

Lomed's Thread

Posted by lomed - 25 Feb 2015 16:44

I am starting the 90 days. I hope to be bezras hashem this year in miron for lag beomer.
although I don't feel much will power now to overcome this struggle, I decided to start a 90 day
jurney to try to get clean. I will need much chizuk. but even one day is worth. I hope in zchus of
the rashb"ee I will get closer to become clean.

???? ??? ????? ????? ???? ???? ???? ???? ?

=====

=====

Re: started 90 days as a preparation of lag beomer!

Posted by yiraishamaim - 28 Apr 2015 02:30

Thank you for sharing your joy with us.

=====

=====

Re: started 90 days as a preparation of lag beomer!

Posted by Palti-Yossef - 28 Apr 2015 07:55

Thank you very much for sharing that with us, the wisdom and growing are palpable !

May you gratify us by a lot of other posts like this !

Thanks Hachem !

=====

=====

Re: started 90 days as a preparation of lag beomer!

Posted by dd - 28 Apr 2015 09:04

Wow Lomed Thanks for sharing!!!

Your doing great and really seam to be working on yourself.

KUTGW and KOP!!!

(just on another note remember to prepare yourself how to deal with the struggle after Lag B'omer is gone and after the 90 days are over too)

=====

Re: started 90 days as a preparation of lag beomer!
Posted by newaction - 28 Apr 2015 15:40

[dd wrote:](#)

(just on another note remember to prepare yourself how to deal with the struggle after Lag B'omer is gone and after the 90 days are over too)

Words of wisdom.

=====

Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 28 Apr 2015 20:42

[dd wrote:](#)

(just on another note remember to prepare yourself how to deal with the struggle after Lag B'omer is gone and after the 90 days are over too)

Thanks

What is your suggestion?

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by newaction - 28 Apr 2015 20:48

Let dd answer his opinion. One suggestion may be : Dont ever loosen your guard especially when things are going good. It is always one day at a time.

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 28 Apr 2015 21:56

[lomed wrote:](#)

As i Will be In meron, I want to offer that whoever wants me to have him in mind can send me his name in a private message.

=====
=====

Re: started 90 days as a preparation of lag beomer!
Posted by dd - 28 Apr 2015 22:02

What I think is first of all remembering that it will get hard already can keep us focused.

And really trying to remember why we want to be clean/sober. Meaning that we are not doing it for some record etc. We are doing to be able to live now and enjoy living too and bring out the best in us.

And of course remembering that we can fall at any given moment so we should never tell ourselves i'm over or I can do it.

=====

Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 28 Apr 2015 22:12

[dd wrote:](#)

What I think is first of all remembering that it will get hard already can keep us focused.

And really trying to remember why we want to be clean/sober. Meaning that we are not doing it for some record etc. We are doing to be able to live now and enjoy living too and bring out the best in us.

And of course remembering that we can fall at any given moment so we should never tell ourselves i'm over or I can do it.

Great post and answer.

to summarize:

1. know that there are hard times ahead of you.

2. Remember why we want to be sober.

3. never think we are over.

=====

Re: started 90 days as a preparation of lag beomer!

Posted by lomed - 07 May 2015 07:10

Hi all friends,

Regards from the simcha in meron.

I have all GYE community in mind.

If you want me to you personal in mind send ur name to me in private message. I hope to check the messages later.

=====

Re: started 90 days as a preparation of lag beomer!

Posted by newaction - 07 May 2015 08:13

You did it !!! Kol Hakvod to you !

May Hashem answer your prayers and give you what your heart desires.

The light of Rabi Shimon Bar Yochai is shining on the whole world

=====

Re: started 90 days as a preparation of lag beomer!

Posted by lomed - 11 May 2015 16:12

Hi all Chaveirim,

I am B"H back. had a gr8 time and very inspiring. I had you all in mind. some of you sent me their names, but I also had in mind all members of GYE.

=====

Re: started 90 days as a preparation of lag beomer!
Posted by shlomo613 - 11 May 2015 18:44

[serenity wrote:](#)

On another note, today I was working on step 4. The AA Big Book (BB) asks me to look at where my faulty character lead me to be angry at a person. The BB suggests I look at my mistakes, Where was I: selfish, dishonest, self-seeking and frightened? In other words just looking at my own behavior I can find why I'm angry and resentful at a person, idea or institution. What comes it is that I'm a selfish, dishonest, self-seeking and/or fearful person; maybe more one than the other. So let me ask you something, is it any wonder I seek escape in the form of lust and fantasy (or in some other form.) What person who is selfish, dishonest, self-seeking and/or frightened wouldn't seek escape? That's why we need to get to the route cause of our anger and resentments to become emotionally sober people. This is probably elementary to many people here. For me it took, many many hours of step work and 20 months in 12-step programs (20 months AA and 6 months SA)to understand. Not that I needed to understand it in order to do it and I'm sure more understanding will come, but it's nice to be able to see how it makes sense.

Why did I write this out here, lomed? When you spoke about looking at women at weddings, I started to think about what to say about that. I mean I don't think anyone will say the 90 chart was violated, but it's lustful behavior. Do we address and quash the lustful behavior? Is that always our focus? Are we obsessed with lust, even when we are recovering? Did I lust, didn't I lust? Did I look 2 seconds or 4 seconds? etc etc. Maybe we can use opportunities like this, not to dwell on if they were a technical violation, but to look at ourselves honestly and say what's causing our lust?

For me in the example of the women at the wedding, maybe I would ask myself. What's lacking in my life, that I have this need to look at this woman? What am I escaping from? Where am I discontent with what I have? I might answer that, I'm afraid my life isn't going so well. I think I could have done better for myself. I'm afraid this world is it, and I'm missing out on the pleasures. I'm afraid that when I'm old, I'll regret how I lived life. Then maybe I will ask Hashem

to show me his will and surrender myself to His plan. Maybe I'll be comforted to know that He is with me and has a plan for me. Maybe that will assuage my fears. Maybe I'm still overwhelmed and afraid and I need look more at my relationship with God. Maybe I need to pray. Maybe a review of steps 2 and 3 is in order. Maybe I need to sit down and work on step four and list my fears, so I can see how much fear effects my decisions. I guess that's one way my experience could go. How do you think it might go for you?

Hatzlacha!

This great post is worth re-reading

=====

=====

Re: started 90 days as a preparation of lag beomer!

Posted by serenity - 11 May 2015 19:21

Welcome back, Lomed! Thanks!

=====

=====