

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 What Should My Name Be? - 12 Dec 2012 04:16

well i spoke to guard, and he fixed it in a sec!!!!

thank u so much guard!!!

if u have not been able to access PMs, try now it should work! but u have to go on the old forum! guardyoureyes.org/forum/

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Re: For how long by now?

Posted by noson - 13 Dec 2012 09:20

of course it's okay!

awesome to see all people joining in this identical battle of our body over our soul.

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Re: For how long by now?

Posted by Dov - 13 Dec 2012 18:40

[noson wrote:](#)

of course it's okay!

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Dear Noson - what are you referring to, and I am sorry, but who are you, chaver?

- Dov

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Re: For how long by now?

Posted by RT. - 16 Dec 2012 02:09

Well. I couldnt have my old RT acc on this new forum. i had to add a dot and make a whole new acc... is there any possibility to get my old one back?

and, dov, you didnt yet (if i remember correctly) give me your number.

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Re: For how long by now?

Posted by RT. - 20 Dec 2012 02:41

Raboysay I have something to share.

Had today and yesterday nisyonoys and didnt fall. umaase shechaya kach chaya:

Yesterday I learned a sugya about mamzerim. and thought to myself: how can it be that this married women go and sleep with other men. common, you have a husband? for 1 hour of pleasure you want your whole life to live worried maybe it will get known? and your children will be mamzerim?

and than i thought. and you? (means, me) you are mamash the same, no?

and i thought about it. and about what i read hear about those lust-bubbles. and suddenly it became so disgusting in my eyes. not the mayse (i think i am too much nogea) but the fact that for 15min of this exciting mayse aveyra people (including me) lose sooooo much!

later on the same night...suddenly i felt lust. to such a degree that means: i AM already in the fight. and the yetzer said, common, in is such a tiny aveyre.. and i FELT THAT IT TAKKE WAS VERY TINY. then i became scared and asked myself: how was it possible for him to make it so tiny??? and i tried to remember what i thought before about the nonsense of this things. and raboysay, he went away!!

and similarly today, i read in a sefer about nefilas and that it is not sooo bad and people should not feel yiush. it was meant good,but i felt him comming.. and again i was already in the mood of giving in.

and somehow, through THINKING about this thing being mamish low level sach and so on i was able to escape.

somehow i feel proud.

still clean. 20 days.

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Re: For how long by now?

Posted by What Should My Name Be? - 20 Dec 2012 03:37

And proud you should be! You have proven your will power and courage at a very challenging moment of vulnerability! You should feel encouraged by the fact that you are clearly able to stand strong even in the hardest of times. Thanx for sharing.

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Re: For how long by now?

Posted by nederman - 20 Dec 2012 04:01

[RT. wrote:](#)

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Nice job. You have proven that the Mesillas Yesharim works. It says to stop and think before each action, and you did that. But it also says to enter into an accounting at an allotted time. Write down a complete cost-benefit analysis of acting out and I will show you how to stay sober for good. The consideration about the size of the aveirah was brilliant, but you need more.

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Re: For how long by now?
Posted by jjblue13 - 20 Dec 2012 19:51

Mazel tov!

Maybe add this to the 90,000 thread here guardyoureyes.com/forum/1-Break-Free/110668-90000-Reasons-To-Say-NO-to-acting-out-in-20-words-or-less

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Re: For how long by now?
Posted by noson - 25 Dec 2012 09:20

hi dov

sorry for not replying till now , i was refering to a non jew who wrote here, i thought it was on this page when i sent it, that he was struggling and if it's okay to post here.

I am noson

are you the famous dov 15 yrs sober ?

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Re: For how long by now?
Posted by RT. - 30 Dec 2012 22:06

day 0.

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Re: For how long by now?

Posted by Dov - 31 Dec 2012 06:02

Thanks for being honest and open here! Hey, continued hatzlocha in the same path, brother.

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Re: For how long by now?

Posted by RT. - 31 Dec 2012 13:25

Hm. Should I write "its a pleasure to be honest" ?.. actually its not.

thanks for your ..hm..how is it called...wishes? brocho? thanks for it.

I remember, couple of days ago i spoke with a person about yetzer for pritzus and similar things..and he asked me "RT (surely not like this, he used my real name) do YOU have any yetzer hore whatsoever? do YOU do such things?" i didnt know how to say him.. and th#en he answered himself "neee, impossible. YOU DONT HAVE". yooow...like the choyvos halevovos says "if they just knew, they would run away.."

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Re: For how long by now?

Posted by RT. - 04 Jan 2013 16:15

Day 5.

Somehow I've got back this feeling I like so much. The feeling that s-x is not something i HAVE to have and certainly not now. nu, let's see for how long this feeling will stay with me.

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Re: For how long by now?

Posted by MJB - 06 Jan 2013 00:38

[RT. wrote:](#)

Day 5.

Somehow I've got back this feeling I like so much. The feeling that s-x is not something i HAVE to have and certainly not now. nu, let's see for how long this feeling will stay with me.

Good for you. hold onto that feeling as much as you can. That has been the biggest reason for my success until now.

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