

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 OneLife - 04 Jan 2010 15:11

[habaletaher wrote on 04 Jan 2010 05:56:](#)

OneLife, I'm trying to think of something I can give myself when I hit 90 days, but so far I haven't come up with anything. If you think of something, give me a holla!

haba, i assume that you know the phrase in hebrew which says "when we get the bridge, we cross it" the way to the 90 is still long, i wish its gonna be our singles concerns "how to compensate us when we hit 90 days..." :D :D

haba i started to think that the 90 is just the begining of the real life since i plan to live a least till 120 ;D ;D a lot of 90 days will be till then, won't them?? ... ??? ???

lets continue *lechazeck* each other. this is the point now.

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Re: My Story, the second first day
Posted by OneLife - 04 Jan 2010 15:59

[silentbattle wrote on 04 Jan 2010 01:28:](#)

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.

silent, to my 7 years experience, two hours a day on the rail, waiting on the platforms, etc, the summer is so hard that there were times that i thought there is no way out of the garbage, and what i have to do is just to make an effort. "*lazzet lidey chova*".

mainly when you are not ready to the views that tend to pass you a lot, its like a bomb that is

bombed on your face despite those habits to keep your eyes. it happens usually when you abstracted (work, family, children...) this is the big problem.

and each boom is weaken you more and more till you can't any more with that and the end is well known. :-[

but i'm not gonna finish with a somber atmosphere i'll say that the last summer i didn't know GYE, i hope with G-d and you the oncoming summer will be as a winter, as a hard winter.

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Re: My Story, the second first day
Posted by OneLife - 04 Jan 2010 16:43

[habaletaher wrote on 04 Jan 2010 05:56:](#)

OneLife, I'm trying to think of something I can give myself when I hit 90 days, but so far I haven't come up with anything. If you think of something, give me a holla!

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Re: My Story, the second first day
Posted by imtrying25 - 04 Jan 2010 17:02

[OneLife wrote on 04 Jan 2010 16:43:](#)

[habaletaher wrote on 04 Jan 2010 05:56:](#)

OneLife, I'm trying to think of something I can give myself when I hit 90 days, but so far I haven't come up with anything. If you think of something, give me a holla!

Hey can i get some of that too?? :D :D

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Re: My Story, the second first day
Posted by OneLife - 04 Jan 2010 21:33

if you still insist upon we can give each other 1000\$;D ;D :D

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Re: My Story, the second first day
Posted by imtrying25 - 04 Jan 2010 22:46

[OneLife wrote on 04 Jan 2010 21:33:](#)

Im always open to accepting money!! :D :D :D :D :D :D :D :D

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Re: My Story, the second first day

ImTrying, Yaa why not?? 8)

Posted by Steve - 05 Jan 2010 04:20

I think I'd better stay in my own thread.... it's a lot cheaper!!

Meanwhile, sounds like my buddies are doin' just fine. DC's Call ended today, so there wont be much New Stuff coming from that direction, but you'll get to hear lots of rants and hopefully a few insights over on my channel. So stay tuned. I've hit 21 days today. OL and Haba, you two still at 20 & 19, right? we ain't gonna let each other down!

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Re: My Story, the second first day

Posted by OneLife - 05 Jan 2010 07:55

[Steve wrote on 05 Jan 2010 04:20:](#)

OL and Haba, you two still at 20 & 19, right?

> i'm 22 so far!!

[Steve wrote on 05 Jan 2010 04:20:](#)

we ain't gonna let each other down!

absolutely right!!

now you are here, and i feel that i can continue. 8) 8)

its like a table with 3 legs, if only one leg breaks the table will fall. understood steve??

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Re: My Story, the second first day
Posted by imtrying25 - 05 Jan 2010 10:03

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Re: My Story, the second first day
Posted by OneLife - 05 Jan 2010 15:04

ok, 22 days clean so far.

i broke my last peak of 21 days. this is "*ma'alim bakodesh*"

so far, no significant triggers, the winter help us. thanks G-d.

Hevanti
I heard here and there to think on positive things to get rid of bad thoughts...

so, what to think of??

i discovered something.

every time i need to think positively, i imagine my little daughter 1.5 years, when i come home from work at the evening, she quickly creeps toward me, with her sweet voice and a big smile

all the bad thought suddenly disappears.

i don't think there is something more positive than that...

you all can adopt this idea, for me it works so far .

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Re: My Story, the second first day
Posted by Steve - 05 Jan 2010 15:22

Mazal Tov on breaking your old record, OL!! I'n VERY thrilled to hear it!!

And i like your strategy! Just keep on thinking of the good things in your life, how much HKB"H has blessed you! I'm SURE you can come up with a whole bunch more, and it's a good idea to rotate those thoughts and images. The YH is VERY good at catching us off guard, and many times it's our complacency (being used to something or doing it "by rote") that weakens us and gives him a pesach to get at us. Keep up the Hischadshus!!

How'd you get to 22 ahead of me? Oh yeah, I'm on Day 22 now, and you're 7 hours ahead.

And please forgive me if I can't post as often as I want to. My GYE activity is private from my wife, and I have VERY LITTLE privacy at home on the computer. All my posting is either before, after work or after a late night catchup session in my office away from home. last last nite. But I sneak peaks whenever i can, even if i cant answer.

How's Haba doing?

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Re: My Story, the second first day
Posted by silentbattle - 05 Jan 2010 17:36

I have confidence in you, OL - and not only do you have GYE, you also have the habits that you're building now - you didn't have those last year, either!

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Re: My Story, the second first day
Posted by imtrying25 - 05 Jan 2010 20:35

Check out my post on this page. Especially the last couple of lines. Its right along the lines of what you wrote.

rehab-my-site.com/guardureyes/forum/index.php?topic=477.870

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Re: My Story, the second first day
Posted by OneLife - 05 Jan 2010 20:38

[Steve wrote on 05 Jan 2010 15:22:](#)

And please forgive me if I can't post as often as I want to. My GYE activity is private from my wife, and I have VERY LITTLE privacy at home on the computer. All my posting is either before, after work or after a late night catchup session in my office away from home. last last nite. But I sneak peaks whenever i can, even if i cant answer.

steve, *machul lecha machul lecha* :D :D

private is very hard to achieve in this area, if we surf here the same time as we surfed in a s*

silent,

indeed, i build habits that i never heard before. thanks to G-d and to you and GYE.

i'm not complacent , since i'm actually just at the begining, :-[

i have to pray and i do pray for that, for the rest journey days.

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