

My Story, the second first day

Posted by OneLife - 24 Nov 2009 07:22

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Hi, friends.

The first time I started my 90 days journey I thought i will succeed.

My problem to stay clean is the triggers that i can see everyday.

everyday i'm going by rail to my work, 7 years already. there are a lot of triggers i can do efforts to get my head down, but its not simple at all, to do that for two hours everyday for years.

the second trigger is in my work, i sit near two weman that come to work with very provocative clothes.

I don't know how to struggle with this daily triggers.

moreover , I connet to Internet "Rimon", and this is the worst filter i have ever seen before. but i disappointed.

their filter crashed when i start to challenge it. it miss a lot of inappropriate web pages, i spoke with them about that, but they didn't fixed their breaches, just a little.

i submit a request to rav Sherlo to do something with that, since it could be that a lot of males fall when thay surf through internet "Rimon".

I havn't got an answer yet.

today i started my first day clean, I wish with your help to succeed.

Thank you, friends.

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Re: My Story, the second first day

Posted by Kollel Guy - 13 Jan 2010 08:11

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I usually don't have to, but occaisionally - yes. And boy does it work. They knew what they were talking about. I'll pm you the details of what I mean.

And btw, you don't keep it on the forefront of your mind. That sort of defeats the purpose. You

try not to let thoughts of women into your mind at all, because the best thing is to avoid the situation of struggling with a taava in the first place. It's only when your already in it that you have to go to these measures. I don't even know if it would keep working if someone were to use it too frequently.

Chazal say you must avoid streets and places which *"women roll up their sleeves to do laundry"*. Kol shekein a really shmutzy place - like a pizza store in flatbush :D

It's meant for those rare situations in which your forced to deal with battling the taava head on.

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Re: My Story, the second first day  
Posted by silentbattle - 13 Jan 2010 23:20

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[OneLife wrote on 13 Jan 2010 05:59:](#)

thanks imtrying, yaa i'm sill clean.

suddenly i'm happy, i work better, with my wife everything is better too,

suddenly i have just ONELIFE and not duble life.

may hashem be with us.

That is GREAT! I'm sorry, I always assumed that "onelife" referred to the fact that we've only got one, as opposed to the idea of living one life, instead of one public and one hidden...

I like! ;D

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Re: My Story, the second first day

Posted by OneLife - 14 Jan 2010 09:00

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deep, yaa??

silent - onelife has is two meanings.

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Re: My Story, the second first day

Posted by Kollel Guy - 14 Jan 2010 11:58

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Yeah, a lot of people don't. They are just crazy depressed 'cause they just fell, and are desperately looking for someone/something/somewhat/somewhere that can help them, and they make their sn in that mood. That's why there are so many "NeedHelpDesperately"s.

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i made a little thinking before i decided my name.

Re: My Story, the second first day

Posted by OneLife - 14 Jan 2010 13:53

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dear KG,

i see two better things about you (if i can...)

1. improvement in your mood. i see more happiness in your posts.

2. as a result of 1, you changed your picture which is more more optimisic now. the last was really depress one.

in such way and your big deep *zaddikut* you gonna hit the 90 very soon.

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Re: My Story, the second first day  
Posted by Kollel Guy - 14 Jan 2010 14:47

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Re: My Story, the second first day  
Posted by OneLife - 14 Jan 2010 15:06

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KG

Isn't it interesting how I got more chizuk from other people's threads than my own?  
no matter, where have you got the chizzuk from, the fact is that you got it.

KUTGW gever!

we all at the same boat.

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Re: My Story, the second first day  
Posted by OneLife - 16 Jan 2010 21:21

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shavua tov!

33 days clean.

new shvua starts , hope to be at the same position just with more 7 day clean the next week.

behazlacha for all of us.

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Re: My Story, the second first day  
Posted by Kollel Guy - 16 Jan 2010 22:10

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hope to be at the same position just with more 7 day clean the next week.  
AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN  
AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN  
AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN AMEIN

But I want you to be even stronger and *more* advanced in your recovery than where you are

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Re: My Story, the second first day  
Posted by silentbattle - 17 Jan 2010 01:18

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Love the two meanings, Onelife, and I'm sure that the depth in them reflects the depth of who you are as a person.

Thanks again for your post about your success, with me and Haba next to you - you should post that here, too, so all your followers can gain from it - and remember that we're always beside you, your constant support bodyguards!

Good to see you on Sci's thread, too - it's incredible to watch him grow, and his posts are always so full of growth and self-awareness, it astonishes me! He inspires me on a daily basis.

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Re: My Story, the second first day  
Posted by habaletaher - 17 Jan 2010 09:10

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Hey OneL

I love the meaning of your name!! Wow that resonates with me so strongly!!!

I'm also super happy that you had success in the elevator the other day, every victory makes you more used to winning!

KUTGW!!!

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Re: My Story, the second first day  
Posted by OneLife - 17 Jan 2010 11:24

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Thank you, HABA.

something happend to me today.

i had a meeting at 10 AM.

we were 30 men and women around very big table, and one woman which her clothes weren't *znu'eem* at all came and sat near me on my right. she sat between me and the screen which a presentation was presented on it.

now i should whatch the screen for a hour and my eyes should bypass her body all the time.

it was very difficult. because it was for a hour! that she sat near me with her (or without???) clothes.. :D :D.

for a whole hour i search a convenient position to my head. :D :D without look on her body.

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Re: My Story, the second first day  
Posted by Kollel Guy - 17 Jan 2010 13:29

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Remember, that neck-ache will carry you a lot further than many of the mitzvos you have ever done.

Remember the "Yossele The Miser" - Carlebach story? Well, shortly after the community realized what had really been happening all the years, they wanted to erase his matzeiva and give him a new one. The night after the decision, he came to the Rav in a dream and said "Please don't touch it!! It's my pass through all the doors in shomayim ".

There's nothing that shines more than showing what we're willing to endure to Guard H-shems Torah....

Rock on!!!

KG

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Re: My Story, the second first day  
Posted by habaletaher - 18 Jan 2010 06:04

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Hey ONeLIfe!!!

We got to rename you Yosef Hatzaddik!! I don't know how you did it!! KUPTGW man!

We need to invent a pair of glasses called invizonah glasses that as long as your wearing them, that kind of stuff just doesn't show up!!!

WOW! I tip my hat to you!!!

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