

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 - 16 Sep 2013 18:25

Its toughits toughdont think that i climb this ladder with anything but fear and trembling.....im getting thereslowly deliberately...but im getting better i've been religeous my whole life ...and most of it honestly i avoided this whole issue ...its only the latter half that i had shomer enayim problemsbut they werent on an addict level....m***** didnt happen till after marriage and even then only the last 4 years and even then i was always trying to break out of itm***** ended back in april more or lessive had falls but nothing like a full on fall back to addictionbut lust addiction remainsand it is tough ...now i try not even to look at immodest women at all.....no small feat even herebut the big test comes at homewhere my wife has been assur to me for a variety of reasons(not that she doesnt try to do everything she can) for more then a yearand this year has been pretty stressful....and she needs alot of warmth and alot of caring ...i still march on.....keep trying every day....keep reminding myself that i need to be patient also with myselfsoon i will be free...G-d willing

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

Posted by Pidaini - 16 Sep 2013 20:09

you are an insprition!!

KOT!!!!

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

Posted by moish u.k. - 17 Sep 2013 14:22

You are a precious neshoma.

You are not alone. We're with you all the way...!

Just do it for today.

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Re: laughingman tries to count to 90.....
Posted by inastruggle - 17 Sep 2013 19:50

For what it's worth I had your wife inzin on yom kippur.

Keep on inspiring us.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 18 Sep 2013 12:41

I appreciate it and im certain she does too

Its incredible that people on an anonymous forum can be soo understanding and caring....at the same time people who see you everyday can be at least indifferent and sometimes even hostile ...

Although to be fair i dont exactly advertizei usually dont know people enough to say anything about whats going on and most people have their own problems....althouhh i know that with all my struggles i try not to be soo self absorbed that i cant be simpathetic to someone elses situation

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Re: laughingman tries to count to 90.....
Posted by laughingman - 23 Sep 2013 12:58

almost through succot i say that with alittle sorrow

i love the yomim tovim

this year i have been pretty much 24 hr just involved with the chag

in shul and such

there were unfortunately some slip ups but these were even lower in severity then before my last fall

in one year thank G-d i was able to make soo much progress.....

this fight is ever doneand with our lulav swords we are able to take the fight to the enemy and sheild ourselves with our etrog/torah learning

heres to succeeding right where we fell

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Re: laughingman tries to count to 90.....
Posted by laughingman - 30 Sep 2013 11:47

Back to the daily routine.....which i have none....cause every day is its own challenge.....every day i wake up hoping to conquer some of my goals.....which are mostly for my family

And instead i end up with 10 more things i have to do first mostly from orders from govt related general keeping track of everyone....

In the mean time i have learned that even when things get alittle easier the guard most not be downthe eye and the body are not always on the same page

Vigilance is key to staying sober.....i treat this with all the severity of a recovering alcoholic....though i think i just missed a true addiction...otherwise a real interventionwhich for me in this area would never happen for various reasons would have been needed to pull me back up.....

Thank G-d

I am still climbing and have not had a fall since rosh hashana.....even before....

Even as i watch my wife struggle and deal

(We now know almost certainly that she has some sort of rhuematic illness....for those who dont know that means the body fights itself ...in various forms and severities)...

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Re: laughingman tries to count to 90.....
Posted by laughingman - 09 Oct 2013 00:10

here i am againstill fighting the good fighti have had some close calls into slipping territory but im still clean....still fighting off all kinds of thoughts and such....

even in shul in amida sometimes....

i understand that this is my real test in life ...and with things getting even tighter ...till they get better which they G-d willing should

but i thought it might get slightly easierit has and has not

now there are good days where its almost no contestand then there are days where i fight my own thoughts to the ground and quickly change my place and tone and everythingand though i have made a stride in certain things the race doesnt ever feel shorterin fact it feels longerheres to many happy returns G-d willing

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

Posted by Pidaini - 09 Oct 2013 00:17

KOT bro KOMT!!!

Keep talking to the one above, He loves hearing from you!

We're all with you!!

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

Posted by laughingman - 14 Oct 2013 23:14

Breaking free one day at a time.....sometimes one minute at a time

I also am trying to break free of deficient personality traits i may have

With the world becoming home to more and more selfishness and cruelty us men here hold the standard of what it truly means to try to be and stay men...to treat ppl with decency and to perfect oneself

That is what real men strive to do

We can win together

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

Posted by laughingman - 20 Oct 2013 04:00

Sooo close to a fall i was.....slipping like a cartoon on a banana peel

But in a fit of "i am not going to let the y'h convince me that its all for nothingthat im out of the count.....i know my limits and i havent broken thembut im not dobe beating this thing....sooo for now my chart is really a breaking out of m***** and looking at imag*** but once i reach 90 i will bli neder recount ...(just in time for shovavim i think) and put more restricting rules then exist as per the site would saysuch as no tolerance....and thus in potantially half a year be higher then i started of as ..a great accomplishment considering i currently have to consider that i may be without a kosher alternative for a long l o n g time

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

Posted by ddmm11219 - 20 Oct 2013 17:58

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

Posted by laughingman - 23 Oct 2013 05:37

I slipped today.....

I did not fall yet

I feel awful that i am not being as careful as i can be

I have to much i can lose now and i cant afford any of it

May He fogive me in his infinite mercy and i whould avoid the shame of failing this task

I only want to stay clean because it is what He wants me to do

This is very difficult

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

Posted by Dr.Watson - 23 Oct 2013 14:06

[laughingman wrote:](#)

I did not fall yet

I used to be in a mindset that as soon as I started slipping it was only a matter of time before I

fell. Now b"H I know that just because I started slipping doesn't mean I'll fall. It's always possible to get back on track.

There's no such thing as "I didn't fall yet". You didn't fall. That's it. That's all that matters. You got through the day without falling. And you can do it again today. Yesterday's gone, tomorrow's irrelevant.

KOT

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