

SoDifficult's quest for innocence and purity

Posted by SoHard,YetSoRewarding - 28 Aug 2009 21:06

I'm up to day 17 in my personal count!

Where did my cheishek and elation disappear to, though?

Rabboisai, pull me back up!

=====

Re: SoDifficult's quest for innocence and purity

Posted by the.guard - 29 Aug 2009 18:33

It's starts out as "so rewarding", then it becomes "so difficult", then it gets back to "so rewarding"!

Stick it out to 90 days, you'll see for yourself!

Read the attitude handbook for lots of great Chizuk and good attitude tips.

=====

Re: SoDifficult's quest for innocence and purity

Posted by bardichev - 30 Aug 2009 15:14

GEVALDIIGGGGGGG

YOUR CHESHEK ??

YOU JUST REACHED THE NEXT LEVEL,CONGRATS

IF THE CHESHEK WAS HERE ALL THE TIME YOU WOULD HAVE NEVER FOUND THIS
ADDICTION TO BEGIN WITH

NO WORK WITHOUT CHESHEK

YES MY GOOD FRIEND YOU WILL FEEL WITHDRAWEL SYMPTOMS,THAS
NOOOOOOOOORMAL

DO NOT TEST YOUR Y"H (YUP HE IS STILL THERE)

KEEP ON TRUCKING!!!

EVERY LITTLE THING YOU DO A VIEW YOU AVOID A CLICK YOU HOLD BACK ETC..

IS AN ATOM BOMB !!!!

b

=====

Re: SoDifficult's quest for innocence and purity
Posted by SoHard,YetSoRewarding - 30 Aug 2009 22:23

Day 19, and I'm barely trudging along.

It's that after the 1st 14 or something days when I had nary a temptation nor a subconscious dirty thought, images that were buried for years suddenly swam up. What's also a bit alarming is that what at Day 14 seemed as a fairly reachable goal -- the 90 day milestone -- suddenly seems to be almost impossible now.

So far so good, though.

=====

=====

Re: SoDifficult's quest for innocence and purity

Posted by Momo - 31 Aug 2009 05:58

Don't think about the big 90. Focus on the fact you have 18 (chai) days behind you.

Take it one day at a time. Just for today, don't look or act out.

=====

=====

Re: SoDifficult's quest for innocence and purity

Posted by the.guard - 31 Aug 2009 11:13

90 days is impossible for an addict. Even 2 days is. All we can do is ask Hashem for 24 hours of sobriety. Just like he gave us the Maan in the dessert each day anew, so that we should learn to trust Him. So it is with this. Ask Hashem for help and decide that no matter what happens, *even if your tuches falls off*, **you won't act out today!**

=====

=====

Re: SoDifficult's quest for innocence and purity

Posted by bardichev - 31 Aug 2009 14:04

[quote90 days is impossible for an addict. Even 2 days is. All we can do is ask Hashem for 24 hours of sobriety. Just like he gave us the Maan in the dessert each day anew, so that we should learn to trust Him. So it is with this. Ask Hashem for help and decide that no matter what happens, even if your tuches falls off, you won't act out today!][[/quote]

HEILIGE

ARE YOU SUUUUUUUURE YOU ARE NOT FROM NEW YORK?

=====

Re: SoDifficult's quest for innocence and purity
Posted by the.guard - 31 Aug 2009 14:18

=====

Re: SoDifficult's quest for innocence and purity
Posted by SoHard,YetSoRewarding - 31 Aug 2009 22:29

Day 20:

Thanks for the chizzuk, Holy Chevrah.

Today was a much better day than the last couple of days. Was in JFK and saw a couple of triggers, but didn't dwell on them and moved on. . .

I think I heard that expression from Dov once, and *he's* from NY

My strategy is now to focus to finish Elul clean in preparation for R"H, then take it from there (Rosh HaShanah to Yom Kippur, and so on and so forth). Makes it more obtainable. . .

=====

Re: SoDifficult's quest for innocence and purity
Posted by SoHard,YetSoRewarding - 31 Aug 2009 23:11

Okay, Chevrah, I made the move. Changed my username to my real name. Shmilu it is.

=====

Re: SoDifficult's quest for innocence and purity
Posted by Noorah BAmram - 31 Aug 2009 23:43

Warmest welcome holy chaver shmilu,

may it be a Mazal Tov ;D

Fervent prayers for your continued success

Love

Noorah
Mshane shem mshane mazal -name change = change of mazal

=====

Re: SoDifficult's quest for innocence and purity
Posted by SoHard,YetSoRewarding - 01 Sep 2009 00:22

Thanks, Noorah.

And Mazel Tov on your reaching the great milestone of 90 days B'Taharah. May HaShem help you to reach 90 times 90, which would amount to 22+ years. Hopefully by then you will have beaten the Y"H into oblivion. . .

=====

Re: SoDifficult's quest for innocence and purity
Posted by Noorah BAmram - 01 Sep 2009 00:38

U r very kind thanks!

I needed this bracha right now since @ the moment I'm debating if I should shout out one of my infamous crys of "Fire in the House of Amram"

Today was a difficult day for me

: (

=====

====

Re: SoDifficult's quest for innocence and purity
Posted by SoHard,YetSoRewarding - 01 Sep 2009 00:47

Tomorrow a new day will be born, and be"h so will your resolve and "Fire" (Eishusuh D'Kedushah).

Take me for instance:

Yesterday was probably the shvachste of my 20 days (as I stated in my journal); today was one of my stronger ones to date. Had a couple of potential pitfalls in the airport and be"h overcame them. See?

=====

====

Re: SoDifficult's quest for innocence and purity
Posted by Noorah BAmram - 01 Sep 2009 01:21

I live in an area where there is very little immodesty and today I went "out" so I was "hit" with a large dose of "tests"!

=====

====