodford). Nothing else. But, I'm talking about a kidush with oily, brown, potato kugel.

Well, it seems people like it. In fact, I never understood why the caterer serves lukshen kugel too, since everyone goes for the potato. In my older age, I realized that it is for the baal simcha... so that they don't complain about the amount of food...

'Hey, how come you served so little, for all the money you took" Huh

"huh? Little? Come on... look at all the lukshen kugle left over" Grin

Roll Eyes

Anyway, did you ever see someone who just HAD to get a piece? (or two or three or four). You probably seen it... the guy lunging for a peice, with that look on his face... Shocked

Well, I've seen it more than once.

Since we are all anonymous, I'll say that I think I might have even been that fellow, once upon a time.

That is called 'lusting'.

The kugel is mutar.

The guy heard kidush. On wine. Full cup. using a real kos, not paper. B'makom seuda (had 3 pcs of cake).

But its disgusting.

its piggish.

oink oink.

I've been zoche to see real live curly-tails run after food, so I can be may'id.

Its piggish.

That's REASON #1.

Coming tomorrow... iyh

REASON #2

(preview...

it doesn't stop

)

humble and happy,

kutan

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Re: bardichev's battle

Posted by bardichev - 11 Sep 2009 13:51

GUTTT SHABBOS GUTT SHABBOS GUT SHABBOS!!!!

SHRRAYYYT SHION YDDELLECH GUTTT SHABBOS

HEILIGEH SHABBOS LECHTIGER SHABBOS

ZUGT SHOIN ALLEH GUTTT SHABBOS

I WILL BE THINKING OF ALL OF YOU ALL SHABBOS LONG!!!

WITH ALL THE LOVE IN THE WORLD

bardichev

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Re: bardichev's battle

Posted by Rage AT Machine - 11 Sep 2009 14:11

ok, so i pretty much drink anything that comes my way but its been a while since i last bought a bottle of burbun...i bought one last night fo shabbat...can you guess the brand? ill drink to your success, bro...have a shabbat shalom.

ratm

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Re: bardichev's battle

Posted by bardichev - 11 Sep 2009 14:15

WOOD FORD!!!!!!

GEVALDIGGGGGGGGGGGGGGGGGGGGGGGGGGG!!!!

GUT SHABBOS

THERE IS AN URBAN LEGEND THAT THEY USE HONEY BARRELS.. HOW SWEET

b

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