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-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

==========

Re: My Book of Business
Posted by Shivisi_Hashem - 13 Nov 2017 17:29

_____

!!!! Day #90 !!!!

Today is the DAY, its Day #90
i would never believe that i have this strength and Koach to stand across that monster, and win him, (i know that many don't like this term monster & win, but to me, thats how i fill about it) if i wouldn't be at this stage today, im soo soo soo happy, im so happy that hashem gave me a chance to turn around my entire life, to get back my real Nashama, to get back my self, to get back my family, i'm a completely new person, no morn porn, no more masturbation, i can learn with a clear head, i can daven, i can talk to hashem with a clear mind, i feel so closer to hashem, and my message to all of you out there, dont give up, if i did it, you can too, just keep on trying, and remember, a fall after trying is only an ????? ????? ???? dont give up, it will only make you stronger, keep in mind, that the YH is only an illusional thing, he want to brainwash you that acting out will get you calm, will get you happy, but in reality, its just the opposite, as we all know how we feel after a fall, if you will look deeper into the entire struggle, its basically only in the mind, once its over we feel like a piece of garbage... and yes, dont get me wrong, the past 90 day, i wasnt sleeping calm, i had struggled with lust here and there, wasnt easy at all, should it be on the street, should it be in the supermarket, etc... but i overcome it, so i promise you, you can too, just try it out, and you will see how good it is,

now, i know based on others who wrote here, that now is starting the real struggle, and ill try working on my self, not to let the YH back in, i know that he is not sleeping, he will try with all kind of tricks to get me back, and ill try to opposite, not to let my self getting back from where im coming from.....

what tools i had used to get here?

1. filters, i feel that filters is the key to get in to this success, after using this key, then we need more tools, but thats the key, im talking what helped me..
2. forum & chat, this is a great tool, 1) because you feel obligated to post, so posting about a fall, is a real embarrassing one, 2) to dissolve a lust, in time of lust, just by writing up a post, the lust will fade away.
3. TAPHSiC, it works wonders, great great tool.
4. Partner, should it be by email or phone conversation, it helps a lot, but you have to be honest
5. change in routine, that helped tons, that helped me Friday and shabbes, i kept changing my routine every few weeks, by playing or walking on the street with the kids.
6. saying a lot of thilim & talking to hashem, yes it helps, talking and asking him to help me, he shouldnt let me fall, i should have the Yishuv Hadaas, to think about him constantly, so i wont forget about him, so i wont fall, i feel that talking and asking hashem is one of the greatest and best tool, i gave up my entire power to him, he should take care on me, ???? ?? ??? ???? talking in Mama Lushen, yes, he understands it.. and it feel good after talking to him....

so going further, i wont stop, all the above, and hopefully i wont fall back, and i will IY"H continue posting daily, i feel it help me tons, and i will continue praying for all of you you should have success in this great journey,
Yes GYE is the best of the best

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....

==========

Re: My Book of Business
Posted by Markz - 13 Nov 2017 17:56

_____

b]AWESOME[/b]

==========

====

Re: My Book of Business
Posted by Markz - 13 Nov 2017 18:02

_____

AWESOME

==========

Re: My Book of Business
Posted by Gevura Shebyesod - 13 Nov 2017 18:03

_____

Mazel Tov on reaching this milestone! Don't slow down, the journey continues. Keep on

==========

Re: My Book of Business
Posted by MayanHamisgaber - 13 Nov 2017 18:17

_____

Mazal Tov May you continue haveing clean days ODAAT

==========

Re: My Book of Business
Posted by cordnoy - 13 Nov 2017 19:25

_____

Continued hatzlachah.

trucking!!!

==========

Re: My Book of Business
Posted by Hashem Help Me - 13 Nov 2017 22:50

_____

Mazel tov! Great news. Iyh you will continue to conquer this monster. Doing so you will be a source of inspiration for many many others.

==========

Re: My Book of Business
Posted by LoveU,Hashem - 13 Nov 2017 23:02

_____

Congratulations, Shivisi! You are the so fortunate!! Thanks for sharing with us what works for you!! I can identify with everything you say!

==========

Re: My Book of Business
Posted by yiraishamaim - 14 Nov 2017 17:54

_____

Great post Shivisi, your excitement is contagious.

==========

Re: My Book of Business
Posted by Shivisi_Hashem - 14 Nov 2017 22:37

_____

Day #1 of 2nd round - Day #91

Today is my 1st day of my 2nd round to reach 90/180 days, i feel that this way ill make it easier then continuing counting 91. counting past day 90 is a great feeling, i just cant describe it, you have to feel it by your self, just do it, keep on trying, it pays. beside the other great benefits from being clean....

im BH doing great, had a very hectic day, which is great for us addicts, keeps our mind

somewhere else, i love it that way.

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....

==========

Re: My Book of Business
Posted by Shivisi_Hashem - 15 Nov 2017 18:37

_____

Day #2 of 2nd round - Day #92

Today is Day #2 of 2nd round, and im doing great, i had yesterday a tough time, i attended the Kosherfest, and believe me, there was a lot what to see, i tried my best, and i didn't look on anyone intentionally, wasn't any ???????, BH for that, wasnt easy at all, but i made it,

BH, things are much much easier this days, no more those tough days where lust were taking me over, and i hope it will stay this way, but never say never, and i beg hashem, i should fall back where i was a year ago, its not fun at all. i love it, i love myself, i feel that for me, the filter on my devices is the key, i feel that if i will sit at any unfiltered device i will fall, i better shouldn't do that... hashem, please help me...

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....

==========

Re: My Book of Business
Posted by Trouble - 15 Nov 2017 22:44

_____

Good afternoon ladies and gentlemen, this is Hymie reporting live from the MGM Grand in beautiful, starry, magnificent, sultry, Las Vegas, Nevada.

Here we are with the rematch that fans all over the world have anxiously been waiting for. I cannot believe it's finally here!

Introducing first, in the red corner..... He has an uncanny instinct for sensing when to make the move, when to make the cut. He can kill you with a headfake, he can kill you with the swiftness of his legs and the ability to be in a direction at any single second. He also kills you with hisvariation of speed...

His opponent, in the blue corner, fighting outta Hell, Gehinoma.... arrogant, pompous, obnoxious, vain, cruel, verbose, a showoff. I have been called all of these. Of course, I am.

This will be 12 (steps) rounds (or more) of wall to wall fighting, to settle once and for all who the true champion is in the heaviest of heavy divisions, and after it's settled, we will fight some more!

Unlike any other sport, the objective in boxing is chillingly simple: One man purposefully endeavors to inflict bodily harm on another man, and that, in truth, is the purpose of this struggle and life and of all mankind.

The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give. So, let the games begin. When your enemy cunningly feints to the right, hit him with a left, knock him unconscious with a vicious uppercut. If he lands first and you spill some seed, have your trainer wipe it off, and proceed cautiously to the middle of the ring.

Your eye might be closed shut, your cheeks are bloody, your chest is badly bruised, your shorts are stained, but you possess the courage to fight on. Then there is a still higher type of courage - the courage to brave pain, to live with it, to never let others know of it and to still find joy in life; to wake up in the morning with an enthusiasm for the day ahead (although your head is in a fog and you can't even see the pretty little thing hardly dressed, walking three feet in front of you).

Holy cow! Down goes Frazier! Down goes Frazier! Down goes Frazier!

That's all she wrote. You wanna keep fighting your entire life, then take off that damn robe, tie on the gloves, knot your shorts, climb the steps into the ring, and be ready to get the bloody Hell beaten outta you. You wanna live, stay the Hell outta Las Vegas; focus on your haughtiness, immaturity, spontaneous reactions, jealousy, egotistic desires - perfect them, and then you can live comfortably in Boise.

Ladies and Gentleman, the Bronx is burning.

==========

Re: My Book of Business
Posted by yiraishamaim - 15 Nov 2017 23:55
_____

Trouble wrote on 15 Nov 2017 22:44**:**

Good afternoon ladies and gentlemen, this is Hymie reporting live from the MGM Grand in beautiful, starry, magnificent, sultry, Las Vegas, Nevada.

You wanna live, stay the Hell outta Las Vegas; focus on your haughtiness, immaturity, spontaneous reactions, jealousy, egotistic desires - perfect them, and then you can live comfortably in Boise.

Well said.

==========

Re: My Book of Business
Posted by Markz - 16 Nov 2017 02:47

_____

Shvisi have you heard abie rottenbergs songs?

One of them goes like "I have trouble with my words...". I think trouble has trouble with his words. He was making a point.

But he really shouldn't have posted that on your personal home thread if it would spin your head

Actually my post is gonna be post #322,477 on gye - must be some great Gematria.

However maybe 39,999 posts or more throughout Gye forums have rubbed people the wrong way and should be deleted.

Do those 39,999 bother you?

==========

Re: My Book of Business
Posted by Shivisi_Hashem - 16 Nov 2017 03:49

_____

Markz wrote on 16 Nov 2017 02:47**:**

Shvisi have you heard abie rottenbergs songs?

One of them goes like "I have trouble with my words...". I think trouble has trouble with his words. He was making a point.

Yes, he does have a good point, and i was reading it while i was in middle of a hectic situation, and i thought he is off his mind, but no, he is good,

But he really shouldn't have posted that on your personal home thread if it would spin your head

I dont mind at all, as long it make sense, and he is not chewing water.....

Actually my post is gonna be post #322,477 on gye - must be some great Gematria.

will get you tomorrow a good Gematria.....

However maybe 39,999 posts or more throughout Gye forums have rubbed people the wrong way and should be deleted.

Do those 39,999 bother you?

You are great, best of the best....Trouble, we want more.... keep ot coming....

==========