

Re: Hello from Blind Beggar
Posted by Eye.nonymous - 24 Jun 2011 05:03

MAZEL TOV!

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Re: Hello from Blind Beggar
Posted by Yosef Hatzadik - 24 Jun 2011 19:02

MgAeZvEaLItdOiVg!!!

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 27 Jun 2011 05:15

Thank you everyone for your latest posts. I am currently 94 days sober in SA but only 3 days on the GYE chart.

I saw this in an AA book:

After joining AA in October, I drank on Christmas Day and again on New Year's Eve, and no disaster followed. I returned to my AA group feeling as smug as anything, because I had survived the holidays.

That is me using Google to find images and texts but not masturbating. Later on it says this:

Two weeks later, I was suddenly taken drunk. I hadn't planned it; I hadn't even thought about it; I just started drinking, and I couldn't seem to stop until I passed out.

I do not want to get to that so I am teaming up with PostalServicio from the forum as an accountability partner.

One day at a time.

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Re: Hello from Blind Beggar
Posted by Eye.nonymous - 27 Jun 2011 10:23

[Blind Beggar wrote on 27 Jun 2011 05:15:](#)

I do not want to get to that so I am teaming up with PostalServicio from the forum as an accountability partner.

Shkoyach, and Hatzlacha!

--Eye.

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Re: Hello from Blind Beggar
Posted by ZemirosShabbos - 27 Jun 2011 14:11

Great to hear you are being proactive and taking good steps

be'hatzlocha

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 30 Jun 2011 05:22

Only 6 days clean on the GYE chart but I am sober according to SA for 97 days for the second time in my life! The first time was in 2006. The last 96 days was about 4 months ago, before I joined SA.

One day at a time, now and we must always remember:

SHE IS NOT MY PROBLEM.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 02 Jul 2011 20:44

[Blind Beggar wrote on 20 Jun 2011 10:01:](#)

I have an elastic band around my wrist. If I catch myself lusting, I snap it on my wrist to show myself I am takeh an addict. If I see an attractive woman and I look away without lusting, I look at my tzitzis.

I am continuing with the elastic band and the tzitzis but I realized that after Alert and Avert I have to have to Affirm. So, if I look away within 3 seconds I don't only look at my tzitzis but I also tell myself that I just did a good thing to look away.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 03 Jul 2011 21:21

Eye.nonymous told me the affirmation should be positive, "I guard my eyes.", "I looked away." and not negative "I didn't stare and lust!", because the mind only hears the positive so if you think "I didn't stare and lust!" your mind registers, "I did stare and lust!"

100 DAYS SOBER IN SA!

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Re: Hello from Blind Beggar
Posted by ben durdayah - 03 Jul 2011 21:23

Mazel Tov BB!

May you have a happy and constant sobriety.

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