

seeing some bright light!

Posted by altehmirrerr - 27 Dec 2024 05:54

Hello chevrah! ah freilechin wonderful chanukah to all of us fighters!

I just docked in san francisco, it was a long rocky trip from shanghai, hope to find some steady grounding over here!

Bikitzur i am an old timer/new timer, decided to come back and say hello!!

My journey (which is far from over l'choirah) is unique (like everyones!), and if i find it beneficial i will be posting more!

sorry but i need some sleep it's been quite a journey!! hatzlocha to all!!!!!!!!!!!!!!!!!!!! looking forward to connecting and being honest and open with you all!!

=====
=====

Re: seeing some bright light!

Posted by altehmirrerr - 27 Feb 2025 05:52

Hello chevra!!!! so i had a majorly powerful experience, basically i had a opportunity to watch some pretty bad stuff this morning..... all alone by myself..... in a chilled environment..... and in the past that is exactly what i would have done, if opportunity struck then i was all in! but bh this time as i was feeling the urge.... i instead texted my chaver a few texts telling him what's happening, and also explaining why i really shouldn't do it (huge extra bonus, somehow in his sleep he was able to respond!!), and then it just got so much easier, i distracted myself with other things, and it all calmed down, bh i feel amazing! now although this is dvarim pshutim by many..... and although i knew that i should be doing this for a long time.... still this for me was a huge experience! it really worked! there is way out! all i have to do is care enough! wow!!! it's amazing!!!!

signing off on day 70 from the mir!

=====

=====

Re: seeing some bright light!

Posted by lamaazavtuni - 27 Feb 2025 14:30

Shivim wow wow !!!!! Imh biz ah hundred un tzvuntseg!!!! I think what you posted is an even greater accomplishment that. 70 or it shows that your really working the process the right way. You were mekaim beisoiy makom beisoiy ish beisoiy matsav.!!! Keep inspiring us from the mir .

Warning: Spoiler!

=====

=====

Re: seeing some bright light!

Posted by lamaazavtuni - 27 Feb 2025 14:31

Warning: Spoiler!

=====

=====

Re: seeing some bright light!
Posted by boardg - 27 Feb 2025 16:28

The whole mesilas yesharim is pashut, and that's why he wrote it because the yetzer hara gets us on the pashut things.

=====

=====

Re: seeing some bright light!
Posted by altehmirrerr - 28 Feb 2025 05:57

71!!!!!!!!!!!!

=====

=====

Re: seeing some bright light!
Posted by altehmirrerr - 02 Mar 2025 05:23

73!

=====

=====

Re: seeing some bright light!
Posted by altehmirrerr - 04 Mar 2025 22:33

76! scary stuff going on right now, very much related to these inyanim, feeling very anxious, daven for me brothers! (altehmirrerr ben tzadeikes) thanx!

This is real stuff, it's playing with fire! our actions have repercussions! hopefully i'll come out

unscathed, but who knows!!!!!!! life's on the line! let's realize that i am tzitering in my pants bec. of my actions, please please take this message to heart it's fire!! worse then fire!!!! please don't , there is hope for me that this will possibly just past..... but i won't know for another few weeks minimum.

As for me right now i have 2 options, option number 1 is to do what i would have always done in the past in these type of situations, to close up and get depressed and hopeless and feel like a let youselves ever get to a such a place.... you will regret it worthless piece of dirt, which will lead me to act out, bec. i'm totally not feeling good about myself.

Option number 2 is to realize that by hook or by crook this is what's going on right now, no changing the facts, accept it embrace it, and turn even closer to hashem whom i know loves me so very much, he only wants what's good for me, and is only doing what is best for me, and i should also feel good that bh i am fighting and bh have made huge strides in the past few months, so i should internalize this, and also take stock that be it what it may i am a changed/changing person, and the althemirrer doesn't paci himself with sexual outlets..... at this point this is only another nisoyon (which i don't bentch on anyone).

I hope to stick with option 2!

Hatzlocha to you all, and again please take this to heart, it's possible serious life changing effects. (i don't see a point in getting more specific.....)

=====
=====

Re: seeing some bright light!
Posted by boardg - 04 Mar 2025 23:38

we got you. you'll win this fight!

=====
=====

Re: seeing some bright light!
Posted by eerie - 05 Mar 2025 06:05

My dear, dear friend, Altemirrer, I'm mamash crying along with you

I really appreciate that you were able to post this. I know it has got to be really hard. My heart feels your worry and pain. We're davening for you, my dear friend. BeH it'll be nothing.

But at least that much we can keep reminding ourselves, that our actions have reactions. That we can unfortunately destroy our lives. BeH we'll just have the fear. My friend, my heart is really, really with you

=====

Re: seeing some bright light!

Posted by altemirrer - 06 Mar 2025 04:03

77!!!! (sticking with option 2!)

=====

Re: seeing some bright light!

Posted by altemirrer - 07 Mar 2025 02:21

78! bh moving along!!!!

=====

Re: seeing some bright light!

Posted by jollylemur95 - 07 Mar 2025 04:30

Gevaldig!

(and yes, you do inspire me!)

=====

Re: seeing some bright light!

Posted by altemirrer - 09 Mar 2025 04:44

Ah guteh voch! bh day 80!!!!!!

=====

=====

Re: seeing some bright light!

Posted by altehmirrerr - 11 Mar 2025 02:45

So i fell..... but bh i had 82 days, and bh my fall was a lot less significant than in the past, and atleast i did also reach out in the begining of the day, that it's a harder day, and bh i don't feel that yiush feeling that i did in the past when i fell, bec. i know that i am doing work... and i have a support system, and that forget about being clean for 81 days... but it is also 81 days of internal growth, which is not stopping iyh! (and limoysa for where i came from i still shteiged alot)

Lessons learned? #1 that i have to be more active about reaching out when things are tough, bec. the problem is not that i mb'd rather it is that i let myself get there, so i have to nip it in the bud.... #2 that as much as i bh grew in the past 2 and half months, i still have a way to go!

Kol tuv from the mir!

lot lot!), but is it dissapointing? oh yeah! (i was already planning a lentghy 90 day post

=====

=====

