

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 cordnoy - 13 Sep 2017 18:31

[Shivisi_Hashem wrote on 13 Sep 2017 17:33:](#)

yes I'm wondering sometimes, why me? why do i have to go through this struggle? so many people and woman don't have this struggle at all, why do i have to battle with this? why can't i be like other normal people who are always clean?

Don't feel bad.

250,000 frum male adults struggle with this.

So assumes the Guard.

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Re: My Book of Business

Posted by Shivisi_Hashem - 13 Sep 2017 19:11

[cordnoy wrote on 13 Sep 2017 18:31:](#)

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so if we are talking from 250,000 observant jews, struggling with this sickness, then who says we are in the wrong direction? could it be that sooooo many jews are that bad???? maybe we are the ones who do the right thing and the other once are not?????? we dont see that big number within jews in the areas of ?????? ?????? etc... so maybe we are good to go?

not to say that im doing the right thing by acting out, just to say that i dont think the number of struggler is that high..... 250000 is a huge number... or maybe im still in the box, and i just dont know whats going on out there.

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Re: My Book of Business

Posted by Eyeglasses - 13 Sep 2017 21:10

???????? ?? ??? ????? ????? ???

Don't get carried away, you're on the right track bez'h, just keep going further.

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Re: My Book of Business

Posted by GrowStrong - 13 Sep 2017 21:50

[cordnoy wrote on 13 Sep 2017 18:31:](#)

[Shivisi Hashem wrote on 13 Sep 2017 17:33:](#)

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What does cordnoy think

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Re: My Book of Business

Posted by cordnoy - 13 Sep 2017 22:01

[Shivisi Hashem wrote on 13 Sep 2017 19:11:](#)

[cordnoy wrote on 13 Sep 2017 18:31:](#)

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I have two answers; the first one - some might not understand.

1. I couldn't give one damn who is right and who is wrong. I needed/need to stop because I wanted to live.

2. The same Guard also assumes that there are 2.5M from male Jewish adults in the world, so you mister are in the 10%. [Do you know that about 40% of the usa think that obama wasn't

born in America, russia voted in the '16 election, cia used drones to bring down the wtc (perhaps a drop less than 40, but more than 10) and that Golda Meir was a man.]

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Posted by Shivisi_Hashem - 13 Sep 2017 23:07

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1) i agree 100%

2) Cord, one word, you are "hilarious"

Thank you....

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Re: My Book of Business

Posted by Shivisi_Hashem - 14 Sep 2017 16:23

Day #30.

?Today is #30, and wasnt better then yesterday, i had a night struggle, but i behaved like a GYE'r, I didn't act out, was just a mind struggle, should I or shouldn't I, and in the end I won, no clue how I didn't give in, I had a strong desire to go ahead, but the other side to the story was, that I didn't want to do it just a week from Rosh Hashana, during the day, im perfectly fine,

but in bed, there is my struggle, I have too much time to think, and im to relaxed....

Sew a great ??? this week in the Parsha, ??? says: ??? ?????: ??? ??? ??? ???
???? ?????, ?? ??? ??? ??? ?????, ?????? ?????? ???
????? ????. ??? ?????? ??? ??? so I was thinking, that this ???
was written for us in recovery, special for us, our path is just for ??? Today only, the Today, the
??? and the falls, the ?????? is our builder, is ?????? ?????? and
this struggle is just for our Brachah, it gets us only stronger,

lets be happy that we are children of hashem, he loves us, and because of that we are in for
recovery, we want to live a normal life, have great relationship with **OUR** wife's, and children,
our head should be in our house and not at the garbage or the streets, lets continue our
recovery path with joy and happiness.

Thank you all!!! its 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 Hashem Help Me - 14 Sep 2017 20:47

So what is the plan for tonight? Being prepared what to do if the nisayon arises makes a big
difference.

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Re: My Book of Business
Posted by Shivisi_Hashem - 15 Sep 2017 00:26

[Hashem Help Me wrote on 14 Sep 2017 20:47:](#)

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Thats exactly my problem, my biggest struggle is when im in bed, relaxing after a full working day, and i have toouch time, i dont know what to do? Im reading in bed, but still having time to fight with my thoughts... help is appreciated...

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Re: My Book of Business
Posted by Markz - 15 Sep 2017 01:17

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You may get addicted to them too

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Re: My Book of Business

Posted by Hashem Help Me - 15 Sep 2017 11:15

You have to find something that will work for you. For some, reading an interesting book until they conk out works. (For some, a sefer makes them fall asleep right away...) Listening to a phone line or tape (yes, i am old enough that i still call it a tape), be it a shiur, a story, or whatever, may work. May Hashem help you find the solution easily until the habit is iyh broken.

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Re: My Book of Business

Posted by Shivisi_Hashem - 18 Sep 2017 03:16

Day #34

Today is #34, i had it BH very easy shabbes and today, probably because i dont want to mess it up before Roosh Hashanah, but who cares why? The main thing is that im clean, i remember when i start my holy jurney a week before peasach, it looked to me like an impossible thing, like how in the world will i survive without porn even a day? No masturbating, how? How will i make it? But now im here, a half year later, working on myself big time, im most of the time clean, i fell 3 times, but it will get better, i remember acting out on a daily basis, with no regret at all, porn was my life, of a 40 hour work week, i probably worked maybe 10 hours, i was realy dirty, it wasnt me, it was my double, but now im here, i myself, no doubles, yes i can, and we all can,

just a little courage and will power, and lets be happy, with simche we can get everywhere, we can reach anything, just be positive.

lets work on it together, one day at a time.

thank you all,

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Re: My Book of Business

Posted by Michael94 - 20 Sep 2017 05:13

I would like to ask (feel free not to answer) how was the transmission from working 10 hours a week to 40 how do you feel up those 30 hours? If u can get away with working only 10 hours?

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