

For how long by now?

Posted by rt - 11 Jul 2012 20:44

Shalom Alejchem haChevra. I thought it would be a nice idea that everyone would post for how his clean by now and update regularly.

I will start: bY now (11 Jul) I am sober for 15 days. Hope not to fall :-) good luck @all.
R"T

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Re: For how long by now?

Posted by rt - 01 Aug 2012 18:43

mazal tov.

I am wondering whats with our bro, TMC.

Hope he is fine.

Edited

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Re: For how long by now?

Posted by JustKeepGoing - 01 Aug 2012 19:01

Haha thats pretty "meshugs"

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Re: For how long by now?

Posted by E-Tek - 01 Aug 2012 19:12

RT, we are supposed to avoid giving too much identifying information out, even here. Who knows, this is the internet...

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Re: For how long by now?
Posted by rt - 01 Aug 2012 19:35

since i cant hear you speaking i cant derive from your tone if it was ironic or not.
do you think I should remove it? i think if somebody who reads it will see me, he takke could recognize me.
whats your eytza?

Edit: Just saw something very nice (how to get the urge outta ya head):
[kutan wrote on 11 Oct 2010 15:25:](#)

Telling yourself... I'll do it... TOMORROW.
Eye once posted that he had to tell himself that he'll do it 3x tomorrow before the YH let him alone. :D

The idea is living one day at a time. Once your mind is focused on only making it through 24 hrs, it is easier.

When the next day comes, use yesterday to say... hey, I made it through OK, I can do it today too.

I know that this idea by itself is likely not enough... but it is part of a gameplan.

Thats a wonderful idea.

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Re: For how long by now?
Posted by E-Tek - 02 Aug 2012 04:35

Yoish...

I was kidding... How can I identify you with that?

Wait a second- you weren't kidding? You do that!?

Better remove it then.

;D ;D ;D ;D

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Re: For how long by now?

Posted by JustKeepGoing - 02 Aug 2012 07:30

Lol and now Meir you did it again because Im not sure if that was ironic or not...

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Re: For how long by now?

Posted by rt - 02 Aug 2012 10:56

3 weeks today. yupi ye!

well. i thought 'bout it. and well, takke Meir, you will probably not see me, cuz we live too far away, but somebody from my yeshiva could see it. and think "oh, thats like yener fellow."

And btw yea, i AM doing that.

r"t

p,S, i guess we (our group) start tommorow a new week.

what do you think about increasing the knassim.

for example.

if somebody falls, he has to pay 5 and all others just 2 , hee???

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Re: For how long by now?

Posted by rt - 03 Aug 2012 04:48

Well...since nbody madea machoo (protest) i assume we start another week. and since nobody

made a machoo i assume we increase the knass (ayen 1 post le'el)

hAtzlocho , chevra.

r"t

p.S. 22 days.

as i went home from shul today i understood one thing. i tried this days to be shoymer eynaym without really understanding what that is. what is was doing was, looking and then punishing myself. thats not shmiras eynaym, cuz lemaysse i do see THEM. i am stil not sure., what shmiras eynaym really is but i start getting a clue.

its kinda matzav you start to realize, that you DONT have to look to the other side of the street to know if its already green. you can just wait 'til all the other guys on your side start to walk.

b"h

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Re: For how long by now?
Posted by tocontrolmyself - 03 Aug 2012 16:38

im not doing good actually i waited fot the acco. to finish and i really messed myself. i didnt know about the automatic rollover. i am joining again unless i specifically back out im continuing but i dont understand im so focused and then bang when i am alone its all over i just dont get it. i just cant stop.

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Re: For how long by now?
Posted by tocontrolmyself - 03 Aug 2012 16:50

if i just knew what to focus on at least i know where to go. with the 12 steps its hard to know where your holding and what to focus on and what you didnt really do honestly

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Re: For how long by now?
Posted by tocontrolmyself - 03 Aug 2012 16:59

i found st k9 doesnt pick up but i dont want others to fall where can i get help? also k9 blocks me from applying to receive the chizuk emails what can i do?

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Re: For how long by now?
Posted by JustKeepGoing - 03 Aug 2012 20:03

[tocontrolmyself wrote on 03 Aug 2012 16:38:](#)

im not doing good actually i waited fot the acco. to finish and i really messed myself. i didnt know about the automatic rollover. i am joining again unless i specifically back out im continuing but i dont understand im so focused and then bang when i am alone its all over i just dont get it. i just cant stop.

You can stop, you held yourself till the count was over, just shows that you CAN have self control you maybe dont WANT self control you still WANT to act out very badly.

Read the Hanbook and try to imagine what your life will be like if you keep this habit. Dov says all the time that this is life or death. Kashe.. not all the time when you act out our lives are "over" teretz- once you get on the rollercoaster its pretty hard to get off. and when we dont get off itll lead to a "life" that you can call "death" (hey even physical death with all the sicknesses out there today)

You need to be in touch and make some pretty strong fences to get yourself out of that initial week period once you do itll get easier. But again, all the fences in the world wont help you if your trying to break through them. They are there to help you stay clean, not do the job. That comes from you and fences help the process.

Hatzlacha TCM

If you want to enjoy lust only "a little" that dont work, not for our situation

Peace!

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Re: For how long by now?

Posted by rt - 04 Aug 2012 22:42

i am joining again unless i specifically back out im continuing but i dont understand im so focused and then bang when i am alone its all over i just dont get it. i just cant stop.

1.dear TMC, you never were out. I think i forgot to menttion, but u can leave just fridays. So would you inform us, how many days are not clean by you the last week?
and! now new rules, starting with THIS week we pay 2 rubel kesef (i mean \$/€) if somebody else messed up 1 day. and yener (who messed up) pays 5 rubel.

and efshar try not to stay alone.

and do not concetrated too much on this thing! (veken shamaati mi'reb Dov).
its kinda like this kidz. they sit there, shvayg, are calm and happy and then somebody says ice cream (oy wey...). Is there any chance to make the kids be silent NOW? noooo. after they heard about ice cream and they imagined how nice it is and how it feels like to have one...they HAVE TO HAVE IT NOOW!!! so efshar try not to think about it?
what do you say, hee? :)

and efshar read what Dov wrote to my questions here :

www.guardyoureyes.org/forum/index.php?topic=5455.msg142922#new it will be helpful (i hope it will,.. to me it was.)

p.s. 24 clean days.

p.p.s. if every1 would finally post the number of his clean days, we would catch up with steeble's thread ò,Ó

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Re: For how long by now?
Posted by tocontrolmyself - 05 Aug 2012 19:22

i only fell the time i already told you.except that i fell on friday which doesnt count because i was under the impression i was no longer part of the acct.. anyway now im back and im 2 nights(days clean)

btw i started saying a surrender and thank you to hashem every morn. when i wake up and at night b4 i go to sleep and when i feel lust coming

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