

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 - 14 Mar 2010 23:48

It's beautiful to see! Thank you for allowing me to be a part of this beginning of your journey!

One day at a time, we get close to hashem, close to ourselves.

Keep on trucking!

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Re: My Story, the second first day
Posted by OneLife - 15 Mar 2010 15:07

SB, you are absolutely part of my new status :-[

as much as ill thank you it won't be enough. you helped me so much.

after 120 years, you will have a little suite in *gan-eden* because of your help to me. :D :D

love you SB.

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Re: My Story, the second first day
Posted by silentbattle - 15 Mar 2010 15:29

But really, I'm serious - I appreciate the fact that I was zocheh to be part of your holy life! I'm honestly thankful!

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Re: My Story, the second first day

Posted by struggla21 - 16 Mar 2010 05:07

90 day mazel tovs!!

may Hashem bless you with thousands and million more

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Re: My Story, the second first day
mazel tov!! congrats on the 90 days
Posted by habaletaher - 21 Mar 2010 08:49

OL, my dear Chaver,

Who's a gever now!! Mazal tov on your accomplishment!!![/font]

May you have hundreds of more 90 day successes all in a row!!

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Re: My Story, the second first day
Posted by OneLife - 21 Mar 2010 13:23

thank you HABA.

i love you so much. :-* :-*

im gonna check your thread to see how you doing for the moment..

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Re: My Story, the second first day
Posted by OneLife - 21 Mar 2010 13:25

I'm very excited!!

The following words that I'm gonna write here could be a tremendous chizuk for all of us.

Two months ago, I told you in my thread that my daughter did a blood test which diagnosed that she probably had a "celiac". The reliability of that test is very high over 90 percent. But to strengthen the diagnosis in 100% she must do one more test, invasive test which the pediatrician takes a biopsy from her duodenum. The answer of that test is given after two weeks.

"Celiac" is a disease that the patient must avoid of eating everything which made of gluten till 120... no bread, pasta, waffle, etc. almost everything is made of this material. It's very difficult, all the more when we speak about children.

So we did the second test and waited to the answer.

At the waiting period to the answer, I prayed in a very big kavana, time after time in tfilas 18, I spoke with G-d and told him: "G-d I'm almost 100 days clean, I'll put all my 100 clean days on the one side of the balance, you will put on the second what you want. But I think that my 100 clean days are very heavy, heavier than the second side of the balance. Please G-d, give us a negative answer. You can't ignore all my clean days. You can't!"

Today I spoke with the doctor that did the test to my daughter.

You can guess what was the answer... negative!!!

It doesn't mean that my daughter is absolutely healthy but it means that we need to follow up after that infrequent situation with the doctor. Anyway, she can eat everything for the moment, and that's the important point for now.

My holy guys, I don't know what I would tell G-d if I wasn't clean for a streak. Probably I had nothing to tell him, and Has Veshalom the test answer couldn't be negative but positive.

In my case G-d "paid" to me by "cash".

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Re: My Story, the second first day
Posted by habaletaher - 22 Mar 2010 07:59

What a great story, unbelievable!

One L, just the way you keep that dialogue open with Ha-shem and talk to him like he's right in front of you (which of course he is!) is beautiful, when we cry out to our Abba, He takes notice and answers...

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Re: My Story, the second first day
Posted by OneLife - 11 Apr 2010 12:22

im utterly ashamed, i had a fall. :(

i think i had the phenomenon which was mentioned at the one of the last daily mails, i don't remmember which exactly it was.

the fantasies started to come up to my head at the 100 days +- of being clean,

they didn't leave me, they hit me again and again, stronger and stronger, everyday for the whole day

i didn't succeeded to get rid of them even for a moment, they were in my head all the time

i felt as i just started my 90 days, till i fell.

the problem is that i wasn't ready to that phenomenon, i didn't know about that and didn't prepare myself for the *menuval* and all of his army,

i thought im clean for the rest of my life,i thought im healthy but it suddenly happened.

probably no one is infallible.

i hope ill succeed my new 90 days, and prepare myself to the phenomenon which happens among the 90 to the 180 days(or more...).

i have learnt someting from that, the menuval is always there even after 110 days of being clean.

he just waits to the "right" time to attack. he can do that, he is strong, very strong.

ill do that again (90 days clean) , i know i can, i have already done it .

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Re: My Story, the second first day
Posted by Steve - 13 Apr 2010 20:37

You can do it, OL.

Remember, you are NOT starting OVER. You are CONTINUING from where you left off. Add the days. The "streak" is not the main point, but the total number of days clean.

Don't let it get you down. check out my journal and what i wrote by zalman dovid's.

Stay strong, my man...

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Re: My Story, the second first day
Posted by silentbattle - 13 Apr 2010 21:44

Rememebr this - you can do it. It's not just encouragement. You know that you can. When the y"h comes and tries to tell you that you want it so badly, and you just can't hold out, you'll know that he's lying. You did hold out.

One day at a time, you can stay clean.

Rock on, my friend!

And the fact that hashem is proud of you hasn't changed!

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Re: My Story, the second first day

Posted by OneLife - 14 Apr 2010 06:32

thank you my friends, i love you.

you give me a lot of chizuk

(i can say that it was a big slip, but i prefer to say that it was little fall)

today is rosh hodesh eeiar

i don't refer to that fall, for me it didn't happen

i'm gonna start again.

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Re: My Story, the second first day

Posted by DovInIsrael - 14 Apr 2010 10:17

outstanding!!! good for you.

yesterday, i fell again.

I just past through this road not too long ago.

Keep your eyes on the road - and remeber wher you are heading.

Watch out for the distractions, they can kill you.

Here are some of the spots I noticed along the way - dont bother stopping to see them, its not worth the entrance fee:

- deep depression pond
- foggy mountain thoughts
- cranky crab-apple forest
- panaramic lethargic blues

be on the lookout for SUNSHINE HILL - i heard the view is incredible!!!

have a safe trip.

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Re: My Story, the second first day
Posted by silentbattle - 14 Apr 2010 15:33

You're starting again - one day at a time. Keep moving forward, and remember to *enjoy* being clean!

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