

New start.....Please join me!

Posted by eme - 20 Oct 2008 17:25

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So I have had many "new starts" before, and have fallen each time. After finding and reading this site, I feel inspired to try again. Thanks to all those who shared their own story. A special thank you to the creators and mods of this site - Hashem should repay your kindness and life saving work with every imaginable bracha. May we all be mechaziek one another.

I realize that the main issue for me is the actual guarding of my eyes. If I would do that it wouldnt lead to other things....

I have destroyed years of my life already and it cannot go on. I have influenced others and damages innocent neshamos and it cannot go on. I l'H hope to get married soon and cannot be responsible for ruining another innocent persons life through such behaviours.

I realize that only the Creator of the world can help me be matzliach in this enormous challenge and upwards spiritual journey, so at this time before I start I beg and cry to Him on this holy day of Hoshanna Rabah with all my soul and heart to let me succeed in defeating the yetzer horah. I know He is "eme" (with me) at all times, and wants me to win this war.

I hope to sign in nearly every day to post whether or not I had success guarding my eyes the day before. I would love to make this upward journey together with others, so feel free to post along with me every day.

~eme~

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Re: New start.....Please join me!

Posted by eme - 26 Oct 2008 22:54

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PM means private message.

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Re: New start.....Please join me!  
Posted by eme - 27 Oct 2008 04:12

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Day 4 is now complete B'H.

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Re: New start.....Please join me!  
Posted by Chasdei Avos - 27 Oct 2008 17:04

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Eme and wewillnotbeforsaken: WOW!!!

I said it before but I think its worth repeating. I am sure the malachim are dancing right now together with Hakadosh Baruch Hu at your and our collective fight BIACHDUS (together]) against...

It gives me such strenght to see more and more heiliga yidden joining this battle, and winning of course.

Please Please remember: Even if chas vishalom anyone is nichshall and falls at some point, Hashem will still be proud of each of us. In every battle, there are casualties, but the war can still be won. Don't get down if it happens, rather remeber from where you are coming, and how far you have gone. Hashem just needs to see that you are trying to become a better yid and moving toward Him. That is what builds your relationship with Him.

I apoligize if this may go contrary to the 12 steps ( I do Not know), but I think its important to be aware of this.

Continued hatzlacha rabba ad miod,

Chasdei Avos

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Re: New start.....Please join me!  
Posted by Elya K - 27 Oct 2008 20:12

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As the unofficial 12 step expert of this forum :D I would like to say for the record that this is in line

with the 12 steps. We practice PROGRESS NOT PERFECTION. "no one among us has ever been able to adhere strictly to **all** these principles."

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Re: New start.....Please join me!  
Posted by WeWillNotBeForsaken - 28 Oct 2008 04:18

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Congrats for day 4!!!

Once again, I wish you much Hatzlacha.

As a side note, your forum played/plays an important role in my restraint; consequently any good that comes out of my breaking this habit automatically will get attributed to you (and all the other people who post on this forum) as well. Thanks.

p.s. B'H I have not had much of a Yetzer Harah the past couple of days (I have been extremely busy).

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Re: New start.....Please join me!  
Posted by eme - 28 Oct 2008 05:36

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Day 5 is now complete B'H.

Thanks Chasdei Avos for the chizuk.

WeWillNotBeForsaken - Thanks and glad I can help a little. I feel the same strength from everyone else here. Please continue to read and post in this thread. It can only help us both.

I also totally agree with WeWillNotBeForsaken's point. Stay busy and things are much easier.....

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Re: New start.....Please join me!  
Posted by the.guard - 28 Oct 2008 09:51

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Eme, I will check back here often to see how you are doing! Keep up the great work.

When feeling bored, don't give the yetzer Hara time to attack. Go straight to our "[Kosher Isle](#)" and find something useful / entertaining to do right away :-)

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Re: New start.....Please join me!  
Posted by eme - 29 Oct 2008 03:41

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B'H, Day 6 is now complete.

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Re: New start.....Please join me!  
Posted by the.guard - 29 Oct 2008 10:46

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Remember. Don't tell yourself you need to stay clean for 90 days. Instead, tell yourself "Just for today, I will stay clean. No matter what".

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Re: New start.....Please join me!

Posted by Mevakesh Hashem - 29 Oct 2008 19:19

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GuardUreyes, That is so smart! That is the key! Baruch Hashem YOM YOM!! One day at a time.

I want to tell you that many of the same principles I used to quit my habit of being mashchis Zera L'Vatala, I used in my battle with smoking (which I have been doing for many many years heavily). I told myself that I can do it! I can stop!

Baruch Hashem it's been many months now that I havent smoked, and even longer that I havent spilled my seed in vain.

Baruch Hashem YOM YOM!! If I can do it, ANYONE CAN DO IT! I am absolutely convinced of that!

Chazak V'Ematz!

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Re: New start.....Please join me!

Posted by the.guard - 29 Oct 2008 21:14

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Beautiful!

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Re: New start.....Please join me!

Posted by eme - 30 Oct 2008 02:33

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B'H, Day 7 is now complete. It was difficult.

Something I realized today, and this may sound totally crazy.....but if you wear boxers (as I did today) urges are way harder to fight than if wearing briefs. Now it may seem strange but its true for me.

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Re: New start.....Please join me!

Posted by Mevakesh Hashem - 30 Oct 2008 04:32

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Yes, Boxers are not recommended. Briefs (or even better boxer briefs) are the best.

Chazak V'Ematz!

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Re: New start.....Please join me!

Posted by the.guard - 30 Oct 2008 06:27

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Eme, it gets easier as you put more distance between you and the addiction. See [this page](#).

BTW. I forget. What's the status with you on filters? We need a strong one in place to really heal. Otherwise, their will be weak moments in the future. It can't be so close and so easy.

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Re: New start.....Please join me!

Posted by eme - 31 Oct 2008 05:07

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Yes guardureyes, I have noticed that I am in more control.

Unfortunately I had a partial failure, and I think it was enough to make me restart my count. I want a totally clean 90 days. So I am now at the end of day one.

Saying a kappitull tehillim for the new start and for all the others that need it.

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