

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 bardichev - 04 Jan 2010 21:15

[dov wrote on 04 Jan 2010 21:01:](#)

Teef, Schmeef!

REBBE WAS I MASBIR IT KLORR??

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Re: bardichev's battle

Posted by imtrying25 - 04 Jan 2010 21:47

[bardichev wrote on 04 Jan 2010 21:15:](#)

[dov wrote on 04 Jan 2010 21:01:](#)

Teef, Schmeef!

REBBE WAS I MASBIR IT KLORR??

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Re: bardichev's battle

Posted by bardichev - 04 Jan 2010 21:51

YUHH BIST GERECHT

IMT25

Excuse me R bArdy. YOu are the REbbe. Dov is the Rebbi!!! >

IT'S TOO BAD ON ME THAT I MAKE TOO MANY JOKES

SOME OF THE STUFF I POSTED IN THE PAST 24 HOURS ARE YESODOS IN YIDDISHKITE

B

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Re: bardichev's battle

Posted by imtrying25 - 04 Jan 2010 22:03

[bardichev wrote on 04 Jan 2010 21:51:](#)

YUHH BIST GERECHT

IMT25

IT'S TOO BAD ON ME THAT I MAKE TOO MNAY JOKES

SOME OF THE STUFF I POSTED IN THE PAST 24 HOURS ARE YESODOS IN YIDDISHKITE

B

Trust me rebbe i know. im misabek b'afar raglechah!

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Re: bardichev's battle

Posted by jerusalemsexaddict - 04 Jan 2010 22:20

1551 posts

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Re: bardichev's battle

Posted by Dov - 04 Jan 2010 22:40

Answer in broken "Bardish":

It's clear like chicken soup w/o lokshen!

...that means "yes", I hope.

So...b says:

"As long as "I" fight the YH, "I" is in big trouble"

Yup. When we got all filled with charotoh we tell ourselves "I'll never do it again cuz **now** I have a plan!! I really mean it this time!"

...and we really do.

But it doesn't work.

By deciding to "fight it myself" I'm letting the **fox** guard the **chicken coop**. Is anything more silly?

Who got me *into* this mess in the first place?

The YH?

If we just keep blaming **the YH** for *everything* and deny that *we ourselves* are a bit "cracked", then we will keep putting this fox (=our very sincere but nutty brain) in charge of the chicken coop (=ourselves) over and over. And we all did that. And we go on scratching our heads..."I'm sincere, so why isn't it working? Ribono Shel Olam! Help me make this work! (...and Tatty, Who knows only emess, hears: "Join with me in this (stupid) fight to make *me* the winner, OK?").

I guess he just says, "Nope. Try again, tateleh."

Usually we come up with the hair-brained idea that if we only deeply understood **why** we do this crazy stuff, then we'd finally beat it!

More cheshboinos will only get us *more* in charge. Great.

That's when we need to really say keep On trucking.

Oy vei.

Stop thinking so much.

You are not that smart anyway.

(I'm talking to me - when I forget - which happens quite often.)

Now, I used to think that Reb b didn't know what he was talking about! It got me angry.

Then one day my eyes were opened and I realized that he was actually smart enough to accept that we are not that smart.

And I *know* that this gift can only come from having a shtik'l humility - I call that "surrender". (also a gift, perhaps)

People like me wonder (especially on Succos!): "Nu! Why can't I just be *besimcha*?!"

The answer for me is simple: ***I need to get rid of some of my gayvoh.*** Sometimes, my gayvo is the only thing holding me back from simcha.

That kind of simcha ***is*** the third step. It's knowing in the heart that I'm not in charge, He is! And he knows *exactly* what He's doing!

That simcha is much more powerful than lust.

But the price to pay to get it - and to keep it - is *not* by learning more, or fasting, or *trying harder*, or whatever.

It's by dropping our demands and accepting that He'll take care of us.

And the only way for folks like me to come to that is to first completely give up on ME taking care of everything.

That should be easy for addicts. We are losers, right? Losers at the game we could never win.

Does that answer you, Reb b?

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Re: bardichev's battle

Posted by imtrying25 - 04 Jan 2010 22:45

It's clear like chicken soup w/o lokshen!

Ah my Rebbi is quoting the Rebbe REb Shmuel!!

> Your Rebbi gives a whole shmooze and this is what you take out of it?!?

Im sorry Rebbi, but im learning. ***SLOWLY!*** :(:(

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Re: bardichev's battle

Posted by Dov - 04 Jan 2010 23:12

Like cold molasses with lokshen.

(just kidding!!)

:-*

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Re: bardichev's battle

Posted by imtrying25 - 04 Jan 2010 23:13

[dov wrote on 04 Jan 2010 23:12:](#)

Like cold molasses with lokshen.

(just kidding!!)

:-*

Thanks Rabbi i needed that!

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Re: bardichev's battle

Posted by bardichev - 06 Jan 2010 06:26

Lchaim anyone!

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Re: bardichev's battle

Posted by habaletaheer - 06 Jan 2010 06:44

Right now, I just want a hot cup of rich hot chocolate, mit a kleine shpritz of rum to give it some extra warmth, and a lil' oomph...

Keep on Trukkin Bardi!

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Re: bardichev's battle

Posted by bardichev - 06 Jan 2010 06:49

RUM uMISSNaSaei shochen shackakkim!!

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Re: bardichev's battle

Posted by imtrying25 - 06 Jan 2010 11:43

[bardichev wrote on 06 Jan 2010 06:26:](#)

Lchaim anyone!

Rebbe, meeeeeeeeeeeeeeeeeeeeeeeeeee!!! i know im late , but better late than never!!!! And besides chassidim are never late :D

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Re: bardichev's battle

Posted by silentbattle - 06 Jan 2010 16:19

Haba - I hope you're making your hot chocolate with milk, not water!

Then add marshmallows (or marshmallow fluff).

I gotta say, though, that the word "marshmallow" is spelled really funny.

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