

bardichev's battle

Posted by bardichev - 19 Apr 2009 19:51

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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 bardichev - 12 May 2009 16:10

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thanks milllllllllion

Now when I see the tightrope walker on GUE, you know whatl will be thinking of.

h&h

bardichev

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Re: bardichev's battle

Posted by bardichev - 13 May 2009 21:42

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HERE IS A QUESTION

WHAT CAN YOU DO WHEN YOU SEE SOMETHING THAT TRIGGERS YOU?

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Re: bardichev's battle

Posted by Dov - 13 May 2009 21:53

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Whatever it is that I was supposed to be doing when I saw it (after or while asking Hashem to help me do that)

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Re: bardichev's battle

Posted by bardichev - 13 May 2009 22:01

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I AM WONDERING IF THERE IS ANYTHING ONE CAN DO TO NOT GET STIMULATED FROM TRIGGERING SIGHTS OR SITUATIONS?

I AM NOT LOOKING FOR NISYONOS RATHER I AM TRYING TO FIND A WAY HOW TO CONTROL MY MIND AFTER I SEE SOMETHING THAT BOTHERS/EXCITES ME SO I DON'T CONTINUE LOOKING OR TAKE IT TO THE NEXT LEVEL?

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Re: bardichev's battle

Posted by the.guard - 13 May 2009 22:59

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Hi Tzadik, See:

[www.guardureyes.com/GUE/FAQ/FAQ15.asp](http://www.guardureyes.com/GUE/FAQ/FAQ15.asp)

[www.guardureyes.com/GUE/FAQ/FAQ39.asp](http://www.guardureyes.com/GUE/FAQ/FAQ39.asp)

[www.guardureyes.com/GUE/FAQ/FAQ40.asp](http://www.guardureyes.com/GUE/FAQ/FAQ40.asp)

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Re: bardichev's battle

Posted by aaron4 - 14 May 2009 13:24

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I clicked on the links and read the tips and chizuk (some of which I'd read many times already) and I'm beginning to understand a little of the mind purification process that begins once you stop acting out and re-sensitize your mind so that you're disgusted by filth and are not numb to it. Over time, as the addiction takes hold, you begin to view women in a new way - completely out of proportion to reality. Every little thing is invested with tremendous meaning so that you get a high from it. It's like looking at an ant and seeing an elephant, and tricking your mind into thinking it really **is** an elephant so that you can be awed by it's size and might. Going back to the nimshal, the more you work on staying clean and keeping your thoughts pure, the more the elephant begins to shrink. Soon it's a moose - still important and large but not quite as impressive. I don't know enough about the animal kingdom to find perfect examples of next few stages, but I think the point has been made. Eventually it becomes a dog, then a rabbit, then a mouse, and eventually (I'm not there yet but I'm encouraged by the trend!), eventually it becomes what it really is...an ant! And you can ignore it and walk on by!

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Re: bardichev's battle

Posted by jack - 14 May 2009 14:31

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learn to meditate. depending on the person, this may take years, so be patient, dont be hard on yourself, and be happy that you are at least trying.and success will come.and you may fall, but always, always, get up again. jack

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Re: bardichev's battle

Posted by Dov - 14 May 2009 16:27

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Dear bardichev - These are the things I do, sometimes one and at other times another, sometimes more than one:

\* I **always** mutter "Hashem/Tatty help" He knows what I need and how to help me; then I ask Him to help me move on to whatever it is I was supposed to be doing when I got distracted by the goofy idea

\*immediately daven for the person involved in a direct and clear way, for their benefit, not mine (then move on)

\*ask Hashem ASAP, that whatever it is that I am truly seeking from that person/act, let me find it in You (then move on)

\*get out of dodge - sometimes that is all I need to do - a change of venue

\*make a phone call to any of the 15 people I can call and tell them exactly what it is I feel like doing (get the secret out)

\*think through what the end result of what I am wanting would be, ie. what would I do after it'd be over? usually that's quite sobering and helps me let go for a minute - long enough to get back to whatever it is that I should have been doing in the first place

\* in general, work the steps honestly and humbly, so my life is less painful, maybe even pleasant, and taavah is then less attractive to me on a gut level (not intellectually, this isn't about intellect)

For me, the *most* important thing is to **never** take credit for "beating" the Yetzer Hora. It is always **Hashem** deflecting it from me. I am not here to fight the YH, proff of that is my dismal failure in the endeavor x 15 years+, as I say every day in Os Yashir: "**Hashem** Ish Milchama" - only Hashem.

PS. I also remember that no matter how sick, weird, or extreme the taava is, I never feel bad about it, as I know I am an addict and that is what addicts **do** - they have these hardwired problems, but I have not had to act out on them in 11 years as the result of Hashems 100% help. BH, I have been helped by program/program peolpe, to take off the boxing gloves and **get out of his way**.

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Re: bardichev's battle

Posted by aaron4 - 14 May 2009 16:52

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Dov, you're a powerhouse. Your experience and advice is pure gold. Thank you.

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Re: bardichev's battle

Posted by bardichev - 18 May 2009 15:31

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Most Online Today: 221. Most Online Ever: 227 (May 17, 2009, 10:46:26 PM)

what a kiddush hashem!!!!

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Re: bardichev's battle

Posted by yetzertov - 18 May 2009 23:26

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Bardichev,

I don't know if I understood you 100% but if you are where I am, I hear you. The road is getting bumpy indeed.

You see, a couple of weeks ago I wrote you that I was just doing great, with no desires etc. I certainly was doing beatifully, and I felt that I was the greatest Gibor since Yosef haTzaddik, that I was purifying the world, that I had a neshama d'atzilus and other nonsense. In truth, it was just Hashem that was holding me and helping (remeber baLetaher....). That was stage I. We graduated from stage I and most definetely should feel proud of our accomplishments. But now stage II comes. As Guard has written somewhere in this site, it is as if, kivyachol, Hashem is now removing the "training wheals" to see how far we can go ON OUR OWN EFFORTS. It is during stage II that that everything that we do really counts and it is the work that we do during this stage that will propel us to the final graduation. I don't think there is stage III (but I will defer to Guard for the final word on this).

It is now, when I walk down the avenue, that the most magnificent female creatures are appearing in the periphery of my vision and it is almost physically painful not to look, but I am

still holding great. Today I had to call a certain frum place and against my efforts, the secretary with a most pleasant voice decided for whatever reason to flirt with me on the phone, and so it goes. What keeps me strong is the knowledge that everytime I turn my head, close my eyes and push my thoughts, Hashem derives more pleasure than anything else I could do in this world. Forget about the olam haba, forget about Gehenom chas v'shalom, forget about being a Tzadiik or otherwise. Just consider (as discussed at length in the Sefer Hatanya, chapter 27 that I quoted in another post) of how much nachas ruach is Hashem deriving from our actions, and think also (as discussed in the post to Ykv Schwarrz regarding the parsha Acharei) that a very bumpy road is the natural and expected part of our journey. As my Rebbe wrote, all these obstacles are there for a purpose. Once we overcome them, the obstacles are no longer needed and they disappear on their own.

Hatzlacha rabba.

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Re: bardichev's battle

Posted by the.guard - 19 May 2009 11:19

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What a holy soul you have, YosefYakov. You sure have a great attitude on this struggle!

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Re: bardichev's battle

Posted by bardichev - 19 May 2009 23:18

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day 62 B"H

there is a gemara in avoda zara 28 that the eyes are directly connected to your heart!!

VTASER **LIBEINU** LI-OVDECHA BE-MES

h&h

bardichev

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check out the rambam in hilchos teshuva ( think perek 3) you are a real; baal teshuva

[yosefyakov wrote on 18 May 2009 23:26:](#)

It is now, when I walk down the avenue, that the most magnificent female creatures are appearing in the periphery of my vision and it is almost physically painful not to look, but I am still holding great.

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Re: bardichev's battle

Posted by bardichev - 20 May 2009 22:34

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Hello all

TODAY IS YESOD SHEBIYSOD it is also Reb Shlomke Zhvillers ZT"L yartziet

Do this follow this link print the picture hang it next to your computer or keep it in your wallet or now as the summer is here paste it to your dashboard <http://www.guardureyes.com/GUE/RShlomo.asp>

Zechuso Yagain Aleinu

It can only help!!!

humble&happy

bardichev

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