

Just DO IT guys!

Posted by reallylost - 01 Mar 2012 15:38

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Ive been struggling with mast\* for many years. Im so far 9 days clean and its AMAZING!!! Its not easy but if you work really hard, using the 12 steps, just know that your powerless, give it over to hashem when the temptation comes and realize that IT IS possible to stop and it just gets easier. Just say that for today, this struggle im going to overcome, just today..... Its amazing how it works! Trust me guys

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Re: Just DO IT guys!

Posted by ontheedgeman - 01 Mar 2012 16:29

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I just went to the bathroom and saw myself, and thought, hey, it's been a while since I abused the covenant. Maybe I should go for a massage so that I can get my lust on.

Then I thought... WHAT THE!??? EDGE, YOU"RE LOSING IT!!!

I realized I didn't get down to prostrate this morning after Shacharit. So guess what it's time for!

GCD... I SURRENDER MYSELF TO YOU... TO BUILD ME AS YOU WILL. RELIEVE ME FROM THE BONDAGE OF SELF , OPEN MY EYES TO MY DIFFICULTIES SO THAT I CAN LEAD OTHERS. MAY I DO YOUR WILL ALWAYS.

MOTTO: Don't mas\*\*\*ate, PROSTRATE!!

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Re: Just DO IT guys!

Posted by tehylimzuger - 01 Mar 2012 16:56

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[globe wrote on 01 Mar 2012 15:38:](#)

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I don't mean to bust your tires man, but I also thought everything's wonderful after coming to this site and reading all this stuff, it all sounded so nice, and I thought I really understood it, but 67 days into my journey I fell flat on my face, you know why? Alice in Wonderland explained it:

"Come, there's no use in crying like that!" said Alice to herself rather sharply. "I advise you to leave off this minute!" She generally gave herself very good advice (though she very seldom followed it)

Do you understand? As long as it's *us* giving *ourselves* the good advice, nothing comes of it, the Twelve Steps are just a new type of mussar sefer in english, but we very seldom followed our own good advice in the past, and what we need now is to open up to *real* people not just usernames, and to work the steps *together* [see daily dose of dov #955].

Hatzlacha, I hope the 9 turns to 90 without a single fall!

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Re: Just DO IT guys!

Posted by mifatfait - 01 Mar 2012 18:40

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Hello globe,

I'm sorry, but I agree with all the responses. I've also been struggling for many years and am now growing tremendously in GYE, but I think that in the beggining maybe even more important than never falling again is to get up right after a fall, and try your best to stay clean one day at a time (recently I had a fall and got up faster that ever before, I feel better than during a real long clean streak).

But I certainly wish you best of luck.

MB

**GYE - Guard Your Eyes**

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