

Success one day at a time

Posted by holyjew - 17 Apr 2012 15:02

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Yesterday was a good day. I listened to some of the telephone classes and it really helped. I stayed clean and controlled myself,

My main issue is at night when I go to sleep. Last night I put on a Torah shiur on my cell phone and that helped a great deal. One of the the things the class talked about was "changing the channel" when I have thoughts that are not Kosher. Listening to that Torah tape when I went to sleep really helped. I also notice that when I say shema at bedtime that this seems to protect me from non-tzinuyut thoughts.

What I also liked about the telephone class was what the rabbi on there was saying about "falling". He said that I need to be "on guard" when going into places where people are not dressed appropriately. He also said that sometimes our yetzer hara will get the better of us and we need to just move on rather than dwell on what we did wrong.

I have a tendency to be very tough on myself when I fall. I liked what the rabbi said about fleeting pleasures versus longer-term pleasures. I know I have a long way to go but I see things STARTING

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Re: Success one day at a time

Posted by holyjew - 17 Apr 2012 15:08

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(this is continued from previous post) STARTING to go in the right direction.

I need to give myself credit for my successes WITHOUT creating room for my yetzer to come in and tell me that I can handle anything.

Anyway, take care...tomorrow will be 3 days' clean.

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Re: Success one day at a time

Posted by JewinTraining - 19 Jul 2012 15:34

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### STEP 3. TRUST IN G-D (TWELVE STEP SA RECOVERY)

I never asked G-d why this had happened to me. That kind of crisis of faith is not mine. Instead I asked "What am I supposed to do with this?" My crisis of faith has always been questioning if I am good enough. [...] Have I justified my life? -Sherry Dimarsky

All along we've been thinking G-d has punished us with this terrible curse. We watch p\*\*n, mstb, and lust after every woman out there. We do this all the time and yet are never satiated. Come to find out, we are among the most blessed men on earth. For starts, G-d has given us today. He is far from done with us. He did not stop our ticker. Look! He has a plan for each and every one of us. Yesterday and tomorrow belong to G-d. But today, today He shares with us. Get it? TODAY. Isn't that what our program tells us? When we apply the principals of the program and work the steps, we learn to live in today.

What if we had slipped yesterday? What could that do for our today? Without the program to guide us, we could become distant from G-d. That is where we have been all this time. That is what we are used to. This is a very powerful addiction! There's no doctor, no pill, no natural remedy, no hypnosis therapy, no family member or loved one that can help us, cure us, make us better and bring us peace. What do we do? Who can we turn to? G-D! Where would we be today were it not for our addiction? G-d is talking to US! He is trying to get our attention. And why do you think that is? G-d. Yes, G-d is calling US to Himself. This is not a loved one, not our neighbor, not a fellow church member. It is G-d Himself. He has something that He needs done. AND HE HAS CHOSEN US TO DO IT! Do you realize the position He has put us in? We have only Him to turn to. He wants us so bad, He has left us no other choice. We are blessed indeed.

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Re: Success one day at a time

Posted by Kevin Pond - 26 Jul 2012 11:17

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ABSOLUTELY AMAZING POST!!

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