

My Kosel of Honour

Posted by israel613120 - 29 May 2013 03:47

Well I'm finally starting my very own thread, I had a few on "Introduce yourself"

I'm the guy who didn't want to admit he was an addict, and maybe I'm not, but after reading around here and reading Rabbi Twerski's definitions, I may have been more addicted than I thought. There was never any M*** well at least since after my wedding some 18 years ago, (apart from one isolated incident) but plenty of searching online mainly for mainstream movies with inappropriate/P*** scenes, and this went on for years...

Well I logged in and have not had a fall and up to 125 days!! Since 90, I haven't really been counting.

Had plenty of slips along the way, and near falls, one tonight I had the opportunity of going to an empty house, and surf a multi channel TV, but didn't.

What helped me was a recording of Uri in the park, it was on a chizzuk email, how he could have gone round to a girl friend, but went to the park with his guitar.

My situation was a bit different but hey, Nekudas HaBechira and all that.

Also my shmiras enayim has improved on my local streets, but I wasn't ready for a family trip to a big park, on a warm day, and wasn't as good as I could have been.

One thing I've not been able to do is keep off the movies completely, obviously I seen no P*** ones, and I've watched loads less during my 125 days, but not been able to stop.

By the way Why has this category's name changed to On the way?? From Wall of Honor?

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Re: My Kosel of Honour

Posted by israel613120 - 03 Dec 2013 05:01

Thanks, no I have no one to talk to in real life about this.

Unfortunately I did fall, looked at p*** and fell further today, not been able to break free at the

moment. The day was good, no great, but in the evening my desires got worse till...

Tomorrow is another day,

I feel I'm missing out on the holiness of chanuka that leaves me upset

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Re: My Kosel of Honour

Posted by cordnoy - 19 Dec 2014 00:58

Well....from Chanukah to Chanukah...you are here again.

B"H for that.

Perhaps write down the areas that you have progressed in over the last year, and the areas that perhaps are not so good.

What have you learned?

Is it time perhaps to do somethin' different?

We shall continue iy"H.

b'hatzlachah

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Re: My Kosel of Honour

Posted by israel613120 - 19 Dec 2014 08:21

Thanks for bumping my thread, I read some of my post over, from 'last year', interesting. I seemed to be much more open then. I'm thinking over what to write, where I've progressed, slipped, what I am doing the same, what different. I definitely don't feel like the same person. But can't explain why. Let me think on it.

One things for sure, this Chanuka is better, I've not attained any lofty kedusha or insights, but I am clean.

I did make a conscious decision in the lead up, to ?????? to be clean. I even said 'no movies' like

I kept to in Elul. Alas I didn't keep that promise but BH I have been clean, one day at a time.
(and don't want to brag)

Have a lichtiger chanuka everyone.

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Re: My Kosel of Honour

Posted by cordnoy - 19 Dec 2014 15:56

Thank you

My pleasure

Great news, and we are lookin' forward to the rest.

Not sure if you have my email; it's thenewme613@hotmail.com

b'hatzlachah

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Re: My Kosel of Honour

Posted by israel613120 - 12 Jan 2015 04:58

O.K this is my thread so this I guess is the best place to write it.

I'd been slipping around for weeks, and today finally admitted to myself that I fell, I lingered too long looking at what I shouldn't.

So I've reset the 90.

Also it was Mikva night, and I'd been doing so well, with my wife. I even got her in the mood, tired as she was, but then I had a P.E. Inevitable most likely especially what I had been looking at earlier in the day.

Sorry if this is too explicit, but I wouldn't know who else to tell.

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Re: My Kosel of Honour

Posted by cordnoy - 12 Jan 2015 06:00

Thanks for the share.

it's important.

We feel for you, but are confident that you're workin' the recovery.

Continued hatzlachah

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Re: My Kosel of Honour

Posted by israel613120 - 10 Sep 2016 22:57

OK

I've dusted of this ole thread of mine

Recent news; been up and down last few months, but have not made more than 30 days without a slip/fall

I just wanted to tell the guys, that on ??? ??, I got myself a kosher phone, no email, whatsapp, or internet, not even any games.

You tube on my phone had been my main source of falling.

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Re: My Kosel of Honour

Posted by Markz - 11 Sep 2016 00:55

Welcome back brother!

Is your signature message new or a little outdated?

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Re: My Kosel of Honour

Posted by gibbor120 - 14 Sep 2016 16:23

Mazal tov on the change! Keep us posted on how it affects you.

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Re: My Kosel of Honour

Posted by TzedekChaim - 23 Sep 2016 18:38

Join the retro-phone club!!

Do you by any chance have the nifty flip-open-to-answer feature that smart phones are dying to

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Re: My Kosel of Honour

Posted by trysohard - 23 Sep 2016 19:10

Great move on the phone!

But remember the Y"H has been around since long before smartphones, so we can't get too complacent

Hatzlacha!

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