

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....
Posted by laughingman - 25 May 2015 13:12

Thank you ...the feedback is greatly appreciatedi usually decide in the end to keep going ...if anything my resolve doublesand even if i did what i do right from this point on for nothing ...which i dont really believe is possibleit would be worth it

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Re: laughingman tries to count to 90.....
Posted by shomer bro - 26 May 2015 03:52

Oh laughingman...your pain hurts me so, and i wish i could give you a hug and tell you what an amazing person you are. Such gevura! We're all here for you, and we all love you so much.

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Re: laughingman tries to count to 90.....
Posted by serenity - 26 May 2015 06:07

Thank you for sharing. We create a lot of wreckage along the way, but before we clear away the wreckage of the past, we have to get right with ourselves now.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 26 May 2015 11:25

I live in fear of what awaits me at the end of this lifeeveryday i try to do as much as possible but i am handicapped soo thats difficulti spend alot of time relaxingright now i have a throat problem soo i guess thats my latest excuse

But He is forgiving and merciful

positive thinkingi have been resisting temptations latelyunder the feeling that none of these things will fix my problems if i give inonly make things worseand i need my relaxings to keep me in the not giving in area

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Re: laughingman tries to count to 90.....
Posted by SamJoe - 26 May 2015 14:10

Hey l.m.

It hurts to read how your feeling these days, I just wanted to mention that I take a lot of support from your thread and I really look forward to seeing a new post from you!

Hatzlacha to you!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 27 May 2015 21:04

on the paththrough the falls and upsone starts to see a patternlike that every time one m***** one feels intense fear often days later ...and every time one gave in to look, even through all the dopamine he could also feel the sadness for even were his twisted fantasy to appear before himhe knows giving in would be the death of him at least in a senseand if hes married then for REAL!these are the very real and very concrete personal consequences I personally have experienced recently during fallsrealizing slowly after 2 1/2 years of keeping tabs on my behavior here after nearly 4 years combating temptations even through gye earliest timesseeing not abstract pain to be felt by my soul to which I am physically numbbut very real personal sufferingthat if I let it my brain will try to insist never happendopamine unregulated causes physically the severe depression promised in countless chazal for those who dare violate what is called THE bris kodesh

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Re: laughingman tries to count to 90.....
Posted by TalmidChaim - 27 May 2015 21:44

I'm here with you, like everyone else, and have confidence that you'll make it through it. There's more strength and determination and pure, unbridled neshama in your posts than I've read in a while. It's very clear to me that you're a very, very special person to HaShem, very clear. Sometimes, being that special person means not knowing you're that special person. But know you are, and remind yourself of it often.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 01 Jun 2015 00:00

I am declaring here and nowthat i have determinedthrough grand introspections and what is maybe called "cheshbon nefesh"that i can remember now and pinpoint to a T exactly how much leeway i was given by Hashem in my past durinv my struggle and exactly when my falls became more a big joke on my part and the real consequences of my actions were allowed to officially beginand i was shown the fruit of my un-laborthat others now suffer without realizingand i caused others to distance themselves from Himeven that they would swear on oath that it is not my faulti know the truthand i also know there is 0 chance for teshuvahfor i have cause others to sinthrough my refusal to take this eriously enoughand i had ample chance and opportunitymy wife used to say" you can only break a vase soo many times before repair is impossible"and people are sometimes compared to potteryi am saying it herelearn from my examplethese things cause REAL PAIN even sitting alone in the dark doing things you shouldnt alonewill eventually find a way to hurt otherseven if you dont care if you yourself got some sort of reprecussions....which can and Do happentesting His patience is Not recomended ...not in the desert and not nowi only pray for the opportunity to make things rightand i ask for teffilotfor a prisoner cannot free himselfto Hashem for absolute mercy that the current situation be changed backjust like the moon does every cycleand for the Real redemption that will free us all

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Re: laughingman tries to count to 90.....
Posted by shomer bro - 01 Jun 2015 16:02

Powerful post! I'd agree witha lot there except that there is 0 chance for teshuva. There's always a chance to do teshuva as long as one is alive. Otherwise, they'd be dead.

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Re: laughingman tries to count to 90.....

Posted by laughingman - 03 Jun 2015 07:36

I dont know how much more i can deal withit turns out my wife resents me for a myriad of different things i have completely screwed up throughout our marriagebut she insists that shs feels i am a good husband and fatheri feel like i shouldnt have even startedi feel soo unqualified for anythingand i could have been bettedbuf my mental disposition was there every time to mess me upi sit depressed nearly all dayi feel like i dont even have Hashem anymorei really am just a big mistakeim watching all my dreams fade to darkness.....i just live

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Re: laughingman tries to count to 90.....

Posted by laughingman - 04 Jun 2015 10:16

What do you mean

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Re: laughingman tries to count to 90.....

Posted by laughingman - 04 Jun 2015 12:43

I coulda told ya that myselfunfortunatelydo to disposition, location, current daily schedual etc. Finding support in this area is very difficulti might have had support in the pastbut i sorta ruined itor others didno matterthe point is that right now indont really have who to turn to as a set destination

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Re: laughingman tries to count to 90.....

Posted by dd - 04 Jun 2015 22:30

I will be"n daven for you as soon as i get off the site. We all can't wait to see Laughingman laughing again.

I think 9494 is 100% right. Give it a shot if you can get any kind of support.

And of course pour your heart out to our Father in heaven whether you feel him close or not he is with you throughout all your pain and misery. He is there at your side crying along with you and will be wiping away those tears from your face very soon be"n.

Hope to hear from you on a better note in the near future.

We all love you. And please remember to love yourself as well.

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Re: laughingman tries to count to 90.....

Posted by laughingman - 05 Jun 2015 02:54

I will give a perfect example of what im talking about

I would love to join a live group butliving in israel that seems alittle tough fyi i dont live in yerushalyim OR telaviv or modiin ...

Phone groups are great soundingbut dovs 12 step group is 7 pm my timeand on mondays and thursdays till the end of the school year (june 30) especiallycause the kids have basketballand the rest of the time 7 is usually dinnerthough during summer it might be easierbut in the summer america goes to vacation mostly

I dont really have anyone live here who i can open up to like i do here especially the franknessmy wife is actually very understanding about what im doing hereand very supportivebut i dont involve her

...she has enough things to deal with....

Theres always more but thats just a glimpse of the chess like nature of my current routine..

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