

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

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Hi everybody,

After almost 6 months of observing this forum as a guest, I finally decided to introduce myself (...painfully shy - even in anonymity). I'm not a youngster - over 40 years on the roller coaster; so obviously my addiction started long before the internet. Like many of you, I've tried and failed over and over, but B"H never gave up. Until finally Hashem helped me discover GYE. I had a good streak of 168 days which ended this week (still not ready to say "f-e-l-l"). I am starting again be"H. The following is my 3-point plan, based on what I learned on this forum.

I am using a Mishne in Pirkei Avos to remember these 3 points:

Im ein ani li mi li - I must avoid all forms of lustful images and thoughts at all times.

Uchshe'ani le'atzmi moh ani - I must surrender my lust to Hashem and pray and ask for his help.

Ve'im lo achshav eimosai - Forget about yesterday or tomorrow - one day at a time.

Looking forward to meet you

MT

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Re: Good intentions

Posted by Gevura Shebyesod - 11 Sep 2014 00:35

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I think I see your old truck over there in the back corner of the lot...

[spoiler][spoiler]

Maybe it's time to head over to the "You Know You've Been Away From GYE For A Long Time

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Re: Good intentions

Posted by Shmeichel - 11 Sep 2014 01:31

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here in england they scraped the happy hour

as people used to rush to the pub

they allow to sell acohol 24/h

When " thread  
so have a go

never look at the clock

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Re: Good intentions

Posted by TehillimZugger - 11 Sep 2014 04:18

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Now, if only we can bring Bards back...

Ayayay with billy and some vareme novardikker kickboxing niggunim... Hayu yamim...

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Re: Good intentions

Posted by cordnoy - 11 Sep 2014 06:32

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I heard that there was a Bards spottin' the other week.

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Re: Good intentions

Posted by gibbor120 - 11 Sep 2014 20:17

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I haven't seen any possums for a while either....

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Re: Good intentions

Posted by Shmeichel - 12 Sep 2014 14:10

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[Machshovo Tova wrote:](#)

Following is a (partial) list of thing I have been regularly staying away from be"H even though they are essentially mutar:

1. I do not use the internet unless it is absolutely necessary , e.g. no news, entertainment, etc.
2. I do not use a phone/gadget that can access triggering images.
3. I do not read secular newspapers or magazines that may have triggering images.
4. I do not touch myself from the waist to the knees unless absolutely necessary.
5. I do not watch movies, even clean ones.

6. Etc.

And B"H it helps my staying clean.

MT

it was not fair from me to steal the conversation on the thread

please carry on

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Re: Good intentions

Posted by cordnoy - 12 Sep 2014 16:03

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Us Zaide's don't remember from one moment to the next...don't you worry about that.

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Re: Good intentions

Posted by Shmeichel - 12 Sep 2014 19:26

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correct

but i like to see the answer to doves comment

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Re: Good intentions

Posted by Machshovo Tova - 12 Sep 2014 23:59

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[Shmeichel wrote:](#)

correct

but i like to see the answer to doves comment

...and I'd like to see Dov's comment to my answer.

MT

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Re: Good intentions

Posted by Machshovo Tova - 24 Sep 2014 01:56

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Ksiva vChasima Tova to y'all.

MT

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Re: Good intentions

Posted by Dov - 26 Nov 2014 09:11

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still shtalzemfeegen, woodfording, possumming indeed

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Re: Good intentions

Posted by Machshovo Tova - 26 Nov 2014 21:46

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[Dov wrote:](#)

still shtalzemfeegen, woodfording, possumming indeed

Reminds me of a joke I once read in the Readers Digest. A guy went to visit his friend Harry Smith who worked in an automobile plant. He asks one of the guys, "Do you know where I can find Harry?" And the guy asks him back, "Muckenshnabel?" (Turns out the head manager's name was Harry Muckenshnabel.) Not understanding the question, he asks another fellow, "Do you know where I can find Harry?" And the fellow asks him back, "Muckenshnabel?" After asking several people and always getting back that strange question, he goes to the center of the plant and yells, "Anyone here speak English?"

MT

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Re: Good intentions

Posted by Machshovo Tova - 12 May 2015 15:03

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Hi MT,

Haven't heard from you for a while. How are things going by you? Hope you're doing well. Be well and take care of yourself.

Hatzlacha

MT

(self pity...)

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Re: Good intentions

Posted by cordnoy - 12 May 2015 19:11

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we do though.

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