

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 Pidaini - 14 Aug 2013 02:37

WOW!!

Yup, no situation is bad enough that a little lust can't make it worse.

KUTGW!!!

We are here with you!!

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

Posted by Gevura Shebyesod - 14 Aug 2013 06:47

Laughingman, wow you have a lot going on there. I just want to say that i am Davening for you and I wish you all the best and hatzlacha in everything.

KOMT!!

P.S.

-----but look how white his teeth are!!!!

The better to smile at you with, my dear!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 15 Aug 2013 01:25

Soo i almost fell today.....slipped up alittleusually at this point i start unraveling

But G-d cut me a break.....

Soo i am making a solid effort to stop slipping and maintain traction.....

Its not easy.....i still dont fall as far as i have before and every slip helps me to see more insight on how to beat myself

Like i said a real fall at this point would be a step back

I try to not let that accur ever my "fall" could be another guys slip

Every puddle is different and a person sometimes doesnt see it till hes sliding along the floor.....but then on his way back he skips over that same puddle....sometimes only to slip in a different puddle but each time he learns more....so that he doesnt slip and fall!!!!

Its really toughthe brain is missing its drugand cold turkey is a tough dish to chew

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Re: laughingman tries to count to 90.....
Posted by laughingman - 20 Aug 2013 01:35

Ive been having a luke warm week.....on one hand i actually got some goals done....on the

other my mqin computer might be beginning to fail....i can probably fix it if it quits entirely on me.....but it might be a real head ache ...almost gave in several times but caught myself before i could irrepairibly damage my current sobriety streak

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Re: laughingman tries to count to 90.....
Posted by laughingman - 21 Aug 2013 19:54

What a week.....in the last 2 days my will to fight back the tide has doubledi even was able to avoid something and instead i got a free gemara on my droid.....with all the stresses i facei am not done fighting.....even though i face my anxieties by and large alone at the moment tyey accur.....eepecially some of the "proffesionals" in my life that really only serve to accuse me furthereven with rediculous price hikes and budget cuts happening at the same timei fight on against the temptation to give up and keep looking for alternative safer outlets to help with the stress

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 21 Aug 2013 19:59

Good for you

Keep on tankin"!

Seems you found somethin' extra inside of you that is helpin' you fight that filthy ba@#\$%d.
Keep it up, my friend.

May God give you even greater strength!

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

Posted by laughingman - 22 Aug 2013 22:42

i had a fall today....

not the normal falls i have been talking about where they arent really anything to worry about in terms of the vast issues that are going on but a fall the likes of which i havent had since april

it is an unbelievable feeling of guilt and shame that hangs on me nowhopefully i will be able to wash some of that off tommorow ...to top it off a bit i seem to have confused the 90 day chart computer (cause i wrote the date apparently backwards or something like that) i had to ask guard to look into it ...i wonder how he would have time for things like this

in the meantime i will have plenty of time in reset land to think of how i flushed all that progress down in one momenti know the progress never really leaves its just the reality that i am still fighting these vestiges of issues that have brewed in me these last few yearson top of all the issues i struggle with every day with no mother and no father and virtually zero support except my wife who i get to watch pine away in illnessand now i may have unleashed even more evil forces that can fight meto which i and my family seem exceptionally susceptible to

i drudge onward cause i mustmay He have all the mercy of the universe on me

cause there is no one else

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

Posted by skeptical - 22 Aug 2013 23:09

I'm really sorry to read about your fall.

You haven't flushed all your progress away with this. Don't wait until tomorrow and try not to wallow in the past. What was done is done. Just get up and continue forward.

May Hashem shower you with only good news.

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

Posted by laughingman - 23 Aug 2013 19:31

i have spent the last 24 hours trying my best to undo wh\tvr damage i have unleashed through my actionsmy wife has said that with all my stress it should at most be considered as a nocturnal issue (even though it was during the day) because i really didnt want it to happen

if it were i could basically sleep alittle easier cause i hav done all that can be done (i even went to tzfat)

and i feel like i am even more clear on the steps that i need to take to ensure this kind of situation might be avoided in the future

i only fear the very real repricautions of my actions that in this specific catagory seem to have a very real and at times blindingly fast and damaging

things like suddenly losing a customer or falling or things like that

sometimes i feel like i cant win i know of guys who cant and probably wont ever stop ^&^*** (or looking at women like they are objects and they are rolling in the life of riley

i know that even moshe rabeinu had this question and its not for us to understand its just a hard

reality to swallow

the only thing i can do is nearly constant (i.e. when i have the time and strength) prayer to Him and my reliance that even if i screw up He loves me enough to keep me going cause if he didnt he could squash me like a bug in an instant

i need soo much prayer

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

Posted by cordnoy - 23 Aug 2013 20:02

we are crying with you

you are a source of inspiration to us all

stay positive and focus on the moment

b'hatzlachah and have a very blessed shabbos

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

Posted by inastruggle - 23 Aug 2013 22:26

[laughingman wrote:](#)

i only fear the very real replications of my actions that in this specific category seem to have a

very real and at times blindingly fast and damaging

things like suddenly losing a customer or falling or things like that

Leaniyus daati, forget it. You said that you feel you did what you can in order to avoid this happening again, so forget it. Stop worrying about getting punished for it. Besides the fact that punishments don't always happen right away (I've never gotten struck down by lightning after masturbating. Not once.) They're also not your business, and teshuva is mechaper, so just forget it.

You already did azivus hachet and chartah and kabbalah al ha'asid, seems like there's nothing to worry about.

I will bli neder have you in mind at mincha.

Good shabbos

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Re: laughingman tries to count to 90.....
Posted by laughingman - 27 Aug 2013 11:05

Im so far on day 3 of what might be my most sober 3 days ever

I have come to accept that i have had a real problem that i have been battling for yearswith much success but also setbacks

Now i attempt every day true sobrietythat is i dont turn to anything...read any thing... that

might arouse meat all

If something catches me off guard i try quickly to change my thoughts and if needed my gaze
.....no small feat in our timein the summerwith zero outlet possibly for at least a
month.....during the yomim norim...with all my current pressuresand i am happier this way

I recently had to replace a phone and got a decent plan...thats made me feel good....

Also i was able to switch to a cheaper long distance

More later

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

Posted by thatguyoverthere - 27 Aug 2013 12:53

Ive been reading through this and been inspired. Weeping and praying with you. I had my last
fall two days ago and Im trying to recover now.

I found you on the 90-chart. Your name was around the same area as mine, and had a link, so I
went there. If it hadn't been for your fall, I wouldn't have found you...

Just stay strong, brother. You're not alone, we're in this together.

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

Posted by laughingman - 27 Aug 2013 19:27

Many thanx to those who feel that i inspire them for it is they who inspire me....to continue.....its funny i usually update these posts at times where i am super nervous or wtvr.....and its all continuing in the fight against this adversary of oursfor us its more like every little thing we do that isnt @#%&* is a step foward for us ...the people who have set this site up may have only had in mind to deal with one issue but at the same time all of us on here some who are as different as night and dayhave come together to take arms against our common foe and have developed a sort of deep brotherhood through it....well if your close enough to a guy to discuss how your doing in sobriety...then they are your brothers ...even if you all dont really know each others face.....in a way i feel better to the anonymous pals who follow me here then to many of the people i know in reality....fyi today was alittle tough so dar as i was looking at my email....the regular news as usual being full of things i need to avoid like a diabetic needs to avoid sugar.....but so far so good

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