

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 silentbattle - 04 Jan 2010 05:01

Is there a hidden message there? The yetzer hora makes everything look clear, so we think we can zoom ahead...and then WHAM!

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Re: bardichev's battle

Posted by silentbattle - 04 Jan 2010 05:02

Drink responsibly, kids. :D

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Re: bardichev's battle

Posted by bardichev - 04 Jan 2010 05:24

If your gonna drink and drive drink

777 I mean 7up

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Re: bardichev's battle

Posted by habib613 - 04 Jan 2010 05:28

whatever u say....

big brothers...

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Re: bardichev's battle

Posted by habaletaher - 04 Jan 2010 05:43

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You know, I was at the chasunah too!! You might have noticed me. After bumping into walls too often when trying to avoid looking, I just started wearing a football helmet on backwards. Not only does it give me a premium level of protection from seeing thing that might trigger me, it also protects me when I bump into walls, cars, buildings and the Abominable snowman..

You should try it sometime!!!

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Re: bardichev's battle

Posted by bardichev - 04 Jan 2010 06:18

Attentoin all boys and non boys (trying u 2)

Layla tov go shluffy

Who ever cuts curfew

No w tomorrow

And wiLL sit in the back of the truck

B

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Re: bardichev's battle

Posted by TrYiNg - 04 Jan 2010 06:41

lol...

A non boy.

Sheer brilliance.

I added my. Gabbe (albeit in exile)

Gulosss gullooss vi grois bist...

Vi is EFSHAR? Send warm regards!

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Re: bardichev's battle

Posted by 7yipol - 04 Jan 2010 10:41

Gosh my name has been used in vain here alot lately!

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Re: bardichev's battle

Posted by imtrying25 - 04 Jan 2010 11:32

[bardichev wrote on 04 Jan 2010 01:48:](#)

In my continued quest to vanquish the monster

I added my. Gabbe (albeit in exile)

Mr. Efshar Letaken as my accountability partner

Whith this extra level of protection I hope I can be non-slip

I need all the help I can get

Now chevra

Tamshich Lorry-ing!!

(Keep on truckin boys)

b

BTW we havent heard from your gannai in MONTHS :-\ ???

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Re: bardichev's battle

Posted by imtrying25 - 04 Jan 2010 11:36

I honestly think this whole thread is drunk on woodford. There hasnt been a sane word in like 5 pages.

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Re: bardichev's battle

Posted by silentbattle - 04 Jan 2010 13:16

I can't stop laughing... :D :D

Being normal is highly overrated...

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Re: bardichev's battle

Posted by bardichev - 04 Jan 2010 17:14

a very interesting converstation between pentinant and REBBEREBER=DOV

i added breaks to make this readable

[penitent wrote on 31 Dec 2009 04:56:](#)

I read a lot of the white paper re:SA. I do see myself in that and relate it to my own experiences.

I do have a problem though with understanding all this "lust" etc.

Maybe I look at myself and my relationship with my wife... I have all these thoughts in my head.... part of me wants to break down and cry, as so many times before.

The gemara in Yoma 74: says in the name of R' Zeira "Tov mar'eh aynayim mehalach nafesh.. Tov mar'eh aynayim b'isha, yoter m'gufah shel ma'aseh" To look is always better than the actual deed.

It's the musings we conjure up in our minds that is exciting. It's interesting to note that scientifically, the sympathetic system is responsible for arousal, erection, while the parasympathetic system-which calms us down- is responsible for ejaculation.

I always thought that the final Zing would be carried out by the system that is responsible for an excitatory response. In reality, you could say it's all over when that time arrives. Am I too deep? Anyone have any clue what I'm saying? Do I???

My original question is that chazal recognize human nature. To call it lust and label it a problem i.e. say I have a disease and to give me a cure seems extreme. Maybe I am in denial. See what I mean by thoughts in my head?

Did chazal call that lust? maybe. but they stress controlling the yetzer. There is a book called Cheshbon Hanefesh which was written 150 years before Pavlov dogs, which really targets behavior modification. I recommend it highly. Chazal may tell us of Gedarim we should set but it's another thing to put it into practice.

REBBEREBER=DOV answers in not -so-dovish

quote=dov" link=topic=763.msg40619#msg40619 date=1262284223]

Dear Penitent -

Yes, it is clear that the different nervous systems work that way, as I have shared with some people out of my own experience. I'll PM you something about that issue specifically.

I love you. Period. So, please consider taking what I will share with you the way it is meant - not *at all* as criticism - only as a sharing of my experience with you. Besides, as "imtrying25" will tell

You ask about SA's use of the term "Lust". You are bringing up chazals to understand the term, rather than using examples from your own personal experience with your own problem. I'm all for chazal, but if we are trying to uncover what is really going on within us, it would seem that being honest with ourselves is far more important than what a sefer says.

If folks say this borders on apikorsus, then my response to them is that I'll gladly choose honesty in gehinom over dishonesty in Gan eden, any day. Why? Because the only thing that saved me from my personal gehinom in addiction - and it *was* *gehinom* (I need *no* chazal or sefer to tell me *that*) - was **honesty**. And in my case, I needed a chevra and a sponsor to help me do that. I found that in SA.

Besides, chazal tell us that this world is an olam hafuch - those who are high here are low there. To me that includes us when our frumkeit that is external - only in *our brains*, like Eisav's you, I haven't had a rant in a while, so it's about time. big head. Trust me, when we inject some shameless personal honesty into the mix, Torah becomes incredibly more powerful as a force in our lives. V'anavim yirshu aretz. The one's who seem low on the outside, are *really* high. Kapeesh?

On the other hand, being frummer did me no good, it was doomed to forever be a half-measure because - after all - *I* was the one defining and enacting the "frumkeit". It seems that you are in the same boat, otherwise why are you here? ;D

Do you get what I mean?

What do chazal mean when they tell us: "Derech Eretz Kodmah L'Torah"? To me, this is *exactly* what they are talking about.

Don't look to the Torah to save you when you are insane. How can you expect to succeed while *you'll* be the one applying and measuring it? The basis of all frumkeit *is* personal responsibility.

Darf zeyn a mentch, ershtence.

The yidden at Har Sinai **had** to be healed *before* they could accept the Torah, right? Yidden need to have some basic mental health - specifically self-honesty - to use Torah successfully as instructions for living.

Otherwise it's *known*, but not applied - hey! kind of like in *our* case, right? The GYE-er: a frum yid who just can't "get frum" in this area...drives us nuts, doesn't it?

In fact, a total shoteh is totally patur from the mitzvos. We in addiction are not true shotim, only full of "*ruach*" shtus. We are not p'turim, but seem doomed to fail at it. This insanity is clearly discussed in all 12 step literature. If you want to talk about it more, I'll gladly share my insanity with you (that sounds funny, doesn't it?).

So, I ask you (as chazal put it): how can a "chavush be matir **himself** from the beis ha'asurim"? Chazal inform us that he *can't*. And who is more of a chavush than an addict? No one, to me. Isn't the self-application of Torah exactly what **all** of us do for years and years until we make enough of a mess of things that we finally reach out for help, as you are?

Keep reaching for help. It's here.

Now, maybe we can talk about lust a bit.....

[/quote]

ok now the truckdriver rebbe of woodford and bardstown kentucky come in to ekplain in plain english what REBBE REB BER=DOV is sayin

take it away bards....

Pentinent

I am a talmid of the RebbeRebBer=DOV

Although I never spent a day in his yeshivah

There is a language called Dovish

You need to learn Dovish to "chapp"

DOV

I used to fight rebberebdov

Why cause I was so "macho" I was armed to the teeth with

Chazal

Courage

Resolve

Humor

A mouth like a trucker

I was convinced DOV was a crazy robot apikoress

Pentinent

Let's make cheshbon hanefesh together

When we were in the thick of our taava

Didn't we know all these chazals

Didn't we have the courage

Didn't we have all the machoness that a loser (sic) that dov is missing

And and and

We still had no control

If anything we used some chazal(I did) to boost our YH

Hello who is the apikores

Me and my chazal or dov and his 12 steps

Hey I am not a 12 stepper

But we need to learn from dov

As long as "I" fight the YH

"I" is in big trouble

When I surrender

I don't know ginoi(exactly) how dov taitches surrender but bardichev thinks it means when we remove the "zhich" the stoopid monkey in the middle GAAVA

From the equation

I am again not a 12 stepper

But what DOV says is when a man is clearly not a bar sechel we cannot use sichliyos first he must be a man

Yes we can become a man again thru Torah

By realizing that we are so helpless witout HKB"H

Coming from a non-12 guy

All dov is teaching us is what is pshat in the gemara "ilmalai HKB"H ozroi lo yachal loi"

Hashem doesnot need our help we need his and we need a lot of it

I know I write a lot of jokes on the forum . I do it to cheer myself up and to cheer up people like DOV and everyone else .Simcha is my key weapon and DOV uses it

If u look in the ohr hachaim in ekev he says a lot of what I say here

I have a posotive spin that it is never too late to start living

I call it

Keep on trucking!!

Jump on my truck!!

DOV comes here too (sources say)

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Bards

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Re: bardichev's battle

Posted by imtrying25 - 04 Jan 2010 18:59

Rebbe i saw everything you wrote on the other thread. I was truly astounded both by what R
dov wrote and how you explained it. Thank you!!

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Re: bardichev's battle

Posted by bardichev - 04 Jan 2010 19:10

THANKS

THE CHEVRA IN BARDSTOWN ARE NOT SO TEEF

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