

Shmilu's renewed quest for purity

Posted by SoHard,YetSoRewarding - 29 Dec 2009 18:09

After a 3-months-to-long leave of absence -- unfortunately also a leave of absence from the principles which this special website stands for, I'm back...

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Re: Shmilu's renewed quest for purity

Posted by SoHard,YetSoRewarding - 03 Jun 2010 16:41

Lol.

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Re: Shmilu's renewed quest for purity

Posted by SoHard,YetSoRewarding - 04 Jun 2010 01:08

Day 17:

Slipped.

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Re: Shmilu's renewed quest for purity

Posted by silentbattle - 06 Jun 2010 06:03

The question is, what did you learn from your slip, and how did you grow from it?

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Re: Shmilu's renewed quest for purity

Posted by SoHard,YetSoRewarding - 07 Jun 2010 02:18

Day 14:

Despite only slipping, I decided to impose punishment on myself and scale back my count by a third.

Therefore, instead of day 20, today is day 14.

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Re: Shmilu's renewed quest for purity

Posted by SoHard,YetSoRewarding - 07 Jun 2010 02:22

What did I learn? I learned that in this fight, one needs to be extremely careful and take a guarded approach, especially when doing well, for no one knows when the Y"H will throw us a loop...

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Re: Shmilu's renewed quest for purity

Posted by silentbattle - 07 Jun 2010 06:08

I would strongly recommend against such a "punishment." It also isn't honest - counting days gives you an idea, at least, of how much clean time you have behind you. You have 21 days. That seems honest, to me.

It's true - even when things seem smooth, we need to work on preparing ourselves, growing, getting healthier. But I meant more specifically. In the same situation, what could you do differently?

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Re: Shmilu's renewed quest for purity

Posted by briut - 07 Jun 2010 10:40

I agree with SB. Brutal self-honesty is so important, whether it's working in our favor or ch'v against us. Honest weights and measures are a big mitzvah, whether we're cheating the customer or the storekeeper.

Just one man's opinion. YMMV (your mileage may vary).

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Re: Shmilu's renewed quest for purity
Posted by SoHard,YetSoRewarding - 10 Jun 2010 15:50

Hmmmm, how do I put this...

Ok... Fresh start.

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Re: Shmilu's renewed quest for purity
Posted by teenagehelp - 10 Jun 2010 16:33

just as a tip, i'd say that you post here how you kept your success going. You had at least 21 days (probably longer) and that is fantastic. do you have any ideas on how you'll make it to 22 days next time?

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Re: Shmilu's renewed quest for purity
Posted by Dov - 10 Jun 2010 23:14

Back to the "punishments" for a second:

Being an addict, the whole idea of "punishing myself" makes me return to being a big, fat, ba'al ga'avah again. Meaning that it'd return me to the useless grand illusion that I can beat this

problem with *enough* tachbulos, ohрма, and strength. I am not baylim over my recovery - just as I was not baylim over my addiction.

Hatzlocha.

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Re: Shmilu's renewed quest for purity
Posted by SoHard,YetSoRewarding - 15 Aug 2010 08:41

Ok, so I started off Elul on the wrong foot. What else is new?

2 falls in as many days...

It's looking grim.

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Re: Shmilu's renewed quest for purity
Posted by Dov - 03 Sep 2010 18:33

One

freakin

day

at

a

time

PERIOD!

AHHHH!!!!!!!!!!!!!!!

Sorry. I feel better now.....

b'ahava,

Dov

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Re: Shmilu's renewed quest for purity

Posted by SoHard,YetSoRewarding - 03 Oct 2010 17:56

I'm feeling great now with the help of the Echod Yuchid I'Myichod, b"H.

Day 6!

Ya'azoir Hashem Hol'oh!

The brisk weather here is also doing wonders; It puts me in a better mood, which consequently leads to less stress, which in turn leads to... LESS PROBLEMS WITH THE MASHCHIS!!!

Gvirois Hashem! Gvirois Hashem!

Brich Rachmonoh!!!

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Re: Shmilu's renewed quest for purity

Posted by SoHard,YetSoRewarding - 05 Oct 2010 00:55

Ois Mishomayim!:

I felt pretty weak last night, succumbed to my urges and keyed in some undesirable (to Hashem) keywords into my web browser.

Inexplicably, my browser ceased to function! I couldn't help but look upwards and smile...

Day 7!

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