

a new start

Posted by mggsbms - 24 Jun 2015 14:48

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After being here for many years and succeeding sometimes more then others, I have left GYE. im trying to start this thing again with renewed motivation hopefully with good results.

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Re: a new start

Posted by realsimcha - 28 Apr 2016 15:16

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[cordnoy wrote on 28 Apr 2016 15:15:](#)

My above post is amplified by reading what RS wrote, for the thoughts he mentioned after a fall, like understanding the tayva and future kabbalos, are those that should be avoided, but that was not what mgsmbs was doing at all.

Thanks for clarifying.

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Re: a new start

Posted by mggsbms - 28 Apr 2016 16:12

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I totally agree with everything that was said here on this topic. And I usually abstain from writing any commentary after a fall. You can look back at my seven years of posting seldom have I posted anything after a fall.

This time was different I think, I posted as an act of coming out of my shell, which I tend to roll into after a fall, I am trying to avoid that in my current quest of sobriety, as I see it as a very big obstacle to continued sobriety. I happened to also have had a rare moment of clarity, which I felt had to be jotted down for my future reference.

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Re: a new start

Posted by Shlomo24 - 30 Apr 2016 20:34

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I hear what you are saying Cord. I was responding to what I perceived as shame within his words. Many times I say things that may not seem directly related. Although mg... did say very true things.

I terms of addiction; I don't recall mg... saying that he was an addict. I may be mistaken.

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Re: a new start

Posted by mggsbms - 03 May 2016 14:38

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Day 3

I thank you Hashem for giving me another *consecutive* day of sobriety, and I ask you to please keep the cravings at bay. I can't do it alone.

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Re: a new start

Posted by mggsbms - 04 May 2016 18:38

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Day 4

Lots of stresses going on today - good things - B"H, that said, stress is stress, and lust is the way I deal with it. I ask you Hashem to help me see your presence and deal my day with serenity.

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Re: a new start

Posted by markz - 04 May 2016 18:58

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I have not seen serenity in a loooong time, and Hashems presence even longer. Is it possible to pray to see it? I don't know

I'm only commenting on your wording, however I know what you meant and **may your prayers be answered!!!**

\*\*\*As an avid follower of the White book league, and a trying to be good Jew, I hope this isn't taken the wrong way, and should be excused based on my ignorance\*\*\*

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Re: a new start

Posted by mggsbms - 04 May 2016 19:05

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Is "feel" any better ?

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Re: a new start

Posted by markz - 04 May 2016 19:10

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Question is what happens if we go for months without this prayer answered, and we don't feel...  
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I don't believe that's the correct surrender prayer format

\*\*\*Please see disclaimer above\*\*\*

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Re: a new start

Posted by mggsbms - 04 May 2016 19:23

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It's not intended as a surrender prayer. But as a pre lusting one. For me it helps to reach out to Hashem and to people, to stay connected.

However, I'm borrowing your disclaimer.

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Re: a new start

Posted by mggsbms - 10 May 2016 11:40

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Nothing very positive to share. I've been releasing steam with lust.

I upped my filter to block a certain site that has started to cause me problems (in the past my filter blocked any inappropriate content of that specific site, but in the last few days an upgrade to that site has outsmarted the filter). Without a filter I'm smoked.

In any case I hope to be able to share successes, I've got a lot of motivation, I just keep on slipping on a banana peel..

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Re: a new start

Posted by markz - 10 May 2016 12:00

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I didn't get it clear

Have you been slipping or falling

If there are banana peels everywhere in your house, it may be time to move...

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Re: a new start

Posted by cordnoy - 10 May 2016 12:51

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[mggsbms wrote on 10 May 2016 11:40:](#)

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Can you write a three item gratitude list, and let's not worry about a string of successes, rather, the appreciation of the present?

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Re: a new start

Posted by mggsbms - 12 May 2016 00:30

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[markz wrote on 10 May 2016 12:00:](#)

I didn't get it clear

Have you been slipping or falling

If there are banana peels everywhere in your house, it may be time to move...

What happens when you slip on a banana peel ?

On your second suggestion. Life is full of banana peels.

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Re: a new start

Posted by markz - 12 May 2016 00:48

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[mggsbms wrote on 12 May 2016 00:30:](#)

[markz wrote on 10 May 2016 12:00:](#)

I didn't get it clear

Have you been slipping or falling

If there are banana peels everywhere in your house, it may be time to move...

What happens when you slip on a banana peel ?

On your second suggestion. Life is full of banana peels.

The following is from [discoverykids.com](https://discoverykids.com)

#### MYTH: CAN YOU REALLY SLIP ON A BANANA PEEL?



**Explanation:** The banana peel fall: It's a myth that got its start in the early 1900s when bananas became the most popular fruit in the United States. People would toss their scrap skins on the sidewalks, where they rotted and became slippery. Enough people slipped on the aging peels and were injured that many places enacted anti-littering laws. The myth has been a gag in slapstick comedy over the years.

Contrary to comedic genius, MythBusters found that — although the slick underside of a fresh banana skin does have some friction-reducing properties — **a single peel isn't a guaranteed fall magnet**. If you're determined to see some major slippage, try running on layers of peels. Putting peel upon peel reduces static friction, the force that keeps an object from moving when it goes from "stop" to "start." And the older the peels, the more slippery they will be, because the solid material decomposes into a soft, slimy texture.

This is very deep

If you are able to digest the message, you may internalize some life changing strategies

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