

The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 24 Jul 2011 21:59

Hello all.

My name is ... ya right. As I said in my intro thread, I'm 21 and been suffering since I was 12, with no more than a 1 month break while I was in Israel (at least not that I remember). I'm currently 6 days in and strong! (I think, and I'll get to that.) Whew, beginning aren't easy. I find it very easy to wake up each day and say, "Today is just one day." I find it easy to ask Hashem when I Daven to help me just for today. But, the fact of the matter is, when I'm 'in the moment,' I totally forget all that, and I don't know how to get hold of myself then. Thinking of this wonderful community definitely helps, thinking about the small \$ Neder I took on for Tammuz helps, but

It's really scary to see people on the chart who have already had their 90 days and have slipped and are starting over. Not to Chas V'Shalom put them down, but it scares me because I think that once I hit 90, iy"H, I'll be good to go, but obviously it's a lifelong journey.

I said I'd get back to why I only think I'm 6 days in...but I want to know if this is the more graphic thread, or are we supposed to keep it clean on this thread? I'm still obviously a Newbie, so if someone can let me know the boundaries of this thread, please do!

Anyway, the new site preview looks cool and I CAN'T WAIT for the new live chatroom to open up!!

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I've been slipping, and I'm only 6 days in
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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 29 May 2012 15:24

I made it 3 days!! Baruch Hashem!!

3 days feels awesome! May this be the beginning of something special.

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Re: The most Geshmock 90-Day journey...of my life
Posted by alexeliezer - 29 May 2012 18:55

[HockShmockGeshmock wrote on 09 Oct 2011 06:55:](#)

It's time to stop playing with GYE. Sure, some emails, posts, handbooks (once). I need to start taking this seriously. It's time for a sponsor, for joining - FULL TIME - a 12-step group, learning the 12 steps, and living them.

I'm sick and tired of acting out and pretending I'm involved with GYE.

But, I'm not getting depressed about it either. I'm not letting my Yetzer Harah win. I will win. Because Hashem will help me.

I wanted to start the 90 for 90 sponsorship program, but I just lost my 3 days. I'm still going to find a regular sponsor and IY"H join the 90 for 90 the next time I can.

nu?

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 30 May 2012 14:42

Awesome reminder Alex.

I did try a 12-step group back when I posted that but it didn't work out. An hour a day was too long while I was in school and Yeshiva. I bought the AA book but haven't read it. My partner and I stopped communicating.

Ah, this is so hard.

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 03 Jul 2012 20:59

With the help of the awesome filter Gabbaim, I have a filter (that I don't know the password to) on my computer (!) for the first time in... umm... I can't even remember how long it's been. IY"H may this be the start of something great!

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Re: The most Geshmock 90-Day journey...of my life
Posted by Gevura Shebyesod - 03 Jul 2012 21:26

Geshmock!!!!

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Re: The most Geshmock 90-Day journey...of my life
Posted by E-Tek - 05 Jul 2012 02:31

Hey, welcome back. I'm one of the people who joined since you started.

Your story sounds like mine. I kept getting stuck at a week. Now I'm up to ten days for the first time in at least two months. Want to join me up here?

Hatzlacha in all your endeavors!

Meir

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 05 Jul 2012 02:38

Hey Meir!

Thanks for commenting - it's comforting to hear about others who are at a similar stage as I am. With the filter installed, yesterday was clean day #1, Baruch Hashem! 10 days is awesome - Be"h I'll be coming after you!

Keep flying high!

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Re: The most Geshmock 90-Day journey...of my life
Posted by 1daat - 06 Jul 2012 17:15

H.S. Geshmock, Welcome back, welcome home. You are very humble to start again and again. There's a guy, Blind Beggar, that your determination reminds me of. Maybe check out his thread. anyway, one day at a time. Putting in the filter is such a major step in surrendering. I respect very much for doing that.

Hatzlacho

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 30 Jul 2012 19:50

1daat - sorry I never responded, thanks so much for the encouragement!

Well, I've learned an important lesson. A filter is not enough.

I know people have always said, the filter is just the first step but not the answer to the real problem, and now I can finally understand what they're talking about. I've had the filter for about a month now, and although it was great at first, I have unfortunately still found my way to some shmutz. I still have YouTube bc I don't *want* to block it for all the great videos it has, but I have not been able to control myself with it 100%. I've also found other ways to see pictures, although not videos, B"H.

So... what does this mean? It means that even the best filter isn't foolproof, and it means an accountability software will be even better - but again, not foolproof, because how can it know which video I'm watching on YouTube (the URLs don't contain the title of the video)? So the real answer is that there must be something deeper within me that I need to uproot to recover. To find this, I'm sure everyone will suggest a phone conference. I tried one a few months ago, but it is *really* hard to dedicate an hour every single day. I mean, I don't always have an entire hour free, and it's not always at the same time everyday, and sometimes it can't even be every day - maybe every other day. The point is, it's really hard - and impressive if you can do it - to be a part of a phone conference.

What's the next step then? Well, I have the Big Book, and it's time to crack that binding and try to go through it myself. I know the conferences are more than just commentary on the book - they're there to provide an environment and conversation among addicts - but for now, this will have to do.

Best to all ~

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 04 Nov 2012 04:31

I didn't even look how long it's been since the last post. I don't really care.

They always say putting in a filter is not enough, not a real solution. I've known how to get passed my filter (well enough) for a while now, and I now understand what they were always saying. I wouldn't even get upset anymore, I just let it become part of my day.

Today is day 3. I don't know how it happened, but without realizing it, I'm back to Chazaka. Maybe it was no power for a few hours, maybe it was travelling that threw me off, maybe it was just G-d.

As I inch closer to dating, I have been scared of what will be with this. I tell myself I must stop before I head down this road. I need Hashem badly right now. So badly.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Machshovo Tova - 05 Nov 2012 16:41

[HockShmockGeshmock wrote on 04 Nov 2012 04:31:](#)

... I need Hashem badly right now. So badly.

Guess what! He's here! Just turn to him and put yourself in His care. He'll surely help if you ask Him to.

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Hatzlacha

MT

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Re: The most Geshmock 90-Day journey...of my life
Posted by alexeliezer - 05 Nov 2012 20:19

What's the plan, Stan? 8)

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 06 Nov 2012 19:31

Thank you, MT.

Honestly, I have no idea. I have the book, been slowly reading it, so I could technically read more of it. The groups won't work schedule-wise. I never have the same hour free every day that I could call in. And filters clearly don't work. I guess I'm riding this w/ the mindset of I need to grow up (and Daven). I know I know it's an addiction and you need more than just that, but I got nothing else.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Machshovo Tova - 06 Nov 2012 20:01

Well the least you can do is to avoid triggering situations, i.e. 'guard your eyes' in all settings, and guard your mind as well.

Hatzlacha

MT

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