

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-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: My Book of Business

Posted by GrowStrong - 12 Jun 2017 22:08

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[Shivisi\\_Hashem wrote on 12 Jun 2017 14:34:](#)

**Day #8**

B"H I passed **Day #7**, and **Today** is **Day #8**.

Yes, I gained another **Today**, that **Today** is called **number #8**, wow, I'm clean for more than a week, a full week, who would believe that, (I'm really clean of porn and looking at inappropriate stuff for 66 days, i just had a fall, if that counts) I'm very grateful and thankful to Hashem because he is always on my side, I won't fool myself, I'm a full fledge addict, and I am powerless on my addiction, and I need to be constantly fully aware of that. I'm still on top of the hill, one slip and booms.

I had a very successful day yesterday, and I'm very very proud of that, I had to use the NYC subway, and I don't have to describe how it looks like, there is more "human like Animals" then regular humans, it was packed, and I didn't look anywhere, I didn't cheat, not even once, yes, it was very triggering, but I came out clean, It was hot, i was bullet sweating, so I was thinking to myself, that my heart is probably being washed out now, that's why im wet, ??? ?????? ?????? ????????, I wept on mentioning names of people who are desperate for ????????, and I said, that I'm working hard not to fail, so Hashem should help this people too.

**Today** is **Day #8**, and **Today** only, I really want to stay clean, and I will stay clean for the rest of my life, I realized that I'm Powerless, I can't help myself by myself, I need upper power, assistance and guidance, the **Today** is not long at all, it's a matter of just a few hours, I won't mess up the few moments left in **Today**, and Hashem, please stay on my 2 sides, please don't let me down, I want to stay clean, and help me, my partner, all GYE members and all Klal Yisroel stay clean.

**Stay Strong! Stay Clean!**

What makes them human like animals (especially since you didnt look at any of them)

Is it what they are wearing?

Did you look into their souls?

Not to take away from your victory over the lust but i have to argue with the base degradation of those souls.

And with HHM by adding to it by calling them the lowest of the low.

In a place like NYC a bunch of them are Jewish and don't even know it.

Are we excluding those?

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 12 Jun 2017 22:14

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[GrowStrong wrote on 12 Jun 2017 22:08:](#)

[Shivisi Hashem wrote on 12 Jun 2017 14:34:](#)

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Are we excluding those?

Animals in terms:

1) they wore the same clothes like animals = undressed

2) ??? ?????? ??? ?????? ?????? ?????? ?????? ??? = Animals

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Re: My Book of Business

Posted by LifneiHashem - 12 Jun 2017 23:56

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[Shivisi Hashem wrote on 12 Jun 2017 22:14:](#)

[GrowStrong wrote on 12 Jun 2017 22:08:](#)

[Shivisi Hashem wrote on 12 Jun 2017 14:34:](#)

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Were they animals back when you used to lust over them?

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Re: My Book of Business  
Posted by cordnoy - 13 Jun 2017 00:15

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And then we quote Dov that we should pray for those animals.

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Re: My Book of Business  
Posted by Markz - 13 Jun 2017 00:37

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[Shivisi Hashem wrote on 12 Jun 2017 22:14:](#)

[GrowStrong wrote on 12 Jun 2017 22:08:](#)

[Shivisi Hashem wrote on 12 Jun 2017 14:34:](#)

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So then you're cured!!!

Theres no halachic issue with looking at animals.

#KosherSubwaytogo

See the [last post on this thread](#) please

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 13 Jun 2017 01:02

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[Markz wrote on 13 Jun 2017 00:37:](#)

[Shivisi\\_Hashem wrote on 12 Jun 2017 22:14:](#)

[GrowStrong wrote on 12 Jun 2017 22:08:](#)

[Shivisi\\_Hashem wrote on 12 Jun 2017 14:34:](#)

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See the [last post on this thread](#) please

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Re: My Book of Business  
Posted by Hashem Help Me - 13 Jun 2017 11:27

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To clarify. There definitely are wonderful people, be they yidden or not who travel the subway. Unfortunately there are many others, who probably through no direct fault of their own, and due to the decadent culture of liberalism and Western/Yavan thinking, act in extremely "lowest of the low" hanhaga. Yes we should pray for them and for our society at large. I assume Shivisi had the same idea in mind. Although we train ourselves not to speak or write lashon hora, for the sake of distancing ourselves from inappropriate groups and their ways of thinking, it is sometimes necessary to use strong vocabulary. Shivisi was probably not referring to a specific person as an animal, but following in the footsteps of Chazal, he used that derogatory term as a description of a society.

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 13 Jun 2017 12:20

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[Hashem Help Me wrote on 13 Jun 2017 11:27:](#)

To clarify. There definitely are wonderful people, be they yidden or not who travel the subway. Unfortunately there are many others, who probably through no direct fault of their own, and due to the decadent culture of liberalism and Western/Yavan thinking, act in extremely "lowest of the low" hanhaga. Yes we should pray for them and for our society at large. I assume Shivisi had the same idea in mind. Although we train ourselves not to speak or write lashon hora, for the sake of distancing ourselves from inappropriate groups and their ways of thinking, it is

sometimes necessary to use strong vocabulary. Shivisi was probably not referring to a specific person as an animal, but following in the footsteps of Chazal, he used that derogatory term as a description of a society.

I agree 100%, thank you for clarifying.

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Re: My Book of Business  
Posted by TzedekChaim - 13 Jun 2017 15:50

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Shivisi!!! You've got a nice rhythm there; One day at a time.

The NYC subway is notorious for the shmiras eynayim travel. Consider it pro-shmira-ing zone. (expert level). It can be nearly impossible to not see anything. As a frequent rider of said system

1) bring your ipod and listen to music, a shiur, or an interesting lecture (tip - bring appropriate sound canceling headphones so that you don't hurt your ears from the high volume and that you can actually hear the sound over the noise of the train.)

2) make up not to look at the advertisements. (which in my unfortunate experience are about 50% clean, 50% not) Watch out for the "I'm just checking to make sure if the advertisements are (similarly, this comes up in the form of the "I'm just checking to make sure she is )

3) bring a sefer, do math problems in your head (use a calculator to check. stuff like  $12*37$ ,  $5*84$ ), also reviewing things memorized helps too. In fact the math and the memorization thing work the BEST for me out of all the above since it completely occupies every ounce of my concentration)

Just some tips and tricks I've learned that help me get through the way of sub.

I try these things which may be helpful to you or others in the future.

Hatzlacha and Keep the Trucking UP!!!!!!!!!!

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Re: My Book of Business

Posted by Shivisi\_Hashem - 13 Jun 2017 15:56

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## **Day #9**

B"H I passed **Day #8**, and **Today** is **Day #9**.

I'm very thankful that **Today** is called **number #9**, wow, I'm very grateful and thankful to Hashem because he is always on my side, he loves me, even I don't see it, but I believe it, and every Nisoyion, is just another test, he wants to test me how far I will go out of my way for him, and even I might fall, which I hope not, I'm still his child, and he still loves me, and im not a fool or a loser, so, I won't fool myself, I'm a full fledge addict, and I am powerless on my addiction, and I need to be constantly fully aware of that. I'm still on top of the hill, one slip and booms.

I had a very clean and successful day yesterday, and I'm very very proud of that, I did have a strong urge of Lust last night when I went to bed, and I begged Hashem he should watch me, he shouldn't leave me for a second, and he did, I fell asleep Beshulem. Thank You Hashem..

Thank You all GYE Chaveirim, and thanks to my Partner, for my new life... Thank You

**Today** is **Day #9**, and **Today** only, I really want to stay clean, and I will stay clean for the rest of my life, I realized that I'm Powerless, I can't help myself by myself, I need upper power, assistance and guidance, the **Today** is not long at all, it's a matter of just a few hours, I won't mess up the few moments left in **Today**, and Hashem, please stay on my 2 sides, please don't let me down, I want to stay clean, and help me, my partner, all GYE members and all Klal

Yisroel stay clean.

**Stay Strong! Stay Clean! Yes! We can! Together!**

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 13 Jun 2017 16:49

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[TzedekChaim wrote on 13 Jun 2017 15:50:](#)

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1) bring your ipod and listen to music, a shiur, or an interesting lecture (tip - bring appropriate sound canceling headphones so that you don't hurt your ears from the high volume and that you can actually hear the sound over the noise of the train.)

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Just some tips and tricks I've learned that help me get through the way of sub.

Hatzlacha and Keep the Trucking UP!!!!!!!!!!

Thank you TzadikChaim, great tips..

I neveruse the subway, this time was an exception, I hope not to use it anymore, its too tough:punch:

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Re: My Book of Business

Posted by Shivisi\_Hashem - 14 Jun 2017 18:45

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**Day #10**

B"H I passed **Day #9**, and **Today** is **Day #10**.

I'm very thankful that **Today** is called **number #10**, I'm very grateful and thankful to Hashem because he is always on my side, he loves me, even I don't see it, but I believe it, and every Nisoyion, is just another test, he wants to test me how far I will go out of my way for him, and even I might fall, which I hope not, I'm still his child, and he still loves me, and im not a fool or a loser, so, I won't fool myself, I'm a full fledge addict, and I am powerless on my addiction, and I need to be constantly fully aware of that. I'm still on top of the hill, one slip and booms.

I had a very clean and successful day yesterday, and I'm very very proud of that, Thank You Hashem, for all the goods you are giving me, I'm really thankful, especially with my lusting problem, I beg you hashem, please don't let me fall,

Thank You all GYE Chaveirim, and thanks to my Partner, for my new life... Thank You

I sew a great vort

in Ohr Hachaim on the Pussik ????? ??? ??? ????? ??? ????? ??? ????? ????? ?????????? ?? ?????  
??? ?? ??? ?????? ?????? why did hashem only mentiond Kulaiv and not Yehoshua, he was  
together with the same mindset like kulaiv? And what does it means ????? ??? ????? ??? the  
pussik should have say ????? ??? ??? ????? that's it? So the Ohr Hachaim says that Yehoshua  
had someone who had him in mind, Moshe Rabeinu had him in mind and he prayed for him so  
he wasn't in such a ??? but Kuleiv had a big problem, and he had an internal fight, the YH  
asked him to go with the Mraglim and the YT asked him to go with Yehoshua, so that's what  
the pusik says: ??? ????? ??? ????? ??? BECAUSE he had a huge fight with the YH and he won  
that fight, because of that he got rewarded that he will live another 40 years, ?????????? ?? ?????  
was after 40 years in midbar, so, we all have a similar ??? ????? ??? should we listen to the YH  
or to the YT, I think we will be better off listening to the YT!!!

**Today** is **Day #10**, and **Today** only, I really want to stay clean, and I will stay clean for the rest of my life, I realized that I'm Powerless, I can't help myself by myself, I need upper power, assistance and guidance, the **Today** is not long at all, it's a matter of just a few hours, I won't mess up the few moments left in **Today**, and Hashem, please stay on my 2 sides, please don't let me down, I want to stay clean, and help me, my partner, all GYE members and all Klal Yisroel stay clean.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 15 Jun 2017 18:12

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**Day #11**

B"H I passed **Day #10**, and **Today** is **Day #11**.

I'm very thankful that **Today** is called **number #11**, I'm very grateful and thankful to Hashem because he is always on my side, he loves me, even I don't see it, but I believe it, and every Nisoyion, is just another test, he wants to test me how far I will go out of my way for him, and even I might fall, which I hope not, I'm still his child, and he still loves me, and im not a fool or a loser, so, I won't fool myself, I'm a full fledge addict, and I am powerless on my addiction, and I need to be constantly fully aware of that. I'm still on top of the hill, one slip and booms.

I had a clean and successful day yesterday, I was passing Manhattan on Canal Street today, ou, it was hard not to look around, but I passed clean, **I'm actually clean of porn 70 days, I'm so excited and delightful about it, I never thought I'll be able to detach myself from it**, BH and thank you Hashem. and I'm very very proud of that, Thank You Hashem, for all the goods you are giving me, I'm really thankful, especially with my lusting problem, I beg you hashem, please don't let me fall,

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**Today** is **Day #11**, and **Today** only, I really want to stay clean, and I will stay clean for the rest of my life, I realized that I'm Powerless, I can't help myself by myself, I need upper power, assistance and guidance, the **Today** is not long at all, it's a matter of just a few hours, I won't mess up the few moments left in **Today**, and Hashem, please stay on my 2 sides, please don't let me down, I want to stay clean, and help me, my partner, all GYE members and all Klal Yisroel stay clean.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 16 Jun 2017 12:55

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**Day #12**

B"H I passed **Day #11**, and **Today** is **Day #12**, & Porn-clean **Day #71**

What an exciting day, it's **Todaynumber #12**, I'm very grateful and thankful to Hashem because he is always on my side, he loves me, even I don't see it, but I believe it, and every Nisoyion, is just another test, he wants to test me how far I will go out of my way for him, and even I might fall, which I hope not, I'm still his child, and he still loves me, and im not a fool or a loser, so, I won't fool myself, I'm a full fledge addict, and I am powerless on my addiction, and I need to be constantly fully aware of that. I'm still on top of the hill, one slip and booms.

I had a clean and successful day yesterday, and we are at the weekend again, today is Friday, im scared from it, I beg you hashem, please don't let me fall, especially with my lusting problem, BH and thank you Hashem for helping me until here, Thank You Hashem, for all the goods you are giving me, I'm really thankful,

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