

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

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

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Re: Good intentions

Posted by Machshovo Tova - 09 Jul 2015 16:22

do what?

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Re: Good intentions

Posted by cordnoy - 09 Jul 2015 16:58

[Machshovo Tova wrote:](#)

do what?

care about you.

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Re: Good intentions

Posted by TehillimZugger - 20 Jul 2015 19:30

Muckenschnabel?

[I gave you my number, you didn't call me yet]

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Re: Good intentions

Posted by cordnoy - 20 Jul 2015 21:34

[TehillimZugger wrote:](#)

Muckenschnabel?

[I gave you my number, you didn't call me yet]

most of the time you don't answer.

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