

Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 21 Nov 2009 23:43

Hi Guys,

I have (stupidly) neglected this forum because I was simply overwhelmed by the amount of new material on here on a consistent basis. I started my 90 day trip last year on November 20th, and I'm doing the same this year. I've set up my cell phone in such a way that I will be able to send and receive calls for free so I can call my partner and call the phone conferences for free.

Today, Shabbos, was day 2. Let the chizuk flow, because this will NOT be easy. I'm reaching for a new plateau compared to last year. I fully believe that when faced head on with temptation, I am completely powerless. I become a shell of myself, completely out of control. I know though, that if I never give up and I take the right steps, I will win the war despite the lost battles. Signing off,

Ano

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by silentbattle - 07 Dec 2009 01:39

What are everyone's favorite ice cream flavors?

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 07 Dec 2009 04:16

My favorite flavor of ice cream is free.

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by silentbattle - 07 Dec 2009 04:40

:D :D :D Nice!

Problem is, that's usually by chasunas, and pareve ice cream isn't usually the best. Although, depending on how the size of the budget for the chasuna, I actually have tasted some pretty amazing stuff (but i think the budget was something like the GDP of a small country)...

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by the.guard - 07 Dec 2009 10:04

Even guard doesn't have the time to write much here anymore.

I had some ice cream today (for the first time in a few weeks) and it was so bad I felt like gagging. Next time, it's hagen dasz for me!!

Hi Ano, I understand how you feel about the texture. We all get that sometimes. Don't let it get you down. There will be better ice-cream one day for you, if you just hold out. We are with you!

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 07 Dec 2009 16:56

Thanks for the chizuk guard!

I know I fell really hard with that good humor bar, but for the next 90 days I'm going to do all I

can to make sure it's only hagen dasz! Please Hashem don't let me fall again!!

P.S.

Today = day 18.

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Ano Nymous - 08 Dec 2009 18:23

Today is day 19. The first 18 days were completely lust free. Last night I let it slip in a crack. I shut it out pretty quickly, but I'm posting it here anyway because I feel that I need to be completely honest with everyone (myself included). I did not look at pictures or anything, I just allowed the thoughts in my head to get out of control. I went to sleep and woke up without the lust. I also made an observation recently about one thing which led to a really bad week for me a while back. Many of my friends like to discuss which actresses/women they find attractive and why. This kind of talk is fun of course, but it quickly (at least for me) leads down lust lane. From those conversations I couldn't get a particular woman I saw out of my head, and then I began to feel nostalgic about it. "Of course what she does is disgusting, but I can't go forever without watching it ever again." That escalates into "Ok, I'll just watch it one last time..." and we all know what happens after that. So one of the key things for me is to avoid feeling nostalgic about the behaviors I am avoiding. If it's wrong, I need to NOT look back at what was done in the past and feel bad that I won't "be able" to do it in the future. Instead, I need to just focus on right now, and stay away from anything triggering. Have a great day everyone!

Ano

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by habib613 - 08 Dec 2009 18:39

it's really good that you recognize what triggers you

have a great day u too

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by the.guard - 08 Dec 2009 19:43

one of the key things for me is to avoid feeling nostalgic about the behaviors I am avoiding.

Very true! We can't be succesful with this until we decide once and for all that LUST is our sacrifice for Hashem in this world. We can't be "dry drunks" all our lives.

Besides for the fact it will destroy us, we also have to be ready to say, "I am ready to die for my King". We can't "miss" the stuff. We are in the elite forces. Like that picture e-mail from a few days ago... The king is passing us by right now. Wouldn't you die for Him? How can we let the "lust bug" crawling accross our face make us start jumping up and down like a fool in front of Him?

We will always be "allergic" to lust when it jumps out at us - **if we take it in**. But we can stay away from it and let it go...

Even David hamelech, who's heart was "*chalal bekirbo*" - once he saw what he saw (in the story of Bas Sheva), he sinned... So no matter how much we let it go, we still have to avoid the first drink or we get an allergic reaction. We **can** achieve freedom from it, "*chalal bekirbo*", as long as we let it go – AND – we don't allow the first drink.

Keep up the awesome job, **ano power!**

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by imtrying25 - 08 Dec 2009 21:48

Wow Guard havent seen a post like that from you in a long time! Keep it up ano. You must be doing something right if your getting things like this out of the Guard.

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Tomim2B - 09 Dec 2009 04:21

[guardureyes wrote on 08 Dec 2009 19:43:](#)

We are in the elite forces. Like that picture e-mail from a few days ago...

And here I am thing about those guys from the New York police force, standing their post with

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by 7yipol - 09 Dec 2009 19:58

Over 24 hours and no Ano post? :o

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by imtrying25 - 09 Dec 2009 22:13

Hark. Goes the cannon.

greasy fingers and a half-eaten plate of nachos. Sumfin aint right here!

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 10 Dec 2009 04:05

So today was day 20! Sorry 7up, but I don't set a 24 hour timer and make sure to post in this thread within every 24 hour period. What I actually do is make sure to post every DAY. Sometimes, that means that my posts can be more than 24 hours apart (e.g. if I post at 7PM on

I hear the cannon roar.

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by habib613 - 10 Dec 2009 04:47

GAG!!!!

day 1 and 10PM 27 hours later). How's that for an explanation?

20's awesome!

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