

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 - 22 Dec 2016 15:02

Hayom yom 27 ("?)

??? ??? "?"

Lust-free **PURITY**

????? ??????

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Re: Hayom Yom

Posted by HayomYom - 22 Dec 2016 15:16

To the fellow who swiped my Karma (again):

Thanks for keeping my ego in check.

Hope you're feeling better now.

Hatzlacha

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Re: Hayom Yom

Posted by cordnoy - 22 Dec 2016 15:57

[HayomYom wrote on 22 Dec 2016 15:16:](#)

To the fellow who swiped my Karma (again):

Thanks for keeping my ego in check.

Hope you're feeling better now.

Hatzlacha

Maybe they're not breslov fans.

Il might not be either, but il loved that last quote.

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Re: Hayom Yom

Posted by Shlomo24 - 22 Dec 2016 16:16

[cordnoy wrote on 22 Dec 2016 15:57:](#)

[HayomYom wrote on 22 Dec 2016 15:16:](#)

To the fellow who swiped my Karma (again):

Thanks for keeping my ego in check.

Hope you're feeling better now.

Hatzlacha

Maybe they're not breslov fans.

Il might not be either, but il loved that last quote.

One of the more excellent responses that I have seen.

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Re: Hayom Yom

Posted by HayomYom - 22 Dec 2016 16:47

Hey I just noticed (notwithstanding my karmaless madreiga) I was promoted to 'Senior Boarder'.

Wow! That and half a Metrocard might get me a ride on the subway.

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Re: Hayom Yom

Posted by will Succeed Beh - 22 Dec 2016 18:41

So now your Double ??!

Lust Free & Ego Free:peace:

Keep up and enjoy my Karma!

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Re: Hayom Yom

Posted by Markz - 22 Dec 2016 20:04

To the fellow who swiped my Karma:

Thanks for keeping my ego in check

maybe it's the same guy that swiped your initial posts as you wrote on page 2 of your thread

Hayom Yom 4

(Those following this thread may have noticed that all traces of my 'unfavorable misdeeds' have been 'eradicated'. I take this as a positive sign from heaven, and as an incentive to 'keep my slate clean'.)

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Re: Hayom Yom

Posted by Shlomo24 - 22 Dec 2016 20:12

To each their own, and I figured Mark would not take this well. I wasn't aware that there was a history of abuse here. I don't know how I feel now. It's hard for me to support someone who's abusive if they aren't coming clean about what they did. The law isn't a punishment, it's a consequence so society remains in check. I don't know.

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Re: Hayom Yom

Posted by Markz - 22 Dec 2016 20:37

hayomyom I'm not judging you...

R' Zechariah Wallerstein says that the real abusers are the ones that protect abusers. Abusers themselves are just plain sick so my words may just fly right over your head

All in asking you is to do what works

Stop being selfish (undercurrent of some of your posts)

Lets get a little honesty rolling

And lets us all sicko's make the world a better place.

So please cut the 90 day thingy and get into recovery so you ... get yourself a life which I assure you you can find ;-)

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Re: Hayom Yom

Posted by HayomYom - 22 Dec 2016 20:38

... As you say, different people come to GYE. Well, I'm one of those 'different people'. As this forum is meant to be anonymous, you don't really know me at all. So, as you say, you expect to rely on my honesty. Well, Chazal teach us ??? ????? ??? ??? ????? - if you trust my comment about 'abuse history', you should also trust my assessment of my current situation. Firstly, without going into descriptive details, there were a number of episodes of 'inappropriate behavior', but nothing 'major'. Secondly, I am not a youngster, and the 'history' I referred to is 'past history'. I have been working on my recovery in various ways for many years, and B"H I have not even slipped in such issues for the past 20 years. Like all of us who are recovering from various issues, the urge is not totally dead, but it is inactive and under control. We all need to remember our vulnerabilities, and keep out of trouble.

If you are still unconvinced, ...please feel free to contact me via PM or email and perhaps we can straighten things out.

Shalom Uvracha

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Re: Hayom Yom

Posted by Markz - 22 Dec 2016 20:49

I appreciate your reply, however you don't see the illusion staring you in the face

You say "the history I reffered to is past history"

IT ISN'T - AND YOU SAID SO YOURSELF 25 DAYS AGO

And I quote

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Re: Hayom Yom

Posted by HayomYom - 22 Dec 2016 20:52

As I also said above: "Like all of us who are recovering from various issues, the urge is not totally dead, but it is inactive and under control. We all need to remember our vulnerabilities, and keep out of trouble."

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Re: Hayom Yom

Posted by Dov - 22 Dec 2016 21:25

To Markz....

Why are you trying to 'save' this guy? We cannot do everything, you know. Yeah, I understand that people with certain proclivities running loose may infuriate you and that your fierceness may be motivated by 'standing up for the children' - and that's all nice. But I agree with the Hayom yom guy:

This is just GYE, man.

It's not a place of real relationships, therapy, and real responsibility. Here selective secrecy is endemic. Most people admit things here because **and only because** you and I cannot figure

out who they are. GYE is not therapy and not even true honesty. It's mainly **support**. People asking others for support. Along the way we sometimes get to derail a person's stupidity with some good advice or sharing our own experience, etc. But that's rare. What you want isn't happening in this case. Besides, do **you** suffer from this man's issue yourself? If you do, then I suggest you do what he asked and PM him to discuss it privately. You may then be able to help him.

There is a reason the Forum Moderators removed his original comments - and it was not to protect *him*, as he wrote might be (near the first page of his thread). Rather, it was to protect the liability of GYE. So I ask you to please consider keeping all explicit discussion of your concerns about his precise (past) behavior off the public forum. GYE can be damaged legally by this stuff.

We can't save this guy and cannot take responsibility for him, either. Doing that, often leads to codependent wacky thinking and raging, etc...very bad stuff for you and me to get into, no? Do you see that as an issue?

So if you cannot support this guy at all, then I have no beef with you, chaver. I can't either. He is interested in following a different path than mine and that's fine. But I suggest you ignore him. Unless you have personal experience *as a fellow perpetrator* to share with him, you probably aren't gonna be saving him any time soon.

Was that helpful at all, or just annoying?

- Dov

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Re: Hayom Yom

Posted by Markz - 22 Dec 2016 21:49

Dov

i didn't realize that - sorry - I cut my posts

I also didn't realize what this forum is about - NOW YOU TELL ME???

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