

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 01 Feb 2013 22:00

Today is day 37

I have no clue but i really don't care

BARUCH HASHEM 37

Have a sweet, peaceful and awesome Shabbos

Eli

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Re: My Story - Reallygettingthere

In the olden days 37 would have meant zera l'vatala.
Posted by mr. emunah - 01 Feb 2013 22:05

37 is zayin lamed-

either zera livatala

Now it means...

or

Zach Lahashem!

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Re: My Story - Reallygettingthere

Posted by ZemirosShabbos - 01 Feb 2013 22:52

where is Gevura when we need him? he knows what 37 is...

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 01 Feb 2013 23:01

[ZemirosShabbos wrote:](#)

where is Gevura when we need him? he knows what 37 is...

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 14 Feb 2013 21:40

Day 50 Baruch Hashem.

Honesty is my corner stone in this never ending battle.

Makes a big difference. The yetzer hora has other ways to test me, but I will not intentionally

Posted by ZemiroShabbos - 14 Feb 2013 21:58

invite him into my life.. or leave the back door open for to come in on his own

speaking of bars....

I Remember When... When Zaidy Was Young

we had a bar/pub

and a Bards....

???

Posted by mr. emunah - 14 Feb 2013 23:57

One Day we will all be togetherrrrrrrrrrrrrrrrrr

badababum badadabum

one day we'll be sheltered and warmmmmmmmmmmm

Re: My Story - Reallygettingthere

Posted by Gevura Shebyesod - 15 Feb 2013 00:54

[ZemirosShabbos wrote:](#)

gevaldig! kol hakavod

speaking of bars....

I Remember When... When Zaidy Was Young

we had a bar/pub

and a Bards....

??? ????? ????

<http://guardyoureyes.com/forum/23-Just-Having-Fun/48068-Bardys->

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 21 Feb 2013 05:04

Day 56 Baruch Hashem

A slip or today

When I'm tired I find my resistance going down.

(Note to self get more sleep.)

(no I was not wasting time. Barcuch Hashem I had the opportunity to loose sleep over good things)

Speaking of loosing sleep, there is this thought in the back of my head that I need to make up for the ~~hundreds~~ thousands of hours that I've lost to my addiction.

The reality is that it is NOT TRUE.

Maybe on a theoretical level, but not in the real world.

In the real world ill people need to get better. Period.

A few months ago my doctor told me that I need to loose weight (30-40 pounds).

He said though that I should try to loose ten and not focus on the big number).

"you have no idea how good you will feel after loosing 10 pounds"

I don't need to be m'saken all the evil.

I just need to get better.

One... day... at ...time

Thank you Hashem

Love,

Eli

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Mar 2013 02:03

I fell.

I did not masturbate but I intentionally viewed images that I should not have.

Just to elaborate how the brain works, my ~~mind~~ yetzer hora is saying that it was not so bad because it was not porn. And an alcoholic can drink beer because the alcohol content is lower than vodka... uh.. no.)

Day Zero

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Mar 2013 02:08

Just to elaborate. I was like I was over come with this crazy urge. I don't remember that last time I had that urge...

Maybe being home alone for lunch was the trigger? That was the typical environment where I would falling the past. I've been home many times for lunch since since starting to get a handle on the problem, but never had such an urge?

Any idea?

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Mar 2013 02:25

I forgot that I'm going on three and half hours of sleep.

My resistance goes

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when I'm exhausted

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Mar 2013 02:36

Quote from Gevurah

thanks chaver

(Yosef HaTzadik) was a tzaddik because he never stopped fighting even when he knew he was already falling

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Mar 2013 03:04

One more thought... a vort i once heard from a friend,

In parshas vayeira the angels warn Lot and his family not to look back at the city of Sodom being destroyed. Lot's wife did and she turned into a pillar of salt.

"Dont look behind you" ie: don't focus on your past. If you do you will not be able to move forward. Lot's wife looks and gets turned into a pillar of salt. Salt, the classic preservative, as if to say, she was stuck in her past and was not able to move forward.

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Re: My Story - Reallygettingthere

Posted by ZemirosShabbos - 05 Mar 2013 03:10

there is a Slonimer vort that a yungerman who hasn't had enough sleep is like a house in the

forest without a door or shutters in the windows, anyone who wants to can come in

kudos on your honesty and your efforts

salt-free diet is the way to go

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based on your approach i humbly submit that you are 'reallygettingthere'