

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 habaletaher - 31 Dec 2009 04:00

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Or... you could just start thinking of other things.... That works too.

When the bor is reik then its filled with nechashim and akravim!

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Re: My Story, the second first day

Posted by OneLife - 31 Dec 2009 07:03

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KollelGuy, your proverb is amazing.

just along with what silent said.

i liked it.

thank you.

you right as well.... :D

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Re: My Story, the second first day

Posted by habaletaher - 31 Dec 2009 08:29

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Doing good my brother, and wishing the same to you....

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Re: My Story, the second first day

Posted by imtrying25 - 01 Jan 2010 00:15

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HABA, how are you guy??

Re: My Story, the second first day

Posted by OneLife - 03 Jan 2010 11:35

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Ok guys.

20 days clean.

on the way to the work and from, in the train, two hours a day my head is down.

i close to break my last clean period - 21 days...

just another two days :'(

my deal with Haba and steve still does work for me.

every time i say to myself i'm not gonna be the first to break our deal, and i hope the other think so too.

i try to throw sudden views which are exposed to my eyes gently..  
may g-d be with us ...

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Re: My Story, the second first day

Posted by silentbattle - 03 Jan 2010 14:13

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Wow, Onelife!

That's great - and the fact that you've pushed yourself to join a group of others all growing together - that's even better!

What do you do during the train ride?

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Re: My Story, the second first day  
Posted by OneLife - 03 Jan 2010 15:54

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[silentbattle wrote on 03 Jan 2010 14:13:](#)

What do you do during the train ride?

i watch the girls pass my chair :D :D ;D ;D

no, no its just a joke. :D

half from the way to the work i pray *shachris* the second half i read "ISRAEL HAYOM"  
newspaper that is very clean paper.

on the way to home i either take a nap or read the daily chizuk of GYE.

i always make an effort to sit alone at the last wagon which is usually populated with some  
peoples. sometimes i sit there alone.

But the problem dear is not now. we just need to wait two more months when the summer  
starts...then the real battle will start.

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Re: My Story, the second first day  
Posted by silentbattle - 03 Jan 2010 17:13

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Well, I think that should go under the "hugs" thread - hashem is letting you start now, when it's

easier, so that when summer arrives, you'll already have lots of practice! It won't be easy, but I think it will be *easier*.

It's great that you keep yourself occupied - that the important thing. Have you tried learning during the trip? Does that make it easier or more difficult?

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Re: My Story, the second first day  
Posted by imtrying25 - 03 Jan 2010 17:24

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Keep on ~~training~~ trucking OL. Your gonna get real far with your upbeat attitude. hatzlacha rabba.

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Re: My Story, the second first day  
Posted by habaletaher - 03 Jan 2010 17:43

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[OneLife wrote on 03 Jan 2010 11:35:](#)

Ok guys.

20 days clean.

on the way to the work and from, in the train, two hours a day my head is down.

i close to break my last clean period - 21 days...

just another two days :(

my deal with Haba and steve still does work for me.

every time i say to myself i'm not gonna be the first to break our deal, and i hope the other think so too.

may g-d be with us ...

Dear OL,

I'm totally with you!! I also was close to breaking but feel like I can't let you and Steve down. It's good to have a bunch of sidebets around so that besides the main 90 day WOH one, you have as many other motivations as well!

Keeep on trucking!!!

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Re: My Story, the second first day  
Posted by imtrying25 - 03 Jan 2010 18:13

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Btw you guys should know that there is a board for accountability groups. Why dont you guys start your own group?? Pm kedusha and hell take care of all the technicalities.

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Re: My Story, the second first day  
Posted by OneLife - 03 Jan 2010 21:53

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thank you guys.

silent - i wish it gonna be easier at the summer i'll pray for that.

i think the reason that we are not in a formalistic group is that our group was a spontaneous idea of steve few days after we begun our

journey and we took that.

imtrying - my rebbe told us (his talmidim) in a *mussar* lesson never be sad, even you fell 1000 times, never fall to depression, depression is

the Y"H "food" and it put you in a terrible magic circle of fall-depression-fall-depression-etc.

so i make an effort as much as i can to be in *simcha tamid* :D :D

HABA - i very excited to hear that you feel as me. we are not gonna give up till we have the 90. (only then we can fall just one time to give us little present on our success journey. :D :D :D :D Joke! joke! joke! its good to health... ;D ;D)

good night holy friends,

i love you.

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Re: My Story, the second first day  
Posted by imtrying25 - 03 Jan 2010 21:55

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We love you to OL. And keep on being besimchah. I Promise it never hurt anyone!! :D :D :D :D :D :D

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Re: My Story, the second first day  
Posted by silentbattle - 04 Jan 2010 01:28

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Wow - I love your up-beat spirit! You totally and completely rock!

You're training yourself now - you're getting used to not looking around etc - those are habits that will stay with you no matter the weather.

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