

Growing With The Chevra

Posted by yiraishamaim - 20 Apr 2017 18:43

Good afternoon gentlemen,

I must tell you that I have not been conducting myself appropriately for the last couple of months. I have been slipping to the point that only the most *lomdeshe grobbe* finger would rule not a fall. Obviously I am not happy. Now perhaps there are those that would argue that after such a significant time of not clearly falling by an obscure standard, that perhaps I should continue counting. After all, stopping a long count can have it's own repercussions. However, I have done a lot of soul searching I want to begin my count again. Of course perfection is only in Hashem's level and slips could surely come my way. However, I plan on using the forums standards and **keeping them strictly**. GYE leaves a little room for slips/errors and that must be enough for me.

Do not misunderstand me.

I do not look at this as a self-righteous fellow who is choosing just to be *machmir*. I unfortunately, have swayed too much and starting again is in my view the only way to go.

I have tweaked my home situation so that there is no internet without either an extreme filter or a code that is not known to me. I have no phone access.

My big challenge is at work. The company where I work at has a shomer shabbos head who has installed a filter in the computer. However, it is a weak filter and the IT guy told me years ago that once the history is erased they cannot retrieve your viewing sites.

I still need some hadracha in that vein.

I am in contact with someone on the phone and our dialogues are honest and helpful.

I plan to participate more on the forum.

I sit here with mixed emotions. I am sorry that I haven't lived up to the standards I should have but I am very excited to start fresh with a truly legitimate count.

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Re: Growing With The Chevra

Posted by newaction - 04 Mar 2018 12:36

Thanks a lot !

Yes i have many clean days but many other maladies .

I am a certified co-dependent . That means many (unhealthy) things.

So i discovered that i have very deep rooted low opinion of myself (not necessarily low self esteem but not excluded). And it takes (me) a lot of daily affirmations to fight that back.

In short P. & M. was one of the symptoms , and i've got many more.

As you wrote , one daat.
So let each one deal with his own pekaleh.

Hatzlacha !

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Re: Growing With The Chevra

Posted by yiraishamaim - 05 Mar 2018 04:24

[newaction wrote on 04 Mar 2018 12:36:](#)

Thanks a lot !

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In short P. & M. was one of the symptoms , and i've got many more.

As you wrote , one daat.

Hatzlacha !

So your honest. very humble. you work on your shortcomings and don't fool yourself.

You have accumulated many days of sobriety by this steadfast attitude that you practice **daily**.

There is a name for guys like you - "Winners"

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Re: Growing With The Chevra

Posted by newaction - 05 Mar 2018 16:01

Me a winner ???

You see i haven't ever thought of myself as a winner .

Thank you very much anyways , I'll think about it.

Be well now lots of hatzlacha !

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Re: Growing With The Chevra

Posted by yiraishamaim - 18 Mar 2018 15:54

Suddenly had a few slips this past Erev shabbos.

Scared me.

I decided to make a taphsic - neder - and immediately felt a sense of relief

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Re: Growing With The Chevra

Posted by yiraishamaim - 09 May 2018 00:50

B"H still clean.

Right now I happen to have a major personal hurdle in my life. In the past, this sort of challenge brought with it slips. We all know where slips lead to.

I have been davening more and have been extra focused to not do anything that could lead to a trigger.

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Re: Growing With The Chevra

Posted by Ihavestrength - 09 May 2018 01:44

[yiraishamaim wrote on 09 May 2018 00:50:](#)

B"H still clean.

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I have been davening more and have been extra focused to not do anything that could lead to a trigger.

Good for you. Also, may be useful to remember that your reacting a certain way in the past doesn't need to dictate what the future will look like.

Lastly, slips suck, but they don't need to lead anywhere. Part of the machlah is saying "I blew it", and then because of that going the whole way.

Winners will take any victory when it is offered to them, they aren't choosy.

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Re: Growing With The Chevra

Posted by newaction - 09 May 2018 17:36

Thinking of you in our prayers

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Re: Growing With The Chevra

Posted by yiraishamaim - 09 May 2018 18:43

Part of the machlah is saying "I blew it", and then because of that going the whole way.

Winners will take any victory when it is offered to them, they aren't choosy.

Great way of thinking. Not falling after a slip is a win of sorts.

Want to be a winner. Gotta be a winner.

"I think I can, I think I can, I think I can... "

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Re: Growing With The Chevra

Posted by yiraishamaim - 09 May 2018 18:44

[newaction wrote on 09 May 2018 17:36:](#)

Thinking of you in our prayers

Thank you. It means a lot.

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Re: Growing With The Chevra

Posted by shmirashachaim - 14 May 2018 12:44

Just went through your thread.

Heart was going up and down a lot with certain updates, but good to see that you have been doing well for a while now.

Not that I am having a luxurious life over here, but reading a thread like yours, I can't help feeling spoiled in my cocoon of three sederam a day with no life responsibilities besides trying to get my head on straight... I go out here and there, but I don't want to imagine where I would be if I was in the situations that you have to deal with. Probably won't be too pretty.

I only hope that I have such strength and commitment when the time comes.

Waiting for the good news when your major hurdle passes.

Don't forget that others are looking up to you.

Thanks

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Re: Growing With The Chevra

Posted by Ihavestrength - 15 May 2018 02:45

[shmirashachaim wrote on 14 May 2018 12:44:](#)

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Re: Growing With The Chevra
Posted by yiraishamaim - 15 May 2018 18:41

[shmirashachaim wrote on 14 May 2018 12:44:](#)

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Thanks

Major hurdle still exists but it's in the works. B"H staying away from possible triggers.

Davening for divine intervention and learning more.

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Posted by yiraishamaim - 15 May 2018 18:41

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Re: Growing With The Chevra

Posted by Gevura Shebyesod - 15 May 2018 19:00

May ~~the force~~ Hashem be with you!

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