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Posted by rashkebehag - 06 May 2009 21:15

I have struggled my whole life. not with extreme addiction but always was tempted to peek into books in drug stores or magazine stands, i never bought anything but the peeking and looking was a terrible experience. When i heard of the internet and its dangers it only made me curious. When I got internet The dam burst. Again, I never downloaded any thing but whatever was free i would look at and I learnt a lot of disgusting things. I tried Covenant Eyes and it helps but i lie to my partner that is was one of my workers etc. there have always been ups and downs in my struggle. Recently my son brought home a book about shmiras enaim and I read it and got a lot of chizuk. Then I discovered this site. So, with both things together and covenant eyes I am pretty clean now and don't even feel the pull. of course one is never free and can always fall but right now i feel no urge to click on to any thing bad. I have subscribed to the chizuk line that u email and i read it every day, you bring down amazing things, yasher koach

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Re: victory

Posted by rashkebehag - 23 Jul 2009 19:51

I havent been here for a couple of days and I want to thank the berdichever for his great vort although **7up** should look up a page to see what i meant by that name, quite different than the holy berdichever's pshat. they say there are many ways to fight the YH and through self esteem like B. is espousing can be very effective. the proof is that it is probably one of the hardest. most people tht lose the battle is because of lack of self esteem. anyway, I would like to announce the close of another clean week since i am not here on fridays during the summer. I have no words to thank all of you for bringing me to this milestone. When i have my Old Williamsburgh on Shabbos I will have you all in mind, By the way I hope you don't drink when you make a I'chaim. [img][/img]

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Re: victory

Posted by bardichev - 23 Jul 2009 20:04

gevaldiGGGGGGGGGGGGGGGGGGG

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GYE - Guard Your Eyes Generated: 29 April, 2025, 14:15 Re: victory Posted by rashkebehag - 03 Aug 2009 18:03 today is August 3 and i am still OK. please update my chart i forgot how to do it myself ==== Re: victory Posted by bardichev - 03 Aug 2009 18:04 **RABBEINU I MISSED** YOU!!!!!!! Re: victory Posted by the guard - 03 Aug 2009 21:29 I was afraid you left us! I updated your chart, but for next time, just go to this page: guardyoureyes.org/woh/login.php Username: rashkebehag Password: gye

And press "Still Clean"

GYE - Guard Your Eyes

Generated: 29 April, 2025, 14:15

==== Re: victory Posted by rashkebehag - 10 Aug 2009 17:10 thank you, i just updated, i have no idea how to insert all these cute pix in the right place. also, how to make a quote and such things, I am not so computer savvy, do you have a tutorial somewhere on the forum. :-[hey! I just tried one and it worked, funny i couldn't do it before, :-\ Now, who puts in the pictures on the side? the one for Berdichev is hilarious ==== Re: victory Posted by the guard - 10 Aug 2009 19:06 Rashkebehag, welcome back. Where've you been? I chose you a perfect picture for you! ==== Re: victory Posted by mggsbms - 10 Aug 2009 23:32 Rabbi Guard I didn't know you give that service to, do you have something for me? Re: victory Posted by rashkebehag - 23 Aug 2009 03:21 sorry I havent been around. No time now but i am happy to report that I am still clean. I am running a crisis right now about my parnasa please be Mispallel for me Bsoch sh'ar bnei Yisroel. You dont have my name so just call me Hamechune Rashkebehag in your tefilos ====

GYE - Guard Your Eyes Generated: 29 April, 2025, 14:15

Re: victory Posted by bardichev - 23 Aug 2009 14:15 AHHHH SHALOM ALEIIIICHEM MOREINU VIRABBEINUUU **VUU IS GEVEN DI ZUMMER "DACHA"?** GEVALDIIIIGGGGGGGGGGGGGGGGGG TO HAVE YOU BACK!!!!!! ==== Re: victory Posted by Dov - 23 Aug 2009 17:19 Hi Rashke!! Re: victory Posted by rashkebehag - 24 Aug 2009 18:58 Hello everybody, I don't go away in the summer I stay home and shvitz when I am not protected by my AC. I come in to the office only rarely thats why I don't post often, but I appreciate the replies I get, My main nisayon are the few minutes that I sit in front of the computer in the summer. in the winter its all day because I am in the office that long. Knowing that there are chevra out there rooting for me helps me a velt. Re: victory Posted by Pintele Yid - 24 Aug 2009 21:33 Hi Rashke,

Is there anything you can think of to put on or near your computer screen to help you with your
Pintele Yid
==== Nisayon? One idea is to make GYE your home page
Re: victory Posted by Efshar Letaken - 25 Aug 2009 04:35
GYE is my home page.
On the top of my screen I have a banner that reads "Today is the First Day of the rest of My Life"
And I have a shivisi hashem I'negdi somid menorah on the wall next to my screen.
E.L.
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