

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 OneLife - 29 Dec 2009 06:34

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Thanks Haba,

our deal is very *mechazek* i don't forget it even for a minute, and it al time against my eyes.

i'm with you too, you, Steve and me still clean.

good work.

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Re: My Story, the second first day

Posted by habaletaher - 29 Dec 2009 06:36

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Dear OneLife,

I feel like if we make it out of these 90 days together we have to have a party or something, but being that we are all anonymous, we will have to send each other corny e-cards or something like that instead!!!

I'm all in!

Haba

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Re: My Story, the second first day

Posted by OneLife - 29 Dec 2009 07:30

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sometimes i scared that the follow days 20-30-40... gonna be very difficult,

but i must stop think about that,

just think about today.

G-d, let me stay clean just for today!

everyday... ;D

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Re: My Story, the second first day

Posted by imtrying25 - 29 Dec 2009 12:56

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Yes onelife oit seems like the middle days are the hardest. So just post when you feel the need for chizuk and hopefully one of your holy brothers will respond. Keep on truckin.

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Re: My Story, the second first day

Posted by Steve - 29 Dec 2009 15:41

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I'm so proud of my holy bro's who are standing tall against the molehills....

OL & Haba, I always wish with all my heart that i could be standing on the soil of EY. I have a stone, really a piece of Jersusalem Stone left over from the outside of a building, sitting on my desk 3 feet away from me. It keeps me yearning to get back there one day.

Now I have another reason to want to go to EY - ***cuz that's where you two are!!*** One day i hope to be blessed with meeting you two for lunch somewhere off Ben Yehuda. I'll be eating a real israeli lunch, my favorite - *Garlic Bread and French Onion Soup!!*

Keep going strong, guys. Keep smiling. keep doing a chesed-a-day, even if you don't post it - it was part of the deal. makes you feel you are growing, not just avoiding.

Love,

Steve.

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Re: My Story, the second first day

Posted by imtrying25 - 29 Dec 2009 17:23

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[Steve wrote on 29 Dec 2009 15:41:](#)

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Keep going strong, guys. Keep smiling. keep doing a chesed-a-day, even if you don't post it - it was part of the deal. makes you feel you are growing, not just avoiding.

Love,

Steve.

Hey pickle you dont wanna hang with me?? :-\ :-\ Now youve got this old man crying. :'( :'(

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Re: My Story, the second first day  
Posted by Steve - 29 Dec 2009 21:08

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IT25, I'm afraid your avatar might put his foot down & step on me. I'm a small dill, after all...

Actually, I visited you at home today. Tidy up your room, maybe you'll find my post....

OF COURSE I wanna see u 2!! I just downloaded the Kumzitz, I'm just not sure if this was the first one or the last one, which you hosted. And I am SO J that I couldn't be there!

And are u THAT old?

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Re: My Story, the second first day  
Posted by imtrying25 - 29 Dec 2009 21:59

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[Steve wrote on 29 Dec 2009 21:08:](#)

IT25, I'm afraid your avatar might put his foot down & step on me. I'm a small dill, after all...

Actually, I visited you at home today. Tidy up your room, maybe you'll find my post....

OF COURSE I wanna see u 2!! I just downloaded the Kumzitz, I'm just not sure if this was the first one or the last one, which you hosted. And I am SO J that I couldn't be there!

And are u THAT old?

No way gherkin. Notice the 25. It was the first kumzitz. Hopefully well have the secodn soon. Enjoy. And yes i did see your post.

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Re: My Story, the second first day

Posted by OneLife - 30 Dec 2009 16:03

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16 days, so far so good

(a little comment before i continue, english is not my mother tongue so if i do any grammar or vocabulary mistake, i'm sorry :-[])

my wife changed my rimon password as i asked her to do that.

now, only she knows the password.

the protection level is "shamur" which is regarded as a very high protection level, that you can't succeed to surf where you "want"!

you need to be hacker to bypass it, and i hope i'm not.

i see myself slowly slowly spend more and more time in this forum.

am i going to be addict to something else?? :D ;)

imtrying, you should be know if so...

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Re: My Story, the second first day

Posted by silentbattle - 30 Dec 2009 16:23

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Your english is fine, and the more you write here, the better it will get!

Hey, maybe we should use that as part of the marketing campaign for GYE - d'you think we can give college credits for posting here? :D :D

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Re: My Story, the second first day

Posted by OneLife - 30 Dec 2009 16:38

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[silentbattle wrote on 30 Dec 2009 16:23:](#)

Your english is fine

thank you silent. :-[

[silentbattle wrote on 30 Dec 2009 16:23:](#)

and the more you write here, the better it will get!

thats really advantage of posting here. and i feel myself get better every day.

[silentbattle wrote on 30 Dec 2009 16:23:](#)

Hey, maybe we shoudl use that as part of the marketing campaign for GYE - d'you think we can give college credits for posting here? :D :D

good idea maybe we can ask some universities for that ... :D :D

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Re: My Story, the second first day  
Posted by silentbattle - 30 Dec 2009 16:46

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hey, I just read through your thread...and what can I say? I'm really impressed! Your journey and commitment are truly incredible! The situation that you're fighting against is incredible, but you're standing up to it, and walking by!

As far as triggers, I'll just pass along advice I've gotten from others here, that worked for me - don't try to force the thoughts out of your head. Instead, just gently focus on something else, and let them slide away...

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Re: My Story, the second first day  
Posted by OneLife - 30 Dec 2009 17:05

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thank you silent.

i understand from your words that the key word is "gently" , i'll try it *bli neder*

probably the Y"H is like a kid that needs a gentle not force :D :D to fling it from your mind... :D

thanks for the advice.

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Re: My Story, the second first day  
Posted by imtrying25 - 30 Dec 2009 18:23

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[OneLife wrote on 30 Dec 2009 17:05:](#)

thank you silent.

i understand from your words that the key word is "gently" , i'll try it *bli neder*

probably the Y"H is like a kid that needs a gentle not force :D :D to fling it from your mind... :D

thanks for the advice.



Once again SB coming up with the perfect word. Yes gently is perfect. I would call it "glide".  
Allow the thoughts just glide on by.

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