

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

=====
=====

Re: bardichev's battle

Posted by the.guard - 21 May 2009 09:01

Replacing one unhealthy addiction with a new HEALTHY addiction -GYE ;D

But once you feel a little more stable, GET BACK TO WORK!

Im Ain Kemach, Ain Torah.

=====
=====

Re: bardichev's battle

Posted by Efshar Letaken - 21 May 2009 15:52

Thanks Guard! Will Do!

I promised myself I will not checkout this site (GYE) today until I get a few hours of work in. but I'm addicted.

I might have to take the 12 steps just to get this one under control. lol)

Bardichev,

I have not heard from you today yet. Its OK ,I understand that you have work to do but please don't make us hold are breath for to long.

Just a line or 2. take a few min. and make the world a better place so that its manageable.

Ashrecho Yisroel!

=====

Re: bardichev's battle

Posted by the.guard - 21 May 2009 16:07

Efshar Litaken,

I have the same problem. I have to literally pull the plug of the modem out of the wall and make a kabbala not to put it back in until a certain hour of the day, if I want to get any work done.

2. Since you and Barditchev have such similar souls, why don't you become each other's accountability partners for the long term? Send each other e-mails each day of Chizuk and letting each other know how you're doing... See tool #9 of [The GuardYourEyes Handbook](#)

=====

Re: bardichev's battle

Posted by Efshar Letaken - 21 May 2009 16:20

Sounds like a great idea. I would love to.

I will try to digest it.

I'm still afraid since this (past hopefully) dark side of my life is/was between me & myself.

This forum is great for one of the reasons that we can open up yet stay hidden.

I'm afraid who I will meet on the other side of the line.

For now I will try to Stay/Become a Tzadik Nistar. lol

Maybe one day I will be more comfortable with myself to be Nisgaale.

=====

Re: bardichev's battle

Posted by the.guard - 21 May 2009 16:24

Many people have accountability partners through anonymous e-mail addresses, like efsharlitaken@gmail.com - so it remains anonymous.

When you are ready, you might want to talk on the phone too, but that is not a must.

=====

Re: bardichev's battle

Posted by Efshar Letaken - 21 May 2009 16:34

will Do!

=====

====

Re: bardichev's battle

Posted by bardichev - 21 May 2009 21:41

I wanted to share a very important machshava.

It is a very very important lesson

from the Heilige Chofetz Chaim

There was once a very rich man that had a huge mansion with a "hoif" there was his large family a lot help maids servants workers "orchi porchi" .This man was very generous and was a big machnis oirach.

One day he realized that stuff was missing cutlery, money, art, clothing etc.

The wealthy man stared to get suspicious so he called in a private investigator to get to the bottom of it and find the criminal. The actual robber who was one of the hired staff in the house sensed that a detective was called in. He immediately stopped his thievery.

He even went so far as to HELP in the investigation. The detective didn't catch anyone and the stealing stopped. Things calmed down and the home owner forgot about the entire incident. When all was calm for a while the stealing started gain.

Says the Heilige Chofetz Chaim, This is called an inside job. Be very careful that you don't mistake real honest HIRHUEI TESHUVAH for an inside job.

The Yetzer Horah knows that there is a certain bottom that you don't want to hit.

So He gives you the freedom and he actually helps you do teshuvah .Only that he should be able to get you down again.

Be careful .many times we were misgaber on the Yetzer Horah .Make sure it is not an inside job.

=====

=====

Re: bardichev's battle

Posted by the.guard - 21 May 2009 22:09

I sense you are saying something deep, but I am not fully getting it. Can you give an example of what Teshuvah is really "an inside job"? What should we be wary of exactly?

Thank you!

=====

=====

Re: bardichev's battle

Posted by Efshar Letaken - 21 May 2009 22:40

If I may

He is trying to say I think, that sometimes like what I'm going through now we feel great or in my case I can start crying to hashem with charoto & that makes me feel like wow! I am back! now let me go on to regular life.

But that can be the Y"H's plan too.

He wants you to get over it fast so that you relax and don't take the necessary steps to fight him long term.

So he helps you do teshuva, he helps you cry yourself out so that the next day you feel like you are good to go, but you are not! you still need to put in a lot more effort in order to hold up long term.

the more times he can get us to fall the better chance he has that we will eventually give up & then we are in his sack to stay.

So we need to stay focused for long after are initial teshuve. not being too satisfied that we are now safe & lower are guard.

As much as we have to feel good about the heights we reached we also have to make sure we are not to comfortable with ourselves.

I did ramble a bit to much, but I hope I got it right.

Correct me if I'm wrong.

=====
=====

Re: bardichev's battle

Posted by the.guard - 21 May 2009 22:48

Oh I see! Yes, that's very true. Thanks to both of you for pointing this out...

=====
=====

Re: bardichev's battle

Posted by Ykv_schwartz - 22 May 2009 06:18

Efshar Letaken,

You stole the words from my mouth. You said it precisely the way I understand it. And the truth is that I believe that this yesod from *bardichev* is one of the MOST important for people like us. So much of my 15+ years of battle revolved around not realizing this was an "inside job". I went through so many periods of ups and downs as described by *Efshar Letaken*. Every time I did intense teshuvah, I felt "cured" and went back to life as usual. I did not grow in my avodas hateshuvah. I did not grow in my yiras shamayim. I did not grow in my shemira from the Y"H. I did not continue to beseech Hashem for help. I did not continue to address the concept of self

change. I did not grow in kedusha. In my mind, it was all over. The Y"H was gone. Why worry about him? He is dead. But in truth, it was an "inside job". He was still there deep within my heart. He sat there patiently waiting for me to forget the whole episode. And then he would attack. I would be taken off guard, feeling hopeless and powerless, and would just give in.

There was one point in my life (2001) I was going to therapy. One of the reasons I stopped going was because I felt it was futile. Why bother? I no longer desired p**n. I felt so "cured". My shemiras eynayim was great. I felt great. And so after three visits with the therapist, I stopped going. And the Y"H was probably laughing away. He waited six weeks for me to forget. And then he pounced upon me without any warnings; I was goners.

But, B"H, I have learned from mistakes. I have learned the hard way to realize he is still there. As we like to say, "we are always an addict". I do not believe it went away. And I continue to be conscious of my past shortcomings. I do many things in my daily routine so that I will not take my eye off the ball, and that I can continue to grow.

If one cannot understand this yesod, they may have never experienced it. Which is fine. We are different people and all of our struggles are not always the same. But I do think this yesod is something many on this forum have expressed, including myself. But those of us who did experience it are terrified because of it. And so, we fortify ourselves properly, continue to do investigations and ask help from Hashem to activate results.

Once again, thank you *bardichev* for relaying this yesod in such simple terms. It is always good to get a reminder of this. In fact, if you could remind of this yesod once a week, I would have lots to thank you for.

=====

Re: bardichev's battle

Posted by mggsbms - 22 May 2009 14:08

Ah gevaldig !

=====

Re: bardichev's battle

Posted by Efshar Letaken - 22 May 2009 19:02

Yakov,

Exactly! Very Well Put!

I wish I were able to explain it that well.

BTW I love your incite on all the posts I have read thus far. it sounds very professional.

have a Gr8 Shabbos my new anonymous Family & Dear Friends.

=====

Re: bardichev's battle

Posted by bardichev - 26 May 2009 21:39

Day 69 tomorrow 70 bli ayin hora .Is this true??

or am I dreaming??

thank you *Heilige* GUARD.

thank you for giving me my life and my *Yiddishkite* back to me.

look how you are making *baaley teshuva* every single day.

you are avery special person.

YEHI MASKURTAICH(AH) SHLAIMA MEI-IM HASHEM

humble and happy

bardichev

=====

=====