

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 Workingguy - 27 Jun 2017 19:43

Sorry to hear about it. Remind me- do you do twelve steps or therapy?

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Re: My Book of Business

Posted by Hashem Help Me - 28 Jun 2017 02:54

Shivisi, sorry to hear about the fall. However your post brought out the real beauty of GYE. Look at the genuine care people have for each other's successes and falls. This is what we all missed so desperately. We suffered excruciatingly in silence. We felt like resham and losers. Now we realize we are all part of a warm loving family of genuinely good people who struggle together. I am a big fan of yours and have gained tremendously from your posts. You write so upbeat and inspiring. Iyh you are going to become a big leader in this place one day. For now, pick yourself up, ask Hashem for help to push far away the yiush, and move forward. If you can, prepare yourself a plan what to do if whatever triggered this happens again. Maybe call someone.....

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Re: My Book of Business

Posted by Shivisi_Hashem - 28 Jun 2017 03:14

[Hashem Help Me wrote on 28 Jun 2017 02:54:](#)

Shivisi, sorry to hear about the fall. However your post brought out the real beauty of GYE. Look at the genuine care people have for each other's successes and falls. This is what we all missed so desperately. We suffered excruciatingly in silence. We felt like reshaim and losers. Now we realize we are all part of a warm loving family of genuinely good people who struggle together. I am a big fan of yours and have gained tremendously from your posts. You write so upbeat and inspiring. Iyh you are going to become a big leader in this place one day. For now, pick yourself up, ask Hashem for help to push far away the yiush, and move forward. If you can, prepare yourself a plan what to do if whatever triggered this happens again. Maybe call someone.....

Thank you for your support,

you know what, you cant be more right, the support and posts here on GYE, thats what keeps me going, its incredible how supportive our Chaveirim are, i thank you all for that.

im BH not meyiush, im happy to be part of GYE, and i know this is part of recovery, and i know that i will one day be the controller of this addiction, and the addiction wont be the controller of me..

thank you.

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Re: My Book of Business

Posted by Shivisi_Hashem - 28 Jun 2017 17:29

Day #2

B"H I passed **Day #1**, and **Today** is **Day #2**

I'm clean for the 2nd day, **Today** is number #2, I'm very grateful and thankful to Hashem for helping me to get at this stage. (it's sad, but that's the name of the recovery game, and i'm getting tired of this game)

I had a great and clean day yesterday, was a bit easier than ever, since it was a day after the

fall, im hoping to get it over, and im keeping on marching, we have 85 single today's to Rosh Hasanah, I hope I will make it clean...

Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Today is Day #2, 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.

Let's Stay Strong! Let's Stay Clean! And lets be positive and happy, Yes! We can! And Together!

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Re: My Book of Business

Posted by cordnoy - 28 Jun 2017 17:38

Still didn't edit your copy and paste.

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Re: My Book of Business

Posted by Shivisi_Hashem - 28 Jun 2017 20:13

[cordnoy wrote on 28 Jun 2017 17:38:](#)

Still didn't edit your copy and paste.

Did i break any GYE rule by copy and paste?

i like to make ???? my Rosh Yesivah used to say, that main thing is to make ???? , but in order to make ???? we must to lern it the first time, so im listening to him, i keep on making ????....

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Re: My Book of Business

Posted by cordnoy - 28 Jun 2017 20:59

[Shivisi Hashem wrote on 28 Jun 2017 20:13:](#)

[cordnoy wrote on 28 Jun 2017 17:38:](#)

Still didn't edit your copy and paste.

Did i break any GYE rule by copy and paste?

i like to make ???? my Rosh Yesivah used to say, that main thing is to make ???? , but in order to make ???? we must to lern it the first time, so im listening to him, i keep on making ????....

Either stick to today or your entire life. You can't have both!

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Re: My Book of Business

Posted by dms1234 - 28 Jun 2017 22:21

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Re: My Book of Business

Posted by Shivisi_Hashem - 28 Jun 2017 22:29

[dms1234 wrote on 28 Jun 2017 22:21:](#)

Chazara is supposed to have some sort of chiddush

disagree!!! Chazara means, going over old stuff, with no Chiddusim..... it means "going over old stuff"

but i will come up with something different, but next week, I'm to bz at work to think....

thanks for the comments, i appreciate that.

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Re: My Book of Business

Posted by Shivisi_Hashem - 29 Jun 2017 14:25

Day #3

B"H I passed **Day #2**, and **Today** is **Day #3 – Chazakah Day!!!**

Today is number #3, I'm very grateful and thankful to Hashem for helping me to get at this stage. And as one of our members wrote here on the forum (Cordnoy: Copy/Paste) "that the

good feeling that I learned what I thought was impossible became possible and the taste of success keeps me going. I don't want to fall and ruin all my hard work and need to start all over again". well said!!!

Today im leaving to the Catskills, I hope and pray to come back in better shape then I left, I shouldn't have a fall in any way or shape, not an easy one...

Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Today is Day #3, and **Today** only, it's the best & easiest way to recovery, when I focus on **Today** only, why look backwards when it looks depressing, so many falls and slips, and why look forward when it looks impossible, so far away and so much to go, so many rocks and potholes on the way, but the **Today** is so short, "Hayoim Kutzar" its really short, so that way is more doable, it's a matter of a few hours, so let's do it together.... lets not mess it up...

Yes! I do have lusty moments, hashem gave it to me for good reasons, and I'll try to use it just for that, and ill try not to use it for something else, that's part of my test, and I will try to get a 100 mark, if hashem sent it to me, Im positive that I can control it, and I will try with your help, I cant alone, and one day I will control my lust, and not the lust will control me..

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

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Re: My Book of Business

Posted by Michael94 - 29 Jun 2017 22:51

You're so inspiring!!!

thank u!!

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Re: My Book of Business

Posted by Shivisi_Hashem - 30 Jun 2017 04:47

[Michael94 wrote on 29 Jun 2017 22:51:](#)

You're so inspiring!!!

thank u!!

Thank you, your supportive post keeps me going,

thanks

stay strong stay clean

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Re: My Book of Business

Just got my daily chizuk from ur post

Posted by Shivisi_Hashem - 30 Jun 2017 15:35

Please check out this pic, the 3rd paragraph, its mind boggling how in that situation and no women around the still had lust,

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Re: My Book of Business

Posted by Shivisi_Hashem - 30 Jun 2017 15:51

Please check out this pic the 3rd paragraph, its mind boggling how in that situation, at the worlds war 2 in a concentration camp and no woman around, and still struggling with lust,

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