

Kollel Guy's 90 Days

Posted by Kollel Guy - 21 Dec 2009 18:57

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DAY ONE

OK, I feel like I should have done this on my 1st day, but I didn't. So here I am a few weeks in. I got over my fantasy of "Now that I'm part of GYE I'll never fall again" with a rather harsh way of being awakened. It's time to start down the path of real work, and real responsibility, and real kabolos ol.

So..... even though on my chart I'm at day 12 today, that's only according to the letter of the law. Meaning I didn't do anything which I wasn't allowed to do according to the rules. But in reality - it starts HERE. I know that today I really did mess up. I looked for it. Baruch H-shem for my filter (2 days old) - I didn't find it. But I looked for it, and that does count in shomayim.

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Re: Kollel Guy's 90 Days

Posted by Kollel Guy - 28 Jan 2010 16:11

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[BecomeHoly wrote on 28 Jan 2010 16:04:](#)

Don't Learn alone! Isolation is the Y"H biggest tool. You need to get out and DO stuff. I've said it many times. Don't wait!

Hey I'm trying. No not the person "Trying", she's not here anymore.

I'm seriously *attempting* to get myself into a schedule like that.

But as you can see - it's not happening so easily.

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Re: Kollel Guy's 90 Days

Posted by think good - 28 Jan 2010 16:35

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Remember the 12 steps - one day at a time.

What is the best way you can think of to keep a schedule for say an hour or two?

You choose the time, and make a schedule you think you have a good chance of keeping.

If you can manage just one hour a day for 3 days is very good, then extend to another half hour.

Remember small steps.

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Re: Kollel Guy's 90 Days

Posted by silentbattle - 28 Jan 2010 17:16

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[Kollel Guy wrote on 28 Jan 2010 16:11:](#)

Hey I'm trying. No not the person "Trying", she's not here anymore.

:D :D :D

I see that it is happening, though. Slowly but surely, you're getting to where you want to be!

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Re: Kollel Guy's 90 Days

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Posted by Kollel Guy - 28 Jan 2010 23:26

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DAY 22 Thurs Bishalach

Day went by uneventful, but I sense danger on the horizon.

Oh boy, the old "who cares" feelings are starting to set in again.

I know I will hate myself for doing anything stupid, but I just don't care now.

Really familiar feelings....

This morning, my wife suddenly decided she wants to do a white list.

Pain in the neck white list.

It blocks out a lot of GYE even though it's white-ed. I can't get to the 90 day chart, or any other links.

I had a bad image in my mind, I fantasized about what it would be like to have the k9 password.

I better not let myself down again, I mean it this time.

If there's a will there's a way, for better or for worse.

I hope I can light myself up a bit over Shabbos.

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Re: Kollel Guy's 90 Days

Posted by imtrying25 - 28 Jan 2010 23:31

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***K= Keep***

***G= Growing***

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Re: Kollel Guy's 90 Days

Posted by silentbattle - 29 Jan 2010 00:20

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[Kollel Guy wrote on 28 Jan 2010 23:26:](#)

I hope I can light myself up a bit over Shabbos.

You can. You will.

Come up with a couple of things that you can focus on when your fantasies start? have them ready...

Remember that no matter what, you're a special, wonderful, holy person!

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Re: Kollel Guy's 90 Days

Posted by BecomeHoly - 29 Jan 2010 10:16

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[Kollel Guy wrote on 28 Jan 2010 16:11:](#)

[BecomeHoly wrote on 28 Jan 2010 16:04:](#)

Don't Learn alone! Isolation is the Y"H biggest tool. You need to get out and DO stuff. I've said it

many times. Don't wait!

Hey I'm trying. No not the person "Trying", she's not here anymore.

I'm seriously *attempting* to get myself into a schedule like that.

But as you can see - it's not happening so easily.

That is why you **MUST** ignore the past and go out and do something. Right now. Its friday morning. Go to the nearest hospital and visit some sick people. Sing to them Ikavod shabbat. Go make funny faces for the kids. Go OUT. removeyourself from the pit of isolation. Stop trying. start doing. Stop planning how to do it. Just do it. I know how it is... you plan, you wanna do it right, you think about how what if when. I learned last night - r' chanina ben dosa said, ??  
?????? ?????? ?????? ?????? ???????.

You can do it. you **CAN** get past this. IF YOU DON'T GIVE IN TO THE Y"H nothing will happen! NOTHING.

GO GO GO ! :-)

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Re: Kollel Guy's 90 Days

Posted by imtrying25 - 29 Jan 2010 10:17

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oy yoy yoy shabbos kadosh.....

whats with our communal lechaim tonight??

what time??

caan i use coke??

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Re: Kollel Guy's 90 Days

Posted by Kollel Guy - 29 Jan 2010 10:46

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[imtrying25 wrote on 29 Jan 2010 10:17:](#)

oy yoy yoy shabbos kadosh.....

whats with our communal lechaim tonight??

what time??

caan i use coke??

Our L'chaim is called for 8:15, and sure you can use coke...

Oh wait, you mean the *drink* coke? Oh sorry, I'm afraid that won't do. Needs to be something intoxicating.

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Re: Kollel Guy's 90 Days

Posted by imtrying25 - 29 Jan 2010 11:01

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7 / 9

It blocks out a lot of GYE even though it's white-ed. I can't get to the 90 day chart, or any other links.

dear (ROSH) kollerguy,

white list is the best thing you have ever gotten to yourself.

who cares the WOH? we can follow you here on the forum (may you can tell the guard to update for you, but he can do it just if you "still clean" :D :D :D if not, not!)

im as you,

surf by rimon on very high level protection , no chance to see garbage (i even don't try to)

and i'm grateful for her.

we told you, that the days around 20+- are the hardest days, just pass them and your desire will be less and less.

afterwards you will see yourself ascend up and up quickly.

your filter tests won't help you to get rid of the desire.

we trust you GEVER, you gonna do that,

it is just the little hard begining.

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Re: Kolliel Guy's 90 Days

Posted by Kolliel Guy - 30 Jan 2010 23:07

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we told you, that the days around 20+- are the hardest days

Very true. I can't believe I heard about it before, and was expecting it, and was prepared for it, and am *still* having a hard time... like "I wasn't expecting *this*! I was expecting to have a desire for it, but not to actually be having a hard time!!"

just pass them and your desire will be less and less.  
I certainly hope so.

afterwards you will see yourself ascend up and up quickly.  
I'm taking your word for it, I don't yet have that experience.

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