

For how long by now?

Posted by rt - 11 Jul 2012 20:44

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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 tehillimzuggger - 14 Mar 2013 21:01

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always give up your

lust to hashem. you can't

keep it to yourself

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Re: For how long by now?

Posted by mr. emunah - 14 Mar 2013 21:20

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can I lust hashem?

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Re: For how long by now?

Posted by moish u.k. - 15 Mar 2013 14:19

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[mr. emunah wrote:](#)

can I lust hashem?

Sure! Say Shir Hashirim!

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Re: For how long by now?  
Posted by mr. emunah - 15 Mar 2013 18:40

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YAHHHHHHHHHHHHHHHHHHHHHHHHH!

Ize madly in Love with the onae above!

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Re: For how long by now?  
Posted by tocontrolmyself - 18 Mar 2013 17:35

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just wanted to say hi RT!!!!!!!!!!!!

i see you had an awesome streak!

KOT

All the best!!1

what mistake caused you to fall?

do yo know on what you got loose?

it will be helpful

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Re: For how long by now?  
Posted by Eye.nonymous - 27 Mar 2013 00:48

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[tocontrolmyself wrote:](#)

just wanted to say hi RT!!!!!!!!!!!!

i see you had an awesome streak!

KOT

All the best!!1

what mistake caused you to fall?

do yo know on what you got loose?

it will be helpful

Would it be, perhaps, more helpful to know what he was doing all that while that was keeping him from falling?

--Elyah

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Re: For how long by now?  
Posted by Avrom - 29 Mar 2013 04:14

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BH 30 days today!! I was just thinking of "giving in", All was in place.. my Ipad in hand... But I just wanted to check my email for a sec, and - got a email from gye saying my daycount was "red." I updated it and saw "day 30" wow! I will not fall today! Gut moed!

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Re: For how long by now?  
Posted by reallygettingthere - 29 Mar 2013 04:32

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sweet! IYH veiter!

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Re: For how long by now?  
Posted by RT. - 29 Mar 2013 17:26

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I recall somebody wrote once (i think it was obermottel, zachur latov), that you have to read some recovery stuff in order NOT to fall.

each time i had a nice streak was because of one of 2 things:

-this very thing (reading recovery stuff on daily basis)

-kabolos and vows

nothing else really helped.

hatzlocho.

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Re: For how long by now?  
Posted by tocontrolmyself - 29 Mar 2013 17:41

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Elyah-my friend-its two sides of the same coin.Good Moed!!

All the best!

But that is the more positive side.Thanks for your reinder.

POSITIVITY!!!

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Re: For how long by now?  
Posted by Eye.nonymous - 30 Mar 2013 22:11

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[tocontrolmyself wrote:](#)

Elyah-my friend-its two sides of the same coin.Good Moed!!

All the best!

But that is the more positive side.Thanks for your reinder.

POSITIVITY!!!

Actually, I have found that avoiding slips--negative sobriety--is a whole different world than taking positive actions to keep myself far away from danger in the first place--positive sobriety.

I can focus all day every day on NOT FALLING and then stay clean but miserable.

I can focus on the positive things I need to do, and nearly and naturally almost forget about all that acting out stuff, and enjoy myself and enjoy life while I'm at it.

For example:

What did I do to fall? I was browsing the internet aimlessly and ended up looking at p\*rn. Okay, so I've learned I shouldn't do that. But what SHOULD I do, practically speaking, to avoid that? From that, I have NO IDEA! So, given the chance, I'm just going to end up browng the internet aimlessly again and eventually start looking at p\*rn. And I can make an endless list of all the things I do which, eventually (or not so eventually) will lead to looking at p\*rn or masturbating. I spent over 30 years looking at that list trying to avoid those things and, despite my efforts to stop, I kept on doing them.

But, if I ask the question: What did I do to keep myself sober? I called friends in recovery. I posted regularly on the forum. I read recovery literature. I kept a vigilant watch on my fears and resentments and made an inventory of them as soon as they came up and shared them with someone and realized where I was at fault and then I prayed for help in overcoming my character defects and acting rightly towards the people in my life, and I tried to be patient and helpful with my wife and children and tried to enjoy the moments with them, and while I was walking outside I took a deep breath of the cool fresh air to fill myself with one of those feelings

of deep appreciation for just being alive.

Looking at that list and keeping those things in mind, has given me long stretches of sobriety. These things gives me a much better idea of something to work with to keep me sober. It is when I forgot these things, or did not do enough of them, that I fell yet again.

Does that make any sense?

Elyah

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Re: For how long by now?  
Posted by RT. - 30 Mar 2013 23:56

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Yes it does.

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day nummero uno (1)

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Re: For how long by now?  
Posted by RT. - 03 Apr 2013 01:26

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day 4.

I am starting with this vows again. Let me share it here:

before I do anything:

-25 bugs to tzedoke

-tehilim perek 119 (that should take some time)

-to go outside and surround the building i was in before

-feel some heat (fire of a match or anything else)

(and if i Dont do even one of this things, if its bemezid -> 250 bugs, if i forgot to do it ->75 bugs)

after I did it (chas veshulem):

-not to do it that very day again

-2 other things people usually not do... so insake of anonymity i won't share it.

hopefully it will help.

by the way. was it just me who felt strange saying in musaf: "mipne hataenu galinu meartzeynu...veeyn anachnu yecholim laalot...mipne hayad shenishtalcha bemikdashcha" .?

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Re: For how long by now?  
Posted by Eye.nonymous - 03 Apr 2013 09:56

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LOL

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