

Success Story

Posted by kosher - 27 Oct 2010 03:57

Warning: this post may be slightly triggering to some people. If you find yourself easily triggered, please ignore this post.

As I have posted elsewhere on this site, I travel a lot for my job and when I travel is the most challenging time.

B"H I have been doing quite well for a while, but I have still been finding it a struggle to avoid the pool areas of the hotels I am staying at

I am currently on a three day and two night trip to a Midwestern city. When I got to my hotel, it was not an issue to turn on the TV or got to inappropriate places on the Internet, but again it entered my mind that I should go down to the exercise room (which is near the pool). The justification was that:

1. My wife has been nudging me that I desperately need the exercise
2. I am unfortunately aware that in most (but not all) cases, there is nothing to see in the pool/exercise area of the hotel.

However, I don't think it is good for me to take that risk and B"H I can report that I overcame the temptation and I made do with some pushups and sit-ups in my room (and I guess I am going to remain flabby for a while).

I am reporting this because I am happy and want to share my success and there aren't many other people I can share it with.

More importantly, I am seeing many "newbies" on the forum lately that are skeptical/scared and can't imagine that they can overcome their YH in these areas. Therefore I am reporting that two years ago on this same trip I had big "fall". At that time, and I was despondent and couldn't imagine how I could ever overcome this problem. B"H almost since then I have been able to avoid most problematic activities (in my case, without a 12 step group, though everyone is different) and as time goes on and I keep working the front lines are moving further and further forward...

I know that I need to keep working and can't afford to ever become complacent. I also know that all of us can succeed, it might take time and the job never ends (but it can become a lot easier), but we can succeed.

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Re: Success Story

Posted by ZemirosShabbos - 27 Oct 2010 14:07

wow wow wow! thanks for posting that

Hashem imcha gibor hachayil!

continued hatzlocha

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Re: Success Story

Posted by bardichev - 27 Oct 2010 14:53

SOME EITZOS

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UNPLUG THE TV

REMOVE THE BATTERIES FROM THE REMOTE

REGARDING THE EXCERSIZE

REMEBER THE TRUE TEST OF YIRAS SHAMAIM IS

WHEN NO ONE IS LOKING

ONLY U

YOU SHOULD REWARD YOURSELF

LIKE PROMISE YOURSELF A PRIZE

GOOD LUCK

BEEN THER DONE THAT

IT'S A TUFFY

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