

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

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Re: Momo II: Another try

Posted by the.guard - 26 Dec 2009 16:36

I am crazy about the new momo ;D

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 26 Dec 2009 18:02

[Eye.nonymous wrote on 25 Dec 2009 09:29:](#)

[7Up wrote on 25 Dec 2009 09:01:](#)

Momo, there comes a time in life when one needs to learn how to please oneself, not necessarily the world.

Keep doing what youre doing, and you'll discover that laughter is contagious and smiles spread for miles!

Next thing youll know; those 'serious' threads will be goofier than the 'Depressed Persons Chill Spot'

I've noticed a funny thing.

Many Newbies come in and offer their analysis of lust, intricate Divrei Torah, dry lists of tips "just do this and stay clean!," and technical questions about this forum.

We do appreciate them.

But, after a while, they all break down into heart-wrenching personal stories, and sincere cries for help.

And then, after a while, they start showing a sense of humor, too.

I think it's a sign of coming to terms with life and with realizing that we're not the center. I think it's important for recovery. After all, as John Hopkins medical center (in conjunction with Perdue university and poultry) studies have shown, "laughter IS the best medicine."

[BTW, this is a good reason for everyone to stick around.]

Beautiful point,eye.

If I can repeat what you're saying in a different way,

Rav Shlachter often speaks about seeing things from up close.

Meaning:People often have anxieties because they are watching things too intensely.

Imagine your life as a movie theater.

You can sit in the front row and see everything and need to respond immediately cause its so BAM!

Or you can watch things from farther,sort of like from the outside.

Laughter helps us take a step back and chill.

Addicts in general sit in the front row.

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Re: Momo II: Another try

Posted by Eye.nonymous - 26 Dec 2009 18:23

[Uri wrote on 26 Dec 2009 18:02:](#)

[Eye.nonymous wrote on 25 Dec 2009 09:29:](#)

[7Up wrote on 25 Dec 2009 09:01:](#)

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But, after a while, they all break down into heart-wrenching personal stories, and sincere cries for help.

As you yourself said, who was it who hated the joking hijacking once upon a lifetime??!

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Now that we've mentioned all this, I've noticed another type of person who joins GYE:

Someone who comes in completely desparate. "I give up! Life is so horrible! I'll never get better! I thought I'd join the forum anyways, but I'm beyond help!"

...and shortly after they're on a solid road to recovery!

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Re: Momo II: Another try

Posted by Momo - 27 Dec 2009 06:20

[Eye.nonymous wrote on 26 Dec 2009 18:23:](#)

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And, thanks for everyone's replies and chizuk.

So, with HaShem's and your help, I've got 19 clean days behind me.

Wishing everyone a shavua tov, and an easy yet meaningful fast.

Just think that in Israel we have to work and fast. Not easy. Oh well.

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Re: Momo II: Another try

Posted by Momo - 27 Dec 2009 06:44

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Something Duvid Chaim said. He said that we need to connect to our inner child. To remember a time when we were truly happy and self-confident, a time before the addiction started, or before the trauma that caused us to run to our addictive comfort zone. So, I was thinking.... (Don't worry Dov, not to much

I recommend everyone think about that child within himself/herself and connect with him/her. Remember what that child felt and how he/she acted.

I guess I'm starting to connect to that inner child.

I remember him now. For many years I had forgotten that he had ever existed.

Can you believe that up to age 12 I was extroverted, self-confident and happy? I actually used to put on one-man shows in front of my class, and prepare the material the night before, in my spare time.

Then something traumatic happened to me at age 12 (sorry, I won't go into details) and everything changed. I turned from a happy innocent child into an angry child with low self-esteem, got older, and discovered how to escape from the world. The rest is history, until a couple of weeks ago when I'm trying to rewrite history.

I did think my destiny was to try to free myself from the addiction, yet fail and die unclean. **Now I know that even though I am an addict I do have a choice on how to act.** My fate is not predetermined.

I think that is one of the most important things I've written in my entire life, and I've written a lot. I'll write it again. Now I know that even though I am an addict, I do have a choice on how to act.

Wow.

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Re: Momo II: Another try

Posted by Momo - 27 Dec 2009 06:52

Joke of the day:

What airline do ashkenazim fly?

Matos Massei

(Which if has to be explained, it literally means "airplane-wanderings")

GROAN!

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Re: Momo II: Another try

Posted by Momo - 27 Dec 2009 08:00

Today I'm feeling agitated and sad. Maybe it's the beginning of a new week, maybe it's the fact I'm hungry and miss my morning coffee.

It's also very quiet on the forum.

Anybody there?

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Re: Momo II: Another try

Posted by Momo - 27 Dec 2009 08:15

OK. I'm feeling a bit down. Forum's quiet. This is a good time to fulfill my promise and do my post that I promised upon getting 500 dollars in sponsors.

I hope you're not disappointed because it's a bit simple, but I'm pretty sure it's never been done before on the forum.

Enjoy!

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Re: Momo II: Another try

Posted by Ykv_schwartz - 27 Dec 2009 08:27

Nobody is here, I am just pretending to be here.

[Momo wrote on 27 Dec 2009 06:44:](#)

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Wow.

Thanks for sharing. For me, the above yesod was one of the most important ones once I internalized it. I read an interesting article recently from Rav Aharon Feldman, explaining how so many people do not really believe in "free choice", even though they do. The title of the article was appropriately named, "That is the way I am".

I mentioned this yesod in a post to eye, and two days later DuvidChaim reiterated the same yesod in a more eloquent manner.

My first step to recovery was learning how to reclaim my "free choice" faculties and realizing that I do have control over my actions and that my actions are a result of my decisions. Only after I was able to master that faculty was I able to learn how to deal with my thoughts and emotions.

Today I'm feeling agitated and sad. Maybe it's the beginning of a new week, maybe it's the fact I'm hungry and miss my morning coffee.

If you are a real caffeine addict, like myself, you would get yourself some caffeine pills. I always feel charged on fast days.

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Re: Momo II: Another try

Posted by Momo - 27 Dec 2009 08:30

YS, I'll get to you post soon, now I'm busy fulfilling my promise.

If I missed anybody, it's not intentional, and I apologize.

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Re: Momo II: Another try

Posted by Ano Nymous - 27 Dec 2009 08:35

YOU ARE SOMEBODY EXTRA SUPER DUPER SPECIAL!!!

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Re: Momo II: Another try

Posted by Momo - 27 Dec 2009 09:01

I'm done. 40 minutes and who knows how many messages later...

Hope you enjoyed!

:D :D :D

(OK, I counted and I think it's 59 posts.)

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Re: Momo II: Another try

Posted by Ano Nymous - 27 Dec 2009 09:05

Now it's MY turn to spam everyone's threads :D :D :D

Please READ and VOTE on this new poll I just created over here: rehab-my-site.com/guardureyes/forum/index.php?topic=1427.0

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Re: Momo II: Another try
Posted by Momo - 27 Dec 2009 09:28

[Ano Nymous wrote on 27 Dec 2009 09:05:](#)

Now it's MY turn to spam everyone's threads :D :D :D

I hope you are really joking.

I was not spamming. I was trying to make everyone feel good and special. I also had promised to do something special for the forum if I received 500 dollars in sponsors, which I did.

I guess imitation is a form of flattery. However, when posting a new poll, I think posting it on your thread, and creating a new topic, is sufficient.

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