

40 Days..... And I Want To Keep On Counting

Posted by Moshew - 30 Nov 2009 21:27

Chevrah:

Firs the good news, I just past the 40 day mark (its actually 41), my longest run in over two years. Now the bad news, I am starting to get nervous for I almost slipped twice over the weekend and I really want to try and make it to Chanukah. Both close calls were totally my fault I allowed my eyes to wander (on the street, supermarket, department store, est.) during the day. I fell asleep with no problems but I was suddenly jolted out of my slumber a few hours before my alarm clock was set to ring and once I was awake improper thoughts entered and one thing almost led to another. *B"H* I was able to get my defense system in place (one can never know when it will be needed) before it was too late. I see that the next 40 days are defiantly not going to be EZ. *B"H* my craving and need for internet p-graphy has greatly subsidized but my "good friend" m-bating just keeps knocking on the door.

Please anyone that can relate or actually experienced these withdrawal systems and has practical advice please don't be shy and offer. I am afraid, I really want to make it to Chanukah.

Thank you,

=====
=====

Re: 40 Days..... And I Want To Keep On Counting

Posted by Eye.nonymous - 30 Nov 2009 21:34

The first thing is to take it one day at a time.

Another tip which saved me from a recent fall is, is to RUN AWAY! Get out of the situation. Change your location. Do something else. AT the very least do something to change the mood.

Good luck in your struggle.

--Eye.

=====
=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by silentbattle - 01 Dec 2009 15:50

Wow. All I can say is, I'm impressed - the yetzer hora wants you so badly that even though you're able to avoid everything during the day, he tries to get you when you're groggy and at your weakest - and you've still succeeded!

I hope that you're walking tall, and both proud of your accomplishment and appreciative of the help that hashem gives you - you are truly a victorious warrior! Keep that feeling of success in mind...

It;s hard to change the situation when you wake up in the middle of the night...maybe learnign mussar or gemara for a few minutes before bed might help - and as you drift off, think over a peice of torah, like a gemara or hahskafa piece that you're trying to figure out.

=====
=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by Moshew - 01 Dec 2009 17:49

Thank you for the warm words of *chizuk*, I will defiantly give it a shot.

=====
=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by silentbattle - 01 Dec 2009 18:05

Just remind yourself - you CAN do it.

I actually used to help myself fall asleep by going over basic gemara - I felt like I was saying to

It's not as hard as it sounds - just learn a piece of gemara a few times, and once you have the basic back-and forth pretty much down, you can review it in your head as you lie down.

=====

=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by Moshew - 04 Dec 2009 16:21

Today is a big day for me, I am halfway through day 45 (which is also the halfway mark). It also happened to have fallen on a Friday which has always been my hardest day. By nature I am afraid of heights (I once got stuck on the roof but that's a story for a different time) but apparently heights for *Ruchnius* and *Gashmius* work differently.

Looking ahead hope to see you all at the finish line!!!!!!

=====

=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by the.guard - 05 Dec 2009 18:24

By nature I am afraid of heights

=====

=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by jerusalemsexaddict - 05 Dec 2009 18:32

good call guard!

=====

=====

Re: 40 Days..... And I Want To Keep On Counting

Posted by bahava - 06 Dec 2009 06:09

Stuck on a roof? Sounds like a funny story.

Next time you have a few minutes, post!

=====

=====

Re: 40 Days..... And I Want To Keep On Counting

Posted by Ano Nymous - 06 Dec 2009 07:07

[Moshew wrote on 04 Dec 2009 16:21:](#)

Looking ahead hope to see you all at the finish line!!!!!!

There is no finish line. There is only the beginning of the next race. Enjoy this race while you're running it!!

;D ;D

=====

=====

Re: 40 Days..... And I Want To Keep On Counting

Posted by Moshew - 07 Dec 2009 16:46

Thank you all for the wonderful words of *chizuk*, as for the roof story, very embarrassing, let's just say I went up to the roof with no problems, full of confidence, the way down now that's a whole different story.

=====

=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by Moshew - 21 Dec 2009 16:35

Big news today is the BIG 62 that means I am 69% of the way there!!!!!!

:D :D :D

=====

=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by silentbattle - 21 Dec 2009 17:09

That's awesome! Give yourself a big pat on the back...wait...no, don't strain yourself, I got it (pats you on the back)...

Seriously!

=====

=====

Re: 40 Days..... And I Want To Keep On Counting
Posted by imtrying25 - 21 Dec 2009 18:27

[Moshew wrote on 21 Dec 2009 16:35:](#)

Big news today is the BIG 62 that means I am 69% of the way there!!!!!!

:D :D :D

Keep on rollin Moshew. And G-d told Moses to come forth and he
came.....

=====

=====