

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

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Re: My Story - Reallygettingthere

Posted by Eye.nonymous - 05 Apr 2013 10:24

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[reallygettingthere wrote:](#)

Thanks.

I still need a psak on whether i need to reset my 90 count

Anybody?

There's no way to give a "psak" if you don't tell us what you did.

What is a CE partner? Maybe ask him?

--Elyah

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Apr 2013 18:02

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CE is covenant eyes

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Apr 2013 19:43

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[Eye.nonymous wrote:](#)

[reallygettingthere wrote:](#)

Thanks.

I still need a psak on whether i need to reset my 90 count

Anybody?

There's no way to give a "psak" if you don't tell us what you did.

What is a CE partner? Maybe ask him?

--Elyah

Change of plans I don't need a p'sak.

I searched a social media site for innocuous keywords hoping that some schmutz would come up. It did, So that's a fall, Even though my twisted mind was telling me that it was so bad

because I didn't stare at the picture.

Yes, it was not a porn site or restricted to 18 and older and yes, I did not search for "dirty words". I was though actively looking for for something to feed my lust so that's a fall/

*(please pardon the yeshivishisms)*

Lust isn't a Brisker Din in the rating of a movie but rather a din in the maaseh gavra. Did the gavra actively pursue feeding his taavah.

In this case yes. So I will restart the count.

(I was thinking about giving myself one of those "grow up" and "don't be a baby" speeches but I don't think that's the issue. I didn't want to throw out my past month on the chart and at the same time had a taavah so my brain/emotion/YH conglomerate concocted this delusion that what I was doing wasn't so bad.)

Eli

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Re: My Story - Reallygettingthere  
Posted by gibbor120 - 05 Apr 2013 19:58

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It sounds like a slip to me, not a fall. I'm not sure you are doing yourself a favor by counting it as a fall and starting over. There is no "din" in counting. It's just a tool. Are you more motivated or less motivated by restarting your count?

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Apr 2013 20:06

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Thanks for the input. Ill probably feel better if i don't reset the count.

Anyone else want to chime in? I'm open to suggestions.

Eli

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Apr 2013 20:41

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More more thing about yesterday's slip:

I realized a little later on in the day yesterday that I was exhausted and running very low on sleep.

The last time I feel I also was going on very little sleep. It's not always in my control as too whether i get 6-7 hours. I can though remind myself when i am sleep deprived that I need to be on guard and treat the situation as a red alert.

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Re: My Story - Reallygettingthere

Posted by mr. emunah - 05 Apr 2013 23:17

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I used to like Red Alert, but I could never pass the high levels.

I don't think it was a fall by the book,

although don't listen to me because I have already bent the rules a few times myself.

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 05 Apr 2013 23:20

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Thanks Emu.

It's easy to bend the rules for yourself but much harder to bend them for someone else so I'll take your opinion.

Good Shabbos.

Anyone else?

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Re: My Story - Reallygettingthere

Posted by Machshovo Tova - 06 Apr 2013 00:36

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I'm willing to also agree it's a slip, but only if you stop thinking about it already and start moving forward, i.e. keep on trucking - full speed ahead. Reb Nachman teaches us that we must use the gift of "shikcha" to forget our past mistakes and look towards the bright future with great simcha.

Go for it!

MT

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 06 Apr 2013 00:39

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Ok shkoiach to you all for your vote of confidence.

Day 32 :-)

Have a sweet and peaceful Shabbos

Much Love,

Eli

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Re: My Story - Reallygettingthere

Posted by Eye.nonymous - 07 Apr 2013 10:13

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1. You were looking for innocuous words only hoping that something less innocuous would come up.

2. In the end, you didn't stare at whatever pictures did come up.

I would also say it's a slip. And, I would add, that being too strict with ourselves in sobriety--as

well-intentioned as it is--in the end is likely to backfire. "Oh, I can't add up more than a week on the 90-day chart, so I might as well give up." That's the danger, and I've been there myself. I don't recommend it.

Not calling it a "fall," however, isn't a license to ignore it. It's definitely a sign that you're on shaky ground and you've got to step-up your recovery efforts.

--Elyah

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Re: My Story - Reallygettingthere  
Posted by Dov - 07 Apr 2013 10:36

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As the official Presiding Rov of GYE (when Emu, Guard, Zemmy, Me3, and Eye.ball dude are unavailable - and we are still out on an expedition looking for our lost Rebbe Bards)...

I rule that if you stay sober today and every time that the yetzer hora of "Oy, should I re start my 90-day wall recount?!" enters your mind, you surrender it and make a call to another GYE member to help you surrender it and let it go....then you will find (after about a year) that you are clean, sober, and living a great life.

There will be no questions. Poof!

**Oz has spoken!**

(Hey! Put that mechitzah curtain down!)

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Re: My Story - Reallygettingthere  
Posted by reallygettingthere - 07 Apr 2013 10:42

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Hashem oz l'amo yitein

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Re: My Story - Reallygettingthere

Posted by Machshovo Tova - 08 Apr 2013 19:16

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[Dov wrote:](#)

(Hey! Put that mechitzah curtain down!)

Reminds me of recently when I attended a chassidish shabbos sheva brochos. Some women/girls kept moving away the mechitza curtain to peek into the men. I was the only one that kept running over to yell at them until they would close the curtain. And I sat there wondering: Was I really the only tzaddik that cared about "vehaya machnecha kadosh", or was I the only messed up guy that was so easily triggered?

MT

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