

Hayom Yom

Posted by HayomYom - 25 Nov 2016 16:20

Hayom Yom 0

Hi everybody. My name is HayomYom. I hope to start counting my days, and making my days count.

(...yeh yeh, one day at a time...)

Obviously, I'm here cuz I suffer from lustaholism, and I want to get better.

Based on my analysis of my failings, I need to adhere to the following guidelines:

1. Avoid looking at forbidden/triggering images of any sort.
2. Avoid touching myself for pleasure anywhere close to the 'sensitive area'.
3. Avoid any form of dressing or undressing for lustful purposes.
4. Avoid lying on back or stomach (even partially).
5. Last but not least: Avoid unnecessary internet usage (hard to define, but the heart knows...).

Oh, and another very important guideline: Avoid triggering thoughts/fantasies (hard to quantify, but the mind knows...).

I hope to update regularly (if not daily, at least weekly).

GitShabis!!

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Re: Hayom Yom

Posted by HayomYom - 13 Dec 2016 15:38

Hayom yom 18 (??)

Lechayim, Lechayim, to LIFE!

If I were counting wheels,

Today would be

The day of the mighty TRUCK.

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Re: Hayom Yom

Posted by will Succeed Beh - 13 Dec 2016 19:14

[HayomYom wrote on 13 Dec 2016 15:38:](#)

If I were counting wheels,

Today would be

The day of the mighty TRUCK.

WOW keep up, good thing you keep on posting - not giving up.

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Re: Hayom Yom

Posted by Singularity - 14 Dec 2016 08:08

BH Mazeltov! Almost 3 weeks! Now keep gunning for that new centipede truck they're working on.

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Re: Hayom Yom
Posted by HayomYom - 14 Dec 2016 14:51

Hayom yom 19

19 = ??? ??? = "?"?

Celebrating another GOOD DAY ????"

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Re: Hayom Yom
Posted by HayomYom - 15 Dec 2016 15:03

Hayom yom 20 (twenty)

Good and plenty

(To the fellow who swiped all of my hard-earned Karma: Sorry I do not live up to your standards. At first I was a bit irritated, and was tempted to sooth myself by acting out. But then I realized that I came here to count my days, not my Karma. Thank G-d, nobody (but myself) can swipe my hard-earned days. So I say, "Karma Shwarma - Keep on trucking!")

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Re: Hayom Yom
Posted by will Succeed Beh - 15 Dec 2016 15:37

[HayomYom wrote on 15 Dec 2016 15:03:](#)

Hayom yom 20 (twenty)

(To the fellow who swiped all of my hard-earned Karma: Sorry I do not live up to your standards. At first I was a bit irritated, and was tempted to sooth myself by acting out. But then I realized that I came here to count my days, not my Karma. Thank G-d, nobody (but myself) can swipe my hard-earned days. So I say, "Karma Shwarma - Keep on trucking!")

Wow for that attitude you got a Karma from me:wink:

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Re: Hayom Yom
Posted by HayomYom - 16 Dec 2016 14:57

Hayom yom 21

21 = "???? ??? ? ? ???? = "????"?

(= ODAAT = One Day At A Time)

For those who play kvitlech

(like on Chanukah),

21 is the WINNING NUMBER!

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Re: Hayom Yom

Posted by HayomYom - 18 Dec 2016 23:13

Yesterday was 22 ("????")

(To the tune of R' Bentzion Shenker z"l)

????, ????, ????, ?? ?? ??? ??????

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Hayom yom 23 ("??")

(To the tune of The Rabbi's Sons)

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Re: Hayom Yom

Posted by Singularity - 19 Dec 2016 08:50

[HayomYom wrote on 15 Dec 2016 15:03:](#)

Hayom yom 20 (twenty)

Good and plenty

(To the fellow who swiped all of my hard-earned Karma: Sorry I do not live up to your standards. At first I was a bit irritated, and was tempted to sooth myself by acting out. But then I realized that I came here to count my days, not my Karma. Thank G-d, nobody (but myself) can swipe my hard-earned days. So I say, "Karma Shwarma - Keep on trucking!")

This karma thing may be an increasing issue....

But it could also point to a forum addiction (culprit!)

Keep on trucking, but don't rely too much on the karma highway....

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Re: Hayom Yom

Posted by HayomYom - 19 Dec 2016 15:37

Hayom yom 24 ("?)

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(Cool Dude)

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Re: Hayom Yom

Posted by HayomYom - 20 Dec 2016 15:11

Hayom yom 25 ("?)

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Kol HaKavod GYE
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(that includes you & me)

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Re: Hayom Yom
Posted by HayomYom - 21 Dec 2016 14:35

Hayom yom 26 (???? ???? ???? ???)

(To the tune of Rabbi Abraham Twersky Shlit"a:)

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????? ?????? ????? ???? ???? ?

(Maybe you have to be a certain age to know the song.)

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Re: Hayom Yom
Posted by will Succeed Beh - 21 Dec 2016 15:06

WoW wOw!!!!

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Re: Hayom Yom
Posted by HayomYom - 21 Dec 2016 15:19

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BTW, you say:

Life is like an **Onion**,

You **peel** of **One layer** at a time,

And sometimes you **Weep**.

Well, my life is more like a **bunion**,

You can't peel it away - it's there to stay,

And sometimes it's **painful**.

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