

My Story, the second first day

Posted by OneLife - 24 Nov 2009 07:22

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 silentbattle - 03 Mar 2010 16:49

Glad to hear that you're doing well - in your own quiet way, every day, you're revealing hashem's presence in the world! And that's what purim is all about!

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Re: My Story, the second first day
Posted by Steve - 05 Mar 2010 19:49

Good Shabbos, OL!

LIFE is GOOOOOOOOOOOOOD! and there's NOTHING like it!!

Keep On Truckin'!!

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Re: My Story, the second first day
Posted by OneLife - 08 Mar 2010 17:30

i didn't even imagine that ill be there one time.

i need to be careful sevenfold at the moment...

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Re: My Story, the second first day
Posted by Steve - 10 Mar 2010 04:46

OL, OL,

HE'S OUR MAN,

IF HE DON'T MAKE IT

I'LL KICK HIS CAN!!!

:o :D :D :D

How's THAT for incentive...?

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Re: My Story, the second first day
Posted by OneLife - 10 Mar 2010 07:13

[Steve wrote on 10 Mar 2010 04:46:](#)

OL, OL,

HE'S OUR MAN,

IF HE DON'T MAKE IT

I'LL KICK HIS CAN!!!

:o :D :D :D

How's THAT for incentive...?

excellent!! :D :D

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Re: My Story, the second first day

Posted by habaletaheer - 11 Mar 2010 07:41

OL, you are so close, I bet you can smell it!!! What does it smell like OL? What does it smell like OL?

I'm gonna try to have a L'chaim with you guys, let's figure out how we can do it...

You are the man OL, big geveer!!!

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Re: My Story, the second first day

Posted by silentbattle - 11 Mar 2010 16:14

You can totally do this, with Hashem's help - keep it up!

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Re: My Story, the second first day

Posted by Steve - 12 Mar 2010 04:28

OL, keep hanging in there. The YH KNOWS he's on the rocks! He's gonna try to get you upset about something, gonna try to get you angry and hurt.

DON'T LET HIM FOOL YOU! IF YOU GET AT ALL RESENTFUL THEN THE LITTLEST STUPIDEST THING COULD BECOME A TRIGGER, C"V!!

I've seen him work overtime on ME today!

Temptations I thought I was past, have started to come back.

I was standing at the edge of the pit to Gehennim

My toes were hanging over the edge. Little pebbles were being knocked into the pit, I WAS THAT CLOSE TO MAKING A BIG MISTAKE...

2 TIMES WHAT STOPPED ME WAS KNOWING I WOULD BLOW THE 90 DAYS! I WON'T GIVE IN!!

I RAN AWAY FROM THAT PIT AS FAR AS I CAN, AND I'M STAYING AWAY!!

DON'T LET HIM TRICK YOU, CHAVER!!

TAKE EVERY DAY AS THE ONLY DAY!

AND AFTER DAY 90, DON'T LET HIM TRICK YOU INTO THINKING YOU CAN LET DOWN YOUR GUARD!

Day 91 will be like Day 1. Maybe we won't white knuckle it as much, but we will have the nisyonos, they don't just go away.

I LOVE YOU, OL!!! STAY STRONG MY CHAVER!!

Have an AWESOME Shabbos!!

Steve

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Re: My Story, the second first day
Posted by OneLife - 13 Mar 2010 21:46

thank you all, my best friends!!

89 days so far. just one more day to hit the 90 and as steve said the YH works overtime, i feel that.

it appears on the street, on the train, everywhere, since i took a little distance from my comp.

yesterday, i was at a shopping center (i go there just when i don't have any other choice), and saw garbage here and there but just the first look which means almost no effect on my journey,

but suddenly i saw a very very big smutz, i took my head down, and after that up to take the

it was very difficult to me.

it didn't trigger me or something but it was kind of fall.

tommorow ill hit the 90 B"H for all of you, i don't feel that the lust has disappeard but can be controlled better.

this is the difference between day 1 and day 91.

BEHAZLACHA for all of us, love you guys. very very much.

BTW, HABA where are you on the WOH??

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second look.

Re: My Story, the second first day
Posted by silentbattle - 14 Mar 2010 00:59

Bro, a HUGE hug from me! Wish i could be there in the holy land to celebrate with you!

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Re: My Story, the second first day
Posted by OneLife - 14 Mar 2010 12:41

for me, you are here celebrate with me, no metter the exactly point you are there.

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Re: My Story, the second first day
Posted by silentbattle - 14 Mar 2010 13:02

Thanks - but I still wish I could share some woodford and brooklyn bakery cake with you!

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Re: My Story, the second first day
Thank you SB
Posted by OneLife - 14 Mar 2010 14:08

i have never thought ill be there one time...but i'm here and this is fact.

i'd like to give you few tools if i can :-[, for those which are cope with this issue at the begining levels. nothing new besides the fact that strictness on those things brought me here.

1. strict filter - i think this is the main key to recovery. no other choice. i've two filters at my home which switched to a very high protection level and the pass is in my wifes hands, and at my work a filter that i defined to it to block all the searching engine including google, yahoo,

altavista etc. (all of them). the searching engine is the source of all the falls when we try to find by them just one site that the filter will not block. we all know that we sometimes click on sites that appears at the google results on the results page number 358... ;D ;D ;D

2.the second thing that i understood is as less as you are exposed to the filth the less strength of the next nisayon it will be. you will feel that filth you see on the street doesn't hit you or trigger you as strong as at the last time you was exposed to it. at the 90 days journey i felt a peak of urge on the days between 15-30, once you pass them you passed 50% from your journey. the begining is difficult as the garbage images jump to your head and you need to get rid of them. to my opinion this is the biggest and hardest step to complete 90 days clean, this is your turn to do the big hishtadlus.

3. there is no term like "just to see a little of smutz", a little means a near future fall, the recovery should be almost totaly.

4. the last thing is you guys! without you i wouldn't find myself here. your bomb chizzukim, your warm words, jokes, encouragement everything you gave me and i took as a tool box to the rest of my journey. my deal with steve and HABA. the phenomenal guys SB and IT25. guardureyes about his life work. KG, yiddle and the rest.. ;D to all of you big big thanks.

i've just started the real battle the day 91...to the 120 years.

love you my brothers very much!! :-* :-*

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Re: My Story, the second first day
Posted by Steve - 14 Mar 2010 21:58

MAZAL TOV!!!

to the ONE and ONLY LIFE!!!

May HKB"H Bless you with Purity and Cleanliness all your life, until well past 120 years l'chol hapochos!!!

IN ANOTHER FEW HOURS I WILL BE"H FINISH MY 90TH DAY WITH YOU, MY DEAR SWEET WONDERFULL CHAVER!!

Like you said, next stop is days 91-120 years.

May everyone one on this heilige forum, and all of klal yisroel,

be zoche to keep

our own individual **Tzitz**

KODESH L'HASHEM!!

OL, I am so HAPPY and PROUD of you!!

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