

try at least...

Posted by hashemInegdi - 12 Sep 2015 23:45

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Hi I came to such a low place (according to my own standards) that I decided enough of it. I don't know if the ???? remembers my other forum, but I deleted all of the numbers in regard to my illicit relationships, and to phone chat lines. I hope to stop contacting any of my friends (enemies). And to stop watching movies and porn! I hope I will take the chizzuk that gye and the

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Re: try at least...

Posted by cordnoy - 13 Sep 2015 01:38

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BH

Good move. Lechiam on a glezel chocolate liquor at 2:30am erev rosh hashana!!!!

And like we spoke, let's try to forget them from our memories as well....how? By connecting to the right places.

B'hatzlachah

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Re: try at least...

Posted by markz - 13 Sep 2015 01:44

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Dear hashemInegdi

You listed a bunch of things that you WONT do

*No more* illicit phone numbers

*No more* contacting any enemies

*No more* watching movies

*No more* porn!

I don't know if what you staked out would work for me. Tell me not to do this , and that, and the other doesn't work for me. We need a plan what positive steps we WILL take - I'm just talking from the experience of what works for me

Lechaim my friend

**Warning: Spoiler!**

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Re: try at least...

Posted by serenity - 13 Sep 2015 01:45

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We are here for you.

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Re: try at least...

Posted by neshamaincharge - 13 Sep 2015 01:56

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[markz wrote:](#)

Lechaim my friend

**Warning: Spoiler!**

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Re: try at least...

Posted by waydown - 13 Sep 2015 03:18

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Can we team up as I have the same dream as well? I'll cosponsor the Ichaim!

I am a newbie myself but one small comment only based on my experience. We have to stop one thing, feeding lust. That means whatever leads up to it. We have to try to lock lust out before it enters our room. Oh and that includes actually masterbating too. (I use dto think I'll work on that after I stop the porn. But porn won't stop that way).

One more pointer whatever it its you want to stop, (Like porn or talking to girls) what will you do in lieu of it. Many of us need some "chill out" times too. When the going gets rough and you need to let loose whats your plan. With no plan the yetzer/ devil inside us will come roaring back. Can you join a gym, listen to some soothing music, play a game of basketball. I feel its very useful to alter ones lifestyle via finding other outlets.

Again I am novice just talking out what worked for me.

Lchaim and a Gut yar!!

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Re: try at least...

Posted by hashemInegdi - 13 Sep 2015 11:12

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[markz wrote:](#)

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other doesn't work for me. We need a plan what positive steps we WILL take - I'm just talking from the experience of what works for me

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well first I did the stop! I think that's an integral part of taking recovery steps

Re: try at least...

Posted by hashemInegdi - 16 Sep 2015 12:47

Then I can think of a plan of action. Thanks everybody! Shana tova um'sober'a....

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I agree guys... It's nice to have an ???????. But even nicer to succeed and stay sober!!