

Yossi's Journey

Posted by Yossi.L. - 07 Sep 2011 03:22

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Today is day 15 of my current cycle of cleanliness, may this cycle be the everlasting cycle! I always find that the beginning of my cycles are much easier to maintain cleanliness as opposed to a couple of months in. I feel like once I've driven my number of clean days up, i tend to lose the same intense focus as in the beginning. I pray that this cycle will be different. Any tips would be appreciated. Fighting on!

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Re: Yossi's Journey

Posted by mechazek - 09 Oct 2011 19:02

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Thanks bro very on the mark words. My question is how do I get rid of this self centerednes this vunurable feeling?

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Re: Yossi's Journey

Posted by Yossi.L. - 09 Oct 2011 23:42

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"Get rid" of it, I have no freaking clue. NONE of my insecuruties/vulnerabilities have I completely rid myself of. But I do believe that all my insecurities/vulnerabilities are interconnected with my addiction. When I'm being productive, having clean thoughts, and focused on giving to family, I improve in all other areas as well. And vice-versa BIG TIME.

How beautiful it is to repeat back to your rebbe, what your rebbe has taught you.

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Re: Yossi's Journey

Posted by Yossi.L. - 10 Oct 2011 23:56

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I'm just checking in and reminding myself not to forget about my powerlessness. I am a very weak person when it comes to lusting and I need to stay focused and reach out whenever i need to. Just a reminder Yossi!

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Re: Yossi's Journey

Posted by Yossi.L. - 11 Oct 2011 00:00

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I am 11 days clean...makes me think my "11" days of cleanliness came from 1+1etc....I should tell this to mr GYE and maybe hell make it part of the auto emailing service on the 11th day of cleanliness...."one day at a time" a wise women once said...."one day at a time" an abusive mother told her children.....Just one day at a time..

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Re: Yossi's Journey

Posted by Yossi.L. - 11 Oct 2011 22:53

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I have to run it's very busy by me. I don't know if ill have a chance to check in tomorrow so good yom tov to everyone!

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Re: Yossi's Journey

Posted by Yossi.L. - 16 Oct 2011 20:17

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I just installed web chaver!

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Re: Yossi's Journey

Posted by Yossi.L. - 16 Oct 2011 21:01

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When I was deciding on who my 'chaver' would be(that's the person who receives all my websites info etc..) at first I was going to make my brother or a friend as my chaver. Then I realized that i was leaving myself room for error and thats unacceptable so I made my wife my chaver. NO EXCUSES now! You almost got me Mr. Yetzer Hara!

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Re: Yossi's Journey

Posted by Yossi.L. - 17 Oct 2011 23:58

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I am going away for Yom Tov tomorrow morning and I don't think i will have any access to the internet. It's a good thing and a bad thing. Good thing because. well, I won't have internet! Bad thing because I won't have GYE.

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Re: Yossi's Journey

Posted by Yossi.L. - 24 Oct 2011 03:02

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Wow Yom Tov is finally over. Back to regular life. I love regular life. Mostly because I am an addict and i don't enjoy going into situations without the proper ammunition. When I am dong my daily regular schedule and I am being very consistent, then I am iin a better lace, with the proper ammunition to fight my battle. But when i head into the unknown it is quite scary, but also quite a relief to come out the other end unscathed. I had a very stressful second days, I can't elaborate, but I handled my stress very well.

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Re: Yossi's Journey

Posted by Yossi.L. - 24 Oct 2011 03:04

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Today is my 24th day clean. It feels like just yesterday that i broke my previous streak on erev

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Re: Yossi's Journey

Posted by JackAbbey - 24 Oct 2011 09:04

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an excellent kick-off start for the winter

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Re: Yossi's Journey

Posted by Yossi.L. - 24 Oct 2011 23:41

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A football reference is always of essence 8)

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Re: Yossi's Journey

Posted by Yossi.L. - 27 Oct 2011 02:15

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I would really appreciate any response that anyone has to the following question:

I got a promotion offer in my company and I can't accept it for a number of reasons. I want to focus in on one reason which is relevant to this forum and discuss all opinions.

The people I would be in charge of in my new promoted position consists of some married and single JEWISH women who both dress and act inapropiately. Being that I am a sex addict and this obviously would put me in a very dangerous position of power, is there any doubt, that for this reason alone I shouldn't take the job regardless of the pay increase?

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Re: Yossi's Journey

Posted by JackAbbey - 27 Oct 2011 12:06

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this is a very tough and delicate question

you have to weigh the scale, and look on both sides

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1) is the wage increase worth to have such a tremendous struggle? (if you got 1200 & now it will be 1400 is 200 worth it?)

2) is the challenge something that you feel that its stronger then you can possibly overcome?

3) is it a real challenge, or its just the way YOU see it? (are they realy trying to get you, or you think so, just because they dress attractively, which is usualy the case)?

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