

(BIG) LONG SHOT!?

Posted by stillgoing - 30 Apr 2015 18:20

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 Yudi - 03 Jul 2015 00:27

BTW,

I just wanted to add something about the sefer **Zos Brisi**. For me, I couldn't even look at Chalek Aleph or Beis, especially after recently falling - it was way too much for me. Rather, I began from Chalek Gimmel, which discusses the koach of teshuva and how to repair the damage done. Find a quiet place, just read it slowly, and bring lots of Kleenex.

After this, I went back to Chalek Beis and learned from [Perek Vav](#) to the end of Chalek Beis. Once again, find a quiet place, read it slowly, and bring lots of Kleenex. It's really amazing. Anyway, thanks for listening - assuming that anybody is listening

Chalek Aleph discusses the isur of MZ"L which I think was written for kids before they've reached puberty. I know MZ"L is asur and don't want to even imagine what my actions have caused, so I thought it best to just skip it. The first part of Chalek Beis (until perek vav) tells you about all the wonderful reward awaiting those who guard their Bris. Sounds great, but since I

can't consider myself a member of that group, I would rather not know what I am losing out on.
Don't know if I did that right,
but it was worth a try.

I also skipped the fourth Chalek which are quotes taken from the Zohar and translated into Hebrew. A lot of what is said there I may or may not have heard of, but I was frankly too frightened to learn through it (unless maybe I needed a reason to commit suicide).
Or (as I have seen more than once on GYE), watch out spoiler

The parts I did learn through were phenomenal in helping me rid myself of despair.

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Re: BIG SHOT!?

Posted by Bigmoish - 03 Jul 2015 00:29

[Yudi wrote:](#)

Don't know if I did that right, but it was worth a try.

Doesn't look like it. Hilight the text you want hidden, then press the spoiler button.

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Re: BIG SHOT!?

Posted by yiraishamaim - 03 Jul 2015 03:56

Thank you Yudi, your posts wee exactly what I needed. Not too long ago I was in a hotel by myself. It's a long story and I really didn't want to be in that nisayon. I did not even open the television. I felt so happy that Hashem had helped me be sober for months and I felt simply great. Perhaps I thought I am now on the road to being one of those guys that eventually have years behind them.

Was I in for a surprise. A few days later I have a couple of serious slips. Then a few weeks later, which is today, again a slip. I've had my feathers ruffled.

I realize that I need to make some more gedarim and I have already resolved to do so.

One can never be complacent. Thanks Yudi for driving home the point.

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Re: BIG SHOT!?

Posted by shlomo613 - 03 Jul 2015 16:22

Thanks Yudi for those posts about distancing ourselves from aveira.

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Re: BIG SHOT!?

Posted by stillgoing - 05 Jul 2015 14:36

yiraishamaim

Not too long ago I was in a hotel by myself. It's a long story and I really didn't want to be in that nisayon. I did not even open the television. I felt so happy that Hashem had helped me be sober for months and I felt simply great.

Kol Hakovod! Good for you. So often the yetzer harah, creeps up so quitily saying "

yetezer harah

I just need to check out the weather for tomorrow

yetezer tov

No you don't, who are you trying to fool

yetezer harah

Could you please be quiet! it's already on, just a sec. it's almost the weather...

yetezer tov

but the chart.... you know it's not good for you....try...you can stop...

yetezer harah - completely ignoring y.t.

this is not really so bad, anyways it's almost over, just ten more seconds..hay! whats that...

two hours later. yetezer tov

ok, you got your sin, but your bombed! Go to sleep already

yetezer harah

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Re: BIG SHOT!?
Posted by stillgoing - 05 Jul 2015 17:00

Dr. Seuss

You have brains in your head.
You have feet in your shoes.
You can steer yourself in any direction you choose.
You're on your own, and you know what you know.
And you are the guy who'll decide where to go.

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Re: BIG SHOT!?
Posted by stillgoing - 05 Jul 2015 17:01

yiraishamaim

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Re: BIG SHOT!?
Posted by yiraishamaim - 05 Jul 2015 21:06

Yeah

I know it only too well

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Re: BIG SHOT!?
Posted by stillgoing - 06 Jul 2015 15:01

B'H today is the sixth "one day" since I restarted my chart, and Hashem has been kind to me, so far many of the possible triggers have been hiding (or went away for the summer). That said, I though I would share another pearl of wisdom from Professor Seuss

*Today you are You,
that is truer then true
There is no one alive
who is Youer than You.*

(personally I believe there is al lot of depths in that poem above. No person can tell us what we can and can not do, Only we can go out there and accomplish the things that were meant for us
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Re: BIG SHOT!?

Posted by yiraishamaim - 06 Jul 2015 16:40

Right.

Unfortunately we can also be our worst enemy by putting artificial limits on ourselves that we have no business putting.

Do we really value ourselves as much as we should?

Do we we really believe in our true potential?

Our souls are in reality a part of Hashem.

Therefore it stands to reason that our potential for achievement is also infinite.

Let's shoot for the Heavens!

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Re: BIG SHOT!?

Posted by cordnoy - 06 Jul 2015 16:46

[stillgoing wrote:](#)

Good morning everyone. For those of you who didn't have your coffee yet, hi.

11:00....no coffee yet!?

please look at my logo!

there is no excuse not to be on one's third by then, and contemplatin' where the 4th might be.

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Re: BIG SHOT!?

Posted by stillgoing - 07 Jul 2015 15:55

BAAM! Ouch.

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Re: BIG SHOT!?

Posted by Yudi - 08 Jul 2015 04:05

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Re: BIG SHOT!?

Posted by Yudi - 08 Jul 2015 05:00

And don't forget:

Success is failure turned inside out,

A ray of hope when we're racked with doubt,

You can never tell how close you are,

Victory may be near when it seems so far,

GYE - Guard Your Eyes

Generated: 21 January, 2021, 15:07

So stick to the fight when you're hardest hit,
It's when things seem worst you must not quit!

Remember Hashem gave each man his test,
He knows our struggles, and sees our stress,
He watches us battle, year after year,
But realize He's with us, we need not fear!
If we turn to Him at our time of need,
He will turn and save us, we will succeed!
So keep on trying, and don't give in,
Hashem will help us, we will surely win!

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Re: BIG SHOT!?
Posted by TalmidChaim - 08 Jul 2015 15:30

I agree...about the coffee. And everything else. Great thread!

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