

Singularity's Journey

Posted by Singularity - 12 Jul 2016 09:18

Well here I am, aaaagain! Actually this is the first time I've posted in this forum but I've decided to give it a 90-days go. Again. Oh boy.

BH married, 2 wonderful kids and a good job. Good learning and constantly striving for closeness to Hashem. Now have to kick this habit.

I'm in two minds. One one hand, it's good to track progress and discuss your falls and high moments. It gives chizuk for the long haul ahead. However is there not also an idea that the less attention you give something, the less of a problem it is? Any ideas?

Well here I am on day 1. The bulk of Shavuos to Rosh Hashonah is about passed. We're in Bamidbar - a desolate stretch of Torah (from Beha'aloscha at least) where we as a nation fell gravely and were beaten time and time again, due to Ta'avah and Kavod. All put to an end by Pinchas's sole act of zealousness, the seal to all the impure outflow. And I feel it reflects in the time of year. Nothing's happening! No Chagim. Worse, 17th of Tammuz, 9th of Av. It's the Yetzer Hara's playing ground and I always get knocked down strongest here. It's a *metzi'us*. So I wish to be a phoenix rising from the ashes of a downtrodden nation. And let's all be that together iyH.

Elul will be a lot easier I feel. It's the desolate months of Tammuz and Av that pose the real challenge. But let's see how it goes. Day 1!

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Re: Singularity's Journey

Posted by Singularity - 10 Oct 2016 08:20

Day 18!

Good news everyone.

Well I've had a pretty rough last 2 weeks. In terms of shmiras eynayim but mostly personal motivation, self esteem, getting up for minyonim, learning etc.

But one thing I can put on my mizbeach and makriv to Hashem is such, that yesterday I was going to be at my in-laws working while my wife and her mother and the kids went out shopping. They have a computer completely unprotected, and with my last ounce of strength I swallowed my pride and told my wife and her mother they need to password protect the PC.

And when they left, the urge was so enormous that I didn't even feel myself walking towards the computer, but when I got there, I had to enter a password! Think about all that Gehinnom I was just saved from! That's my personal Korban for AYT. I hope it's enough to pass ^^

PG going to SAA meeting today.

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Re: Singularity's Journey
Posted by Shlomo24 - 10 Oct 2016 10:05

I'm a fan of SAA. I don't really agree with the SA sobriety definition and SAA allows you to set your own button lines. Also I have found the fellowship to be more open.

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Re: Singularity's Journey
Posted by Singularity - 10 Oct 2016 10:37

Is there a *me'akev* difference between SA and SAA? I'm going to SAA because it's on the way home from work at a convenient time as opposed to SA, which is on the other side of town in a church at a really bad time.

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Re: Singularity's Journey
Posted by Markz - 10 Oct 2016 12:59

Great going brother!!

KEEP ON TRUCKING!!

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Re: Singularity's Journey
Posted by Shlomo24 - 10 Oct 2016 13:59

[Singularity wrote on 10 Oct 2016 10:37:](#)

Is there a *me'akev* difference between SA and SAA? I'm going to SAA because it's on the way home from work at a convenient time as opposed to SA, which is on the other side of town in a church at a really bad time.

I would love to talk to you about this. My number is in my signature. You can call me anonymously if you want. The similarities are much more than the differences. However, SA is easier for the newcomer because in SAA you have to define your bottom lines. Although I do think there's value in that. SA is more direct about their program than SAA.

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Re: Singularity's Journey
Posted by Singularity - 10 Oct 2016 14:29

Thanks so much. google voice? does that cost like a phone call? Coz' I can't really do that. Maybe we can VOIP sometime. I will go tonight and let y'all know what I think.

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Re: Singularity's Journey
Posted by Shlomo24 - 10 Oct 2016 23:23

It's a call forwarding software. So myself phone will ring but I don't give away a private number. Call me whenever, I check my messages and I'm pretty good at getting back to people.

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Re: Singularity's Journey

Posted by Singularity - 11 Oct 2016 04:45

Went to my first meeting last night. So interesting. It was comforting to see another frum yid there. Whom I've seen from around as well. He was very helpful and insightful. It's just a good environment, people from all walks of life just wanting to beat this thing. It was very sobering. We're in it together. PG I'll keep going. Well after a three week hiatus due to monday night yomtovs haha. But I can't wait to go back. I feel like after so long I'm finally doing something to fight it. Anyway Gmar Chasima Tovah to all, brocha v'hatzlocha.

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Re: Singularity's Journey

Posted by Singularity - 26 Oct 2016 11:07

Hi guys.

BH over 30 days. With a slight slip, viewing an inappropriate image on erev Shabbos Sukkos. My phone is blocked but I had an urge and my wife's phone was charging nearby. I did a google plus search, but stopped and decided to push for the early mincha.

I believe I should install a filter on her phone as well. But BH nothing resulted from it. However I do feel sluggish. My expectations of Yamim Tovim are being challenged now that I have some kids BH. Can't just do whatever you want anymore, it becomes more about the children. But I always have personal bias and selfishness. Working on it BH.

So I've taken active steps in integrating into a shiur, a community, and a good foundation and SUSTAINABILITY in my learning structure. That's mostly what I'm looking for. Going full steam and burning out leaves me much more open to take in *shitus*. And I don't want that to happen.

Going to the meeting this coming monday. I have to take down the *Yetzer Hora* on so many fronts!

So my goals for this year are:

1. Becoming closer with my family, no excuses

2. Integrating into community / shiur
3. Lose weight, eat healthily, get back into running
4. connect with SAA and develop a support group.

B'Hatzlocha all!

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Re: Singularity's Journey
Posted by Shlomo24 - 26 Oct 2016 22:17

You sound like a man with a plan.

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Re: Singularity's Journey
Posted by Moudmack - 27 Oct 2016 03:37

Great to see your progress and hearing your story. Behatslaha Rabba keep it up and put filters

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Re: Singularity's Journey
Posted by Shlomo24 - 27 Oct 2016 08:06

[Moudmack wrote on 27 Oct 2016 03:37:](#)

Great to see your progress and hearing your story. Behatslaha Rabba keep it up and put filters

Hmmm, filters everywhere? That doesn't sound practical. What about the attractive woman on the street? What about his wife? What about emotional triggers? Don't think you can filter that. I do applaud him on joining a program of spirituality. KUTGW.

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Re: Singularity's Journey
Posted by Singularity - 27 Oct 2016 11:07

why not?
Warning: Spoiler!

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Re: Singularity's Journey
Posted by Shlomo24 - 27 Oct 2016 13:58

[Singularity wrote on 27 Oct 2016 11:07:](#)

why not?

Warning: Spoiler!

That was excellent. I loved that. Raised karma for you.

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