My Book of Business
Posted by Shivisi_Hashem - 19 Apr 2017 16:41

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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-yearsand 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: My Book of Business
Posted by MayanHamisgaber - 02 Nov 2017 21:27

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Thanks for noticing

I do not mean to sound stiff or anything but most of those posts are hogwash and garbage

just someone stumbling around and not really doing the things he should be doing

But if there are those benefiting then as the saying goes

One mans garbage is an others treasure

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Re: My Book of Business
Posted by tzomah - 03 Nov 2017 09:18

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ok so find your treasures

you r being to hard on yourself man

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Re: My Book of Business
Posted by MayanHamisgaber - 03 Nov 2017 10:58

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tzomah wrote on 03 Nov 2017 09:18**:**

ok so find your treasures

you r being to hard on yourself man

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Re: My Book of Business
Posted by Shivisi_Hashem - 03 Nov 2017 15:44

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MayanHamisgaber wrote on 03 Nov 2017 10:58**:**

tzomah wrote on 03 Nov 2017 09:18**:**

Tell me about it
ok so find your treasures

you r being to hard on yourself man

My fellow friends, please dont fight.... and be happy..

Thank You

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Re: My Book of Business
Posted by Shivisi_Hashem - 03 Nov 2017 15:46

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Day #80

Today is #80... who would believe that.... its day #80.... if i can, then you can too.. no need to explain.. talks by it self, its a milestone.... hashem i love you, without you i would never be here.

Thank You!

Hay Brother!!!! Remember: **One day at a time**, why mess up the day when most of the day is almost over, **stay positive,** think and talk positive then everything will go your way, only with Simcha.

Thank you all!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can and we will do it! And Together

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Re: My Book of Business
Posted by MayanHamisgaber - 04 Nov 2017 17:38

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Shivisi_Hashem wrote on 03 Nov 2017 15:44**:**

MayanHamisgaber wrote on 03 Nov 2017 10:58**:**

tzomah wrote on 03 Nov 2017 09:18**:**

ok so find your treasures

you r being to hard on yourself man

Tell me about it

My fellow friends, please dont fight.... and be happy..

Thank You

1) Happy to be friends

2) This is the way friends help each other be honest with oneself yes it is hard but it works

3) Amen

4) Your welcome

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Re: My Book of Business
Posted by Shivisi_Hashem - 07 Nov 2017 16:56

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Day #84 - Just one week left to reach day #90

today is Day #84, and guess what, **i have left just one week to reach day # 90.... Yah Yah!!!!** will i make it??? hope that i will, but, hay, you may never know.... (in scared... please pray for me... i really want to make it) everything might happen, but ill tell you all, its tough, one day tougher then another.... as of today, porn is history, i dont even have any Taveh for it, im porn clean for 215 days, as of today my biggest struggle is on the street, looking on woman, its basically a daily issue, and im doing BH fine, but still they are in my way.... but i wouldn't say that i wouldn't enjoy looking at them... but thats my problem, and i have to work on myself, and thats exactly what im doing. and no, it wont go away, the street and the woman are here to stay, and me, going on the street is also here to stay, so i should better work on myself, and i will.....

Hay Brother!!!! Remember: **One day at a time**, why mess up the day when most of the day is almost over, **stay positive,** think and talk positive then everything will go your way, only with Simcha.

Thank you all!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

Let’s Stay Strong! Let’s Stay Clean! And let’s be positive and happy, Yes! We can and we will do it! And Together

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Re: My Book of Business
Posted by LoveU,Hashem - 07 Nov 2017 23:33

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Tell me brother, what is the view from so far up? I can hardly see you anymore. Hold me a place so I have where to sit once I catch up on you.

as of today, porn is history, i dont even have any Taveh for it, im porn clean for 215 days,?

Hurray!!!!! But don't let your past successes fool you! Keep your guard up!

Cheers!

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Re: My Book of Business
Posted by GrowStrong - 08 Nov 2017 08:28

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Step 0 is stopping

Step 1 -12 is to start living.

I joined SA after I had 90 days because stopping wasn't enough for me, I wanted to start living.

I was in a really good place when I joined SA but it is incomparable to the life I have now with the fellowship and the steps and a real sponsor.

For me recovery is about growing up and I am so grateful that I am able to grow daily.

Looking forwards to your L'chaim in a week but remember this is just the beginning of the journey.

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Re: My Book of Business
Posted by Shivisi_Hashem - 10 Nov 2017 15:04

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Day #87

Today is #87, another 3 days to go to 90, i cant believe that, that i made it till here, wow... and it wasn't my koach, its only with the help from hashem, with out hashem i wouldn't make it till

here, and i wouldn't know about this wonderful group, and would still be where i was a half year ago,

im clean from porn, clean from looking around on the street and in shopping centers, i have clean hands and thoughts, i have myself and not my double, i have my wife and not someone else wife, i have my kids, when i learn my head is there and not somewhere else, when i work im at work and not at porn, and on top of everything, i have hashem with me, hashem is great and wonderful, he s the best, he does only great and lovely things.

what should i do at day #91, should i continue counting to Day #92, or should i start a new round something like this **Day #92 - 2nd round Day #1,** i need something which should get me going, the idea of my daily posting is, that in cas of a fall, ill feel embarrassed, so i wont fall, but still the numbers are getting me going.... will see

Remember: **One day at a time**, why mess up the day when most of the day is almost over, **stay positive,** think and talk positive then everything will go your way, only with Simcha.

Thank you all!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

Let’s Stay Strong! Let’s Stay Clean! And let’s be positive and happy, Yes! We can and we will do it! And Together

A clean and Good Shabbes to all of you....

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Re: My Book of Business
Posted by Hashem Help Me - 10 Nov 2017 17:42

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Be prepared that day 90 may be sort of anticlimactic. I found that although i celebrated, i kept it toned down because i read too many posts from people who fell right after 90 because it had become the supreme goal, and then it was simply over..... I used the opportunity to post and share my hergeishim and gratitude to Hashem and to GYE and the chevra here, but i did not make it into a"big day". And then bh from that peaceful frame of mind we just continued..... Just my thoughts. Either way may Hashem help you continue for the rest of your life - one day at a time.

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Re: My Book of Business
Posted by Shivisi_Hashem - 12 Nov 2017 16:08

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Day #89 - 1 more day to #90

Today is #89, and tomorrow is the day im looking and waiting for the longest time, its one of my best days of my life, i will definitely make it, and im proud of my self, yes a made it, i would never believe that i can get here if i wouldnt be here..... and for all of you, let me tell you, yes its a tough ride, but if i did it, then you can too, im today the #1 on the 90 day chart, im really delighted.....

Remember: **One day at a time**, why mess up the day when most of the day is almost over, **stay positive,** think and talk positive then everything will go your way, only with Simcha.

Thank you all!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

Let’s Stay Strong! Let’s Stay Clean! And let’s be positive and happy, Yes! We can and we will do it! And Together...

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Re: My Book of Business
Posted by Markz - 12 Nov 2017 16:27

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It's awesome that you are porn free every day - when before gye you were acting out every day - right?

If you are porn free, why wait till tomorrow?

Why not enjoy today and day 90 and day 91 as "one of my best days of my life"?

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Re: My Book of Business
Posted by Shivisi_Hashem - 12 Nov 2017 16:37

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Markz wrote on 12 Nov 2017 16:27**:**

It's awesome that you are porn free every day - when before gye you were acting out every day - right?

If you are porn free, why wait till tomorrow?

Why not enjoy today as "one of my best days of my life"?

SInce im garbage free, porn free, masturbation free, im enjoying every single day, its my new life, and every day at a time, so i enjoy every day, every day when i get up in the morning im full of happiness that yesterday was a clean one, but TOMORROW is something different, reaching a goal with something i struggled my entire life, is a huge achievement.... dont you think so.....

Day 91 im starting a new cycle of 90 days. Its like ???? on a ???? you start again from daf Bais, its not a continuation, its a new separate thing.

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Re: My Book of Business
Posted by Markz - 12 Nov 2017 16:44

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I agree that 90 days is an achievement, but 100 days is also

Also according to gye 90 days is a brain rewiring time. **There's no constant 90 day cycle that we go on and start again**

Once you can make 90 it's likely that you can pass 100 and on, so I didn't make myself a new thread after 90. Just keep posting on this thread as you do everyday which is what seems to be the clincher

KOT!!!

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