

Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 07 Jun 2009 17:27

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Shalom Alleichem to all my friends on this holy forum,

Today is with the help of Hashem day 61 on my sobriety journey.

I choose the name Noraah BAmram based on the famous story at the end of Kidushin where Reb Amram Chasida was faced with the battle we are all battling on this site. when he was halfway up the ladder to sin he shouted out **"FIRE IN THE HOUSE OF AMRAM - "FIRE IN THE HOUSE OF AMRAM -** I too scream out "fire in the house of Amram" "fire in the house of Amram" and all the sages came running to save him>

I hope and pray that thru my continued posting on the forum and being on the 90 day chart, somehow the fires of the YH that is waging inside me will be also be extinguished.

The chizuk and understanding that I received from all the members on this forum since I found this site about 2 months ago is absolutely indescribable and immeasurable.

Thank u to each and everyone of you- starting of course with our beloved webmaster, affectionately known around here as "Rabienu Guard" for opening up and sharing your own struggles, tips and suggestions and thereby giving me such tremendous chizuk.

I'm not the best typist in the world but i will try to keep posting as time allows.

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Re: Noora BAmaram's Journey and Journal

Posted by the.guard - 15 Oct 2009 08:34

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Dear Noorah, it seems that Reb Doiv has made it clear that you can't admit powerlessness until you really **FEEL** powerlessness.

But that doesn't mean you can't benefit from the program, like you yourself so wisely said... But if the times don't work out for you, don't kill yourself - as long as you are doing good (which you ARE)...

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Re: Noora BAmaram's Journey and Journal  
Posted by Dov - 15 Oct 2009 23:15

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[guardureyes wrote on 15 Oct 2009 19:44:](#)

Will guys on the forum get to meet you in real life, if they come? That might be the biggest incentive :-) A real Dovian from so many light years away!

Trust me any normal galactic anthropologist would be disappointed meeting me. At best, I'm just another poshuteh dude on the short bus with all of the rest of us. Besides, the entire Shabbos may not work out for me this time, but I hope to be there motzoei Shabbos and perhaps even sunday...working on it. Bekitzur, don't come to meet me (gevalt!), **come to meet yourself.**

Tell me please, how do I present this to the olam (for people who have no experience at all with these type of groups)? What reasons would they have for coming?

To be frank, it is only for people serious about their problem and only for folks actually in a recovery fellowship already. Exceptions can be made on a case-by-case basis, of course. Anonymity is absolutely essential and some innocent folks just do not understand how to protect anonymity until it is explained clearly to them. For more about that, see the last two traditions of AA in any AA literature.

Can you fill in the blanks please?

It would be an opportunity to....

- a) meet lots of frum yidden who are also in recovery from this thing and happy about it
- b) find out what "working the steps" means and find out how that mixes or affects other people's avodas Hashem
- c) get a little more comfortable with the idea of actually "going to meetings with these kind of people", make some new friends

and get comfy with some folks very much like yourself, opening new horizons for yourself with more dedication to your own recovery

d) have a blast and find out that it can be absolutely fantastic to be a frum yid **with your disease**. Every time I have

gone it was special and made a **permanent** lasting impression on me that jumped my recovery up a few notches, for sure.

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Re: Noora BAmaram's Journey and Journal

Posted by kutan - 19 Oct 2009 20:43

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Noora,

someone does not have to be an 'addict' to feel powerlessness.

one just has to feel powerless, and feel very not happy about it.

As Dov says, 'lusting' without control is just that, even in small amounts.

I've been following Dov around the forum (and Bardichev too) for months. I've found that I am a changed person. I instantly look away in the street, I feel good about it (as opposed to the old arggggh! feeling that I used to have, even when I WOULD look away), and I am happier and doing better than ever.

I honestly am not quite sure what is doing it, but I do know intuitively that it has something to do with Dov's posts. And Bardichevs.

But especially (for me) Dov's. There is something there that just rubs off and resonates with me.

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Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 19 Oct 2009 20:46

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Re: Noora BAmaram's Journey and Journal  
Posted by 7yipol - 19 Oct 2009 21:54

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ve been following Dov around the forum (and Bardichev too) for months.

Maybe we should change their names to Mary?

"Mary had a little lamb.....

....it followed her to school one day"

Thats what happens when I stop posting jokes, right Kutan?

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Re: Noora BAmaram's Journey and Journal  
Posted by kutan - 21 Oct 2009 13:17

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[7Up wrote on 19 Oct 2009 21:54:](#)

ve been following Dov around the forum (and Bardichev too) for months.

Maybe we should change their names to Mary?

"Mary had a little lamb.....

....it followed her to school one day"

Thats what happens when I stop posting jokes, right Kutan?

That was AGES ago

Actually, I've been avoiding Mary like the plague...

ever since I've joined GYE. :D

And would appreciate it if you would be considerate enough not to bring up the oh-so-distant

;D

kutan

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Re: Noora BAmaram's Journey and Journal  
Posted by Dov - 21 Oct 2009 16:55

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 02 Nov 2009 13:03

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Haven't posted in awhile that my thread has almost been relegated to the last page on the Wall:)

Need to post just to get out of myself, to get rid of some of the uneasiness that I'm feeling lately.

~~Monday mornings are always difficult for me, the dread of facing the new work week.~~  
Monday mornings are always difficult for me, the dread of facing the new work week.

I had some (minor) disappointments recently that cause me resentment and anxiety and need to get over it and move on.....yet I'm stuck on it.

In the back of my mind flitted in and out some of the old thought patterns.....started thinking with a little bit of longing about some of the "caves in hell" that I used to frequent.....very scary.....I see that I didn't really change and haven't really forgotten those oh so poisonous URL's ..... and I'm always very close to relapse.....walking the narrow bridge .....the tightrope .....over the deadly, dark and frightening, churning waters..... Hashem! Hashem!.....have Mercy! .....please don't let me fall.....

Noorah the little

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Re: Noora BAmaram's Journey and Journal  
Posted by rashkebehag - 02 Nov 2009 13:17

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you have to trust in Hashem in all your endeavors till you relax. I know how you feel and I commiserate with you. work on Menuchas Hanefesh by realizing that Hashem recreates the world every second and created you just now in the situation you are in so relax and do what ever is required.

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Re: Noora BAmaram's Journey and Journal  
Posted by kutan - 02 Nov 2009 14:07

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Noorah,

I may be wrong. But I think that another way to look at it is that Baruch Hashem, I still am able to get rewarded for being clean.

If the poison lost its veneer completely, we couldn't expect much reward.

Sort of like not going to McDonalds.

So, its for our benefit.

Der'shreck zich nisht

(eng: don't allow any fright)

k

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 02 Nov 2009 14:30

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Dearest Raskbahag and Kutan haTzadik,

Intellectually I agree with u and I'm with you 1000 %, but.....my intellect was never the problem!!

Thanks rashkbahag and Reb Kutan Hatzadik for trying to infuse some perspective of gadlus in Noorah hakutan

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Re: Noora BAmaram's Journey and Journal  
Posted by kutan - 02 Nov 2009 19:38

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[Noorah BAmram wrote on 02 Nov 2009 14:30:](#)

Dearest Raskbahag and Kutan haTzadik,

Intellectually I agree with u and I'm with you 1000 %, but.....my intellect was never the problem!!

Thanks rashkbahag and Reb Kutan Hatzadik for trying to infuse some perspective of gadlus in Noorah hakutan

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Boy, did that make me confused!



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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 03 Nov 2009 13:09

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Thanks Chevra, for all the support. I am feeling a bit stronger today.

May the Merciful One battle the YH!

Noorah

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Re: Noora BAmaram's Journey and Journal  
Posted by yechidah - 03 Nov 2009 13:25

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keep up the good work Noorah

you are an inspiration

keep calm cool and collected

Hashem is with you

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