

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: My Book of Business

Posted by Singularity - 25 Apr 2017 13:27

[Shivisi_Hashem wrote on 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..

I'd overwrite important meetings, conferences, dates with my wife, etc.

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Re: My Book of Business

Posted by Shivisi_Hashem - 25 Apr 2017 18:09

Day #6

B"H I passed day #5

Here is my update, as I wrote in my other thread, [My Upcoming Dilemma](#) i stayed sober last night, in my wildest dream 3 weeks ago i wouldn't believe that I will stay clean such a night without my wife on site, the nights when my wife used to be away, vacation or summer months was used to be the most dirty ones, i just can't imagine that i successfully finished yesterday's TODAY clean, i was so afraid of a fall.

i have to admit, that it popped into my mind a few times some thoughts, like touching and pleasuring myself, but i pushed it away in the second it came to my mind, i didn't let it come to fruition, and I'm so happy with my self.

so again, '????' '???' '???' '???' '???' i prayed so much the last few days that this few days should pass '????', so I'm happy that one day has gone clean.

i spend at night reading the GYE handbook, and FREE LUST TRUCK TOWING thread, there is a lot of good stuff there, thank you Markz, you are the guy.

i don't know what by the end hold me back, and to stay clean, 1) that ill be depressed, ashamed and having to start day one again, 2) reading on our forums, and the support from all of you, or both, I'll leave that to you to decide.

let me finish with my biggest THANK YOU for all our great '????' '????' '????' you were my support, without you, i would never be what I'm today, you will definitely share the '???' '????'".

im so excited, i feel like a million dollars.

will keep you posted again tomorrow morning

today is #6 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.

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

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Re: My Book of Business

Posted by Shivisi_Hashem - 25 Apr 2017 23:27

Gevaaaaald! im in a desperate urge mode, i affraid for a fall! where should i run? im babysitting, i cant run to shul, what should i dooo? pls some good idea...

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Re: My Book of Business

Posted by Markz - 25 Apr 2017 23:29

[Shivisi_Hashem wrote on 25 Apr 2017 23:27:](#)

"Shivisi_Hashem" post=311536 date=1493162848 catid=4

Gevaaaaald! im in a desperate urge mode, i affraid for a fall! where should i run? im babysitting, i cant run to shul, what should i dooo? pls some good idea...

Send the baby to me Fedex, then you'll be free to do as you please

I have a Fedex account, so you don't have to pay nothing

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Re: My Book of Business

Posted by Shivisi_Hashem - 25 Apr 2017 23:32

i need to get packaging supply, i cant get out, its raining, cant leave them alone, they are to young.

this addiction goes already on my nerves,

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Re: My Book of Business

Posted by Shivisi_Hashem - 25 Apr 2017 23:35

ok, thats my mission here in this little world, i just went out on my purch, hope here on the street, in the public nothing will happan..

Hashem please help me.. i need it now the most.. i was good for 3 weeks. please i dont want to ruin it..

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Re: My Book of Business

Posted by Shivisi_Hashem - 25 Apr 2017 23:42

what a flair up:cold_sweat:why in the world should we go through this, i have such an urge, i will stay here outside in the chily rain until ill get to my self.

im sory for writing, i feel thats the only way i will control myself now..

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Re: My Book of Business

Posted by Markz - 25 Apr 2017 23:43

[Shivisi Hashem wrote on 25 Apr 2017 23:32:](#)

i need to get packaging supply, i cant get out, its raining, cant leave them alone, they are to young.

this addiction goes already on my nerves,

If you prefer, I can have my USPS assistant come and pick them up. No packaging supply

necessary

What happened with your 9am farher on "Free Truck Towing"?

You missed it!

As punishment I want you to write 50 times

Im a sex addict

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Im a sex addict?

If you're not a sex addict, I'll tell you what to do...

Actually if you're a sex addict, I have a lighter sentence for you if you want to try (no, not Siberia

Warning: Spoiler!

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Re: My Book of Business
Posted by Shivisi_Hashem - 25 Apr 2017 23:51

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Re: My Book of Business
Posted by Shivisi_Hashem - 25 Apr 2017 23:56

Mark, Mind you, it worked wonders, what would do without you? I feel now much better.

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Re: My Book of Business
Posted by Markz - 26 Apr 2017 00:16

[Shivisi Hashem wrote on 25 Apr 2017 23:56:](#)

Mark, Mind you, it worked wonders, what would do without you? I feel now much better.

A little bit of honesty 50times can go a long way

What do you want to do about it

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Re: My Book of Business

Posted by Markz - 26 Apr 2017 02:14

KNOCK KNOCK

HELOOOOOOOOO????

USPS IS AT YOUR DOOR FOR THE PICKUP

PLEASE SEND THEM OUT

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Re: My Book of Business

Posted by Shivisi_Hashem - 26 Apr 2017 03:02

Thanks for your offer, I'm B"H doing great, I didn't have a fall even I had an extremely urge, but you saved my life, 2 things saved it, 1) going out on the street/pourch 2) writing 50 times "im a

Thanks for you, and Thanks Hashem.

TODAY is almost over, I still need help and support tonight since my wife is still on vacation, (she is back tomorrow) will update tomorrow on my progress.

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sex addict"

Re: My Book of Business

Posted by MayanHamisgaber - 26 Apr 2017 04:36

Great work

KOMT

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In case of emergency ill write 100 times