

(BIG) LONG SHOT!?

Posted by stillgoing - 30 Apr 2015 18:20

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Sometimes I wonder if being a big shot (since I am the most humble guy I have ever met, I must be a big shot) is such a bad thing. Right now the main thing that is keeping me clean for 6 days so far is the 90 day chart. Why does the 90 day chart work for me, because I know that my name (ok, not my birth name, my rebirth name) is up on the chart for everyone to see, and since I think that I am G-d's gift to the world, I know that if I fall everyone is going to see that I'm a loser (which I am, since I've been losing for more years than I can count on my hands (and feet). Ok I know someone is going to tell me that I'm not a loser, and I would say that to you also, and I would believe it too - when I'm talking about you. Somehow when it's about myself, it's much harder to believe.

So that's why I'm specifically calling attention to my chart so that if I feel myself slipping I will think how embarrassed I will be since everybody will know about it (which hasn't been since high school.)

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Re: BIG SHOT!?

Posted by stillgoing - 30 Jun 2015 14:21

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Today begins day #1. Today I start again like a newborn growing and working his way up. The only difference is that I am a new born with a history. That may put me at a disadvantage, but in reality, (almost) all newborn's have a history. Most baby's are born today to fix up something that wasn't done right in their last lifetime. I have the advantage that I know (at least one of) the things that I need to work on.

The last two months I didn't post much about my personal progress since I was more or less coasting. This time it will iy"H be different. When you coast - you roast. This time I will iy"H be keeping a log of seemingly small challenges that require surrendering to prepare for the bigger test that I know will inevitably come one day.

Thanks for reading.

Anyway, thanks for listening - assuming that anybody is listening  
We'll keep in touch

SG

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Re: BIG SHOT!?

Posted by yiraishamaim - 30 Jun 2015 14:29

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today you rebuild with the confidence that you have gained by being sober for the significant amount of days that you were. This proves what you can accomplish even without your current improvements.

you have just posted that you will make a positive change in the way you will post.

any change in mind in terms of bypassing possible triggers?

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Re: BIG SHOT!?

Posted by Palti-Yossef - 30 Jun 2015 14:37

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SG, your honesty and deep will of changing is very very precious for me right now !

Thanks for sharing the news ! Waiting for your regular progression !

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Re: BIG SHOT!?

Posted by pischoshelmachat - 30 Jun 2015 14:47

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Hi SG

I so feel for you but in the big picture, you clearly have the tools to stay sober and now you also know that vigilance and consistency is the key.

I know for me confidence and complacency is my kiss of death.

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Re: BIG SHOT!?

Posted by cordnoy - 30 Jun 2015 14:54

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[stillgoing wrote:](#)

**Most baby's are born today to fix up something that wasn't done right in their last lifetime.** I have the advantage that I know (at least one of) the things that I need to work on.

You're startin' again, and that's great; why mix in this stuff?

you are strong!

it will be with hatzlachah

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Re: BIG SHOT!?

Posted by stillgoing - 30 Jun 2015 15:04

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**cordnoy**[quote]

stillgoing

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it will be with hatzlachah

I'm mixing it in because how can I not. I can't ignore my history. 10 years ago I never experienced the shmutz of the internet. (Other things, yes but not the internet) When I first learned how to go online, I wasn't tempted at all to search for bad things since I never experienced them. But now it's a whole nother world. An innocent word on goggle that starts with an "I" and ends with a "e" and has "mag" in the middle is enough to make my heart start pounding. Ive got to take that into consideration so I can prepare accordingly. No?

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Re: BIG SHOT!?

Posted by stillgoing - 30 Jun 2015 15:23

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**yiraishamaim**

you have just posted that you will make a positive change in the way you will post.

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How can I? They are all over the place. this particular fall, I believe was brewing first for a few days. I was by a chasuna Thursday night and two people at my table apparently had a little too much to drink (I hope they don't do this without drinking) and were acting inappropriately. I knew them and those thoughts kept swirling in my mind until a test presented itself in the form of a suddenly weakened filter and.... down I went!

What is the balance needed between avoiding the triggers (only works so much, since eventually they will find you) and strengthening oneself to be able to withstand the triggers.

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Re: BIG SHOT!?

Posted by cordnoy - 30 Jun 2015 15:40

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[quote="stillgoing" post=258145]**cordnoy**

stillgoing

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I had highlighted the part of your post that my question was addressing.

Most babies are born with somethin' they need to fix from their past lifetime.

Let us try to keep this site as normal as possible (except that we are prevalent to lust).

[Babies are born because God has neshamos stored under the kisei hakavod and His plan is that they should enter this world.]

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Re: BIG SHOT!?

Posted by stillgoing - 30 Jun 2015 16:15

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[Babies are born because God has neshamos stored under the kisei hakavod and His plan is that they should enter this world.]

I purposely didn't write "all", but ok, I'll leave that to the blocked mekubalim forum. My point was that I feel that I have a one up over someone who is just starting out, in that I know (some of) my weak spots and I'm trying to work on them. Weather or not we are all gilgulim, we *are* all here to accomplish something. I have found something that is challenging to me and I'm attacking it aggressively. (I have a feeling that Dov is going to chime in and say "why am I being so aggressive?" point taken) If I don't point out the one up over the first starters, then all that I'm left with is frustration over how I got myself into this crazy mess to begin with, with poor decision making, and weak will power.

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Re: BIG SHOT!?

Posted by stillgoing - 30 Jun 2015 17:26

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**cordnoy**

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Re: BIG SHOT!?

Posted by stillgoing - 01 Jul 2015 16:38

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Hello everyone.

B"H I'm going on 37 hours now clean. If I think about it, we only have 7,279,200 seconds until Candle lighting for Rosh Hashana. And only another 864,000 seconds until kol nidrey. That may sound like a lot but seconds go by awfully fast!. Think about how many seconds went by since you started reading this post, 25?, how long since we logged on to gye, or better yet how long since we woke up? there are only a little over 3 million seconds in a year and the average person with a eighty year life span has roughly only two and a half billion seconds from the moment he is born until the moment he dies to use as he sees fit! Are we already 40 years old, half the time is already gone, we need to focus on the moment but remember, the clock is ticking...

Ok, ok, some people are probably getting annoyed at me, and would say stop trying to scare everyone, and stick to my chart, and enough of the predictions! Personally I love that kind of post (with all of the seconds) because it gets me out of the sluggish attitude about life and gets me going on the path of greatness (if only I wouldn't fall off on the first step, I might actually be somewhere). but I'll try to stick to my progress for now.

The problem is b"H there is nothing to write. I said I would post on the small struggles but I've been too busy and tired too notice the challenges walking in front of me.

Well, I'm not complaining, B"H that there have not been triggers, and

**Warning: Spoiler!**



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Re: BIG SHOT!?

Posted by yiraishamaim - 01 Jul 2015 20:03

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[stillgoing wrote:](#)

**yiraishamaim**

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How can I? They are all over the place. this particular fall, I believe was brewing first for a few days. I was by a chasuna Thursday night and two people at my table apparently had a little too much to drink (I hope they don't do this without drinking) and were acting inappropriately. I knew them and those thoughts kept swirling in my mind until a test presented itself in the form of a suddenly weakened filter and.... down I went!

What is the balance needed between avoiding the triggers (only works so much, since eventually they will find you) and strengthening oneself to be able to withstand the triggers.

you are correct, a person cannot avoid all potential triggers

Just my take: We have the proper attitudes. There are great sources for these. Then we have our hishtadlus which is to stay away from triggers. However, every once in a while a trigger appears anyway. Our attitudes that we are holding by and continually reinforcing- mainly giving over ourselves to Hashem- is what will carry us through the nisayon of the trigger.

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Re: BIG SHOT!?

Posted by stillgoing - 02 Jul 2015 14:03

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**yiraishamaim**

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Well said. Thank you. Just one point that I would differ on, At this point of my life I wouldn't say that *"every once in a while a trigger appears anyway"*, rather every once in a while we can go

My hishtadlus may be a bit different then some people here on gye. When it comes to p\*\*\* it's the same. Avoid it, and anything that may lead to it. But when it comes to real people, avoiding those who can be a trigger for me is not an option since I will have to lock myself up in my house, (ssa)rather (following the example of someone here at gye) I'm trying to face the person (people) head on, and still not have negative (read; lustful) thoughts about them! Hard work, but something that I believe can help me overcome my problem. Perhaps the same method can be used for others who need to come in contact with women (work etc..). I wouldn't know.

SG

, so I had no time to think about  
) On the other hand, that was time spent on

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trigger free.

Re: BIG SHOT!?

Posted by yiraishamaim - 02 Jul 2015 16:48

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Just my take: We have the proper attitudes. There are great sources for these. Then we have our hishtadlus which is to stay away from triggers. However, every once in a while a trigger appears anyway. Our attitudes that we are holding by and continually reinforcing- mainly giving over ourselves to Hashem- is what will carry us through the nisayon of the trigger.

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The point is, once we've taken that step and now find ourselves within the jaws of Lust, all of the knowledge of even the deepest secrets of Hashem's world will not help stop us from doing the

The only way to succeed is with **gedarim** and lots of them. The sefer brings the words of the **Ramchal** that supports this idea as the way to save ourselves from falling:

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**aveiroh**. Every ounce of seichel we have, will simply vanish.

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Preventing triggers should be our focus, not learning how to be **soveil** them. Unfortunately for many of us, we need to be sensitive to the fact that "stuff happens" as they say. But when it does, we need to get up and run (or do something similar) if we sense danger - not to sit around

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