

Today as suggested i am a baby..
Posted by andrewsh - 21 Dec 2010 11:43

Hi all, i have not properly posted, at least not in this section for a long time, but i need your help and i really want to stay this time.

I have done close to 100 days last year but this year im a wreck, i have been getting worse and worse without realising it, where as before the acting out rarely resulted in mzl now r'l that is not the case. I have even justified it to a degree, that it makes things last much longer with my wife which is so much better, and that is true, but i know how terrible it is.

I opened my email today and read Dovid Chaims email about starting today like a baby, how would i want to do things for the first time. The holidays are approaching, potentially disaster time, i really want to be strong and know more then ever that i cant do this alone. I have come back before a couple of times, mostly just to the married men forum, and said i want things to change again, but i hope this time, especially with your help that things will be different.

Please help me...im a baby remeber, i cant do anything myself, yes iyh i will do the calls where i can read the emails, give the passwords of filters to friends, and hopefully post regularly this time, hopefully i will spend the time i was using for bad to read and post on here, as well as the many other things i have to do which i let fall by the wayside.

I wish today could be day one but unfortunately its too late for that, so i will settle for afternoon one.....lets hope its one of many.....

pls help me

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Re: Today as suggested i am a baby..
Posted by andrewsh - 23 Dec 2010 17:00

Day 2, last night was very hard but bh battled through, i can see the tests that i am being put through, but can also see the yad of Hashem helping me in remarkable ways, trying to help me stay out of trouble....thanks guys for your support.

Read the chizuk email about the guy telling his wife.....wow...i dont think mine would ever understand or recover...so for me its not going to be for a while.....

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Re: Today as suggested i am a baby..
Posted by andrewsh - 05 Jan 2011 16:06

decided to lie low for a bit...see if i can go somewhere without falling after a few days.

Bh today is day 15.

I must admit i have been very tired over the holiday season which in a way helped, but also made it harder sometimes as that has been a trigger in the past.

Now to try sort out some other things in my life at the same time...

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Re: Today as suggested i am a baby..
Posted by andrewsh - 13 Jan 2011 10:51

Past day 20....bh!!

Only problem is in most ways i am just numbing through it, i am finding that even the slightest 'distraction' ...a pretty face, a bit of skin gets my lutometer shooting up out of control. What use is it to stay clean if i will fall at the first real test, is it even counted as a success if i have not had any bad situations? If i looked out the window and the women in the house opposite was getting

undressed, or if someone bent down revealingly, there is just no way i would be able to just look away?! I need to make these days count, and build on them , know they mean something.....Have i achieved anything?

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Re: Today as suggested i am a baby..
Posted by bardichev - 13 Jan 2011 13:16

Have you acheived anything??

Please answer your own question

Man! You beat back years and years of bad behavior. There is no magic. But in the initial stages it is normal to be ultra hyper super triggerable.

I have a method

Called

She's a problem but not my problem

It is a cocky gavadikker way

Of not building up what I see

Read blind beggars story of the shalom zachor

It is great

Keep on trucking

20 days you are rocking the houz!!

B

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Re: Today as suggested i am a baby..
Posted by andrewsh - 20 Jan 2011 16:40

Day 30 today....yeh!!

The still in autopilot, but bh slowly coming out, managing to concentrate in davening a bit etc,
and not just be numb to everything

Good shabbos all

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