

My Book of Business

Posted by Shivisi_Hashem - 19 Apr 2017 16:41

Hi all ?????? ?????? ??????

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ?????? ?????? ??????, you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

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Re: oooops! i had my fall!!

Posted by MayanHamisgaber - 19 Apr 2017 16:52

Wow nice share

Recovery should be with Hatzlacha

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Re: oooops! i had my fall!!

Posted by Shivisi_Hashem - 20 Apr 2017 14:31

Day #2

B"H I passed my first day, from my new cycle, **today** is #2 and **today** only, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down, I'm doing it **ONLY** for you.

My YH is trying to bring me down about my last fall, but I'm not going to let this happen...

I will stay strong with all the Chizuk and Support of our GYE members.

Thanks you all

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Re: oooops! i had my fall!!
Posted by Chaimel - 20 Apr 2017 17:16

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Re: oooops! i had my fall!!
Posted by Shivisi_Hashem - 21 Apr 2017 14:45

Day #3

B"H I passed my 2nd day, **today** is #3 and **today** only, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down, I'm doing it **ONLY** for you.

My YH is trying to bring me down about my last fall, but I'm not going to let this happen...

I will stay strong with all the Chizuk and Support of our GYE members.

Thank you Hashem, and thanks all GYE Chaveirim for the support...

ill be back Moitzeh Shabbes with my CLEAN report.....

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Re: oooops! i had my fall!!
Posted by Hashem Help Me - 21 Apr 2017 17:13

Keep posting. IYH you will do well. Use the good feeling of your prior success to move forward. Realize that any upward climb will usually have pits and downhills along the way.

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Re: My Book of Business
Posted by Shivisi_Hashem - 23 Apr 2017 04:59

Day #4

B"H I passed day #3

its my biggest accomplishment, since its first time in 30 years im sober completely on a weekend, sober of looking, thinking and touching, B"H,

today is #4 and **today** only, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

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Re: My Book of Business
Posted by Shivisi_Hashem - 24 Apr 2017 13:23

Day #5

B"H I passed day #4

woooww, what a fight, what a night, i had an extremely hard night last night, my wife was about to leave to Florida with her friends in the morning, and we had a very warm loving talk, how we will miss each other, (she is now in her Nidah days, so no hands on love) and my thoughts was starting wondering somewhere else, so when she fell asleep i started fighting with my self, should i pleasure myself or not, back and forth, for a second i started touching my self, but i stopped right away, what a ?????, then i tought to my self, you know what, let me finish the day clean, maybe tomorrow will do it, and i fell asleep.

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Today as my wife is not around, i will need extra help and support the night should pass sober.. i will read iy"h the GYE handbook, that might help plus older forum posts. will keep you posted if there is any problems.

today is #5 and **today** only, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

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Re: My Book of Business
Posted by cordnoy - 24 Apr 2017 14:30

So, in your interest of today, what are you doin' today?

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Re: My Book of Business
Posted by Shivisi_Hashem - 24 Apr 2017 14:51

[cordnoy wrote on 24 Apr 2017 14:30:](#)

So, in your interest of today, what are you doin' today?

so, here is my **TODAY** plan,until 6 pm, I'm at work, and since I'm a GYE member, I'm not involved any more in any wrong doing at work, I used to work around with our filter, but I don't do that any more, after 6 till the kids go to sleep, like 10 pm, I will be Busy with them, so my struggle begins about 10, I will stay strong, planning on going over the GYE handbook etc. and if ill have any urge, ill post right away here,

hope to be back tomorrow SOBER, CLEAN..

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Re: My Book of Business
Posted by cordnoy - 24 Apr 2017 15:36

[Shivisi Hashem wrote on 24 Apr 2017 14:51:](#)

[cordnoy wrote on 24 Apr 2017 14:30:](#)

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I'm a GYE member, and I do plenty wrong at work.

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Re: My Book of Business
Posted by Markz - 24 Apr 2017 15:43

[Shivisi Hashem wrote on 24 Apr 2017 14:51:](#)

[cordnoy wrote on 24 Apr 2017 14:30:](#)

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The Rebbe that wears a cord instead of a gartel asked something

I think he meant, and as acting Gabbai I'll say this

You mentioned "since I'm a GYE member..."

What does that mean?

When one registers he gets reborn?

Maybe I didn't register right???

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Re: My Book of Business

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I'm a GYE member, and I do plenty wrong at work.

since I joined this *Heilige GYE Chabureh*, I'm managing in job very well, I used to do nothing besides porn, for the last 3 weeks, B"H I'm clean in job, I'm strong, and when I get this little urge to search porn just for a minute, thinking nothing will happen, then I go straight to the GYE site, and that's what's saving me.

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Re: My Book of Business

Posted by Shivisi_Hashem - 24 Apr 2017 16:09

[Markz wrote on 24 Apr 2017 15:43:](#)

[Shivisi_Hashem wrote on 24 Apr 2017 14:51:](#)

[cordnoy wrote on 24 Apr 2017 14:30:](#)

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yes, and definitely yes, the Gemara says: ?? ??????? ?? ??????? ?????? and we in our addiction and struggles are like ????, we have the same struggles they have, and that's how I feel about my self, like a new person, a new life, even I'm here only for 3 weeks, but my last 30 years, was full of garbage, full of regrets, riding on huge rollercoaster, ups and downs, unhappy person, now I'm sober, I feel so much better.

you did register right, and you were reborn too, but you are much much longer on this great program, so maybe you don't feel it that much any more like me, its like when you get to a new yeshivah, the first 3 weeks, is with much a bigger excitement then after 3 zmanim in the same yeshivah....

Makes sense????

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Re: My Book of Business
Posted by Hashem Help Me - 24 Apr 2017 19:45

shivisi, you should be very proud of yourself. Your honesty and humility are great. Using the site is very helpful. There is so much advice, chizuk, and hashkofa. It becomes a way of life. I would suggest also speaking with someone. you can do that anonymously

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