

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 jerusalemsexaddict - 29 Dec 2009 14:34

AHHH!!!!

TRIGGERS!!!!

21!!!!

22!!!!!!

GOTTA STAY CLEAN!!!!!!

NO SLIPPING!!!!!!

NO MORE NEWSPAPERS!!!!!!

NO MORE INTERNET!!!!!!

NO MORE GOING OUTSIDE!!!!!!

COME ON MOMO!

WE CAN DO THIS MAN!!!

JUST KEEP FOCUSING ON THE 90 DAYS!!!

IF YOU FALL WE'LL KILL YOU!!!!

BUT NO PRESSURE!

WE BELIEVE IN YOU MAN!

JUST FOR TODAY!

ONE MINUTE AT A TIME!

AND AFTER 90 DAYS,YOUR MIND WILL HAVE NEW WAVES AND YOU WONT EVER
WANT TO MASTURBATE EVER AGAIN!!!

WOOOEEEEEEEEEE!!

IM SO EXCITED!!

SCIENTISTS HAVE PROVEN THIS!

CHECK OUT THIS LINK FOR ONE BALD MAN'S OPINION [candeocan.com/addiction-alters-
your-brain-but-you-can-reverse-the-effects/](https://candeocan.com/addiction-alters-your-brain-but-you-can-reverse-the-effects/)

IF YOU DAY 89,THATS NOT ENOUGH!

BUT THE NEXT DAY,YOUR ADDICTION WILL DISSAPPEAR!!

YAY!!!!!!!!!!!!

WE CAN DO THIS!

WE MUST DO THIS!

WE JUST NEED MORE WILL POWER!

GO MOMO GO!

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Re: Momo II: Another try

Posted by Momo - 29 Dec 2009 14:36

I'm ROTFL!

I haven't laughed this hard in a LONG time!

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Re: Momo II: Another try

Posted by habib613 - 29 Dec 2009 15:49

i agree with only half of uri's post.

lol

but seriously, momo, you can do no more triggers for the rest of the day.

slippery slope and all that.

NO MORE FALLS!

VLR!

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Re: Momo II: Another try

Posted by Steve - 29 Dec 2009 16:39

MOMO, you CAN do this.

You are amazing. I'm getting SO MUCH chizuk from you.

) and I'm also taking it one step at a time:

One second, one minute, one hour, one mishmar, one day, one night, then count one full day, one shabbos-waning (first half of the week), one shabbos-waxing (second half), one heilege Shabbos itself, then count one whole week.

Then do it again!!

This dance aint so hard once you know the steps. That's the 12 STEPS.

I'm in Day 16, (so I'm looking up to you - no pressure

Your mountains, as the YH looks right now, WILL turn into molehills. Lust WILL become a past bechirah point, you will no longer be disturbed by it, just like now you have no tieveh to eat in a treif restaurant, or flick on a light switch on shabbos.

You can sidestep the slips - don't allow any depression, remember you are just doing the best that you can, you can't control outcomes. Then concentrate on the GOOD that you can do. If you need a break from work stress, don't bottel - call a friend or parent for 2 minutes to say you're thinking about them, do something good, a mitzvah, learn a piece from Tomar Devorah, build yourself by building others - then get back to work.

Turn your triggers into TIGGERS!!! and BOUNCE away from them!!

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Re: Momo II: Another try

Posted by imtrying25 - 29 Dec 2009 17:15

Momo i think your a genius. Your the first one to figure out.....TO JUST
LAUGH AWAY AT URIS POSTS!!!!!!

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Re: Momo II: Another try

Posted by Dov - 29 Dec 2009 17:25

Yes, yes he **is** a genius.

But will y'all just calm down **a bit**?

There are no angels with trumpets blasting waiting on the other side of the 90 days, you know.
Some serenity has to be acceptable, too.

Sorry. 'snif'

;D

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Re: Momo II: Another try

Posted by the.guard - 29 Dec 2009 18:34

Like Dov said... The big question here is not if you can "white-knuckle" 90 days, but rather if you
can find the inner peace and serenity to be **free** of the addiction for 90 days - and beyond, one

if it's gonna all be about "pressure"... but it's not **meant** to be. It never **was**.

P.S. See Battleworn's recent post [here](#) on this idea as well.

So Uri is **right** for making fun of it

Go Momo Go!

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Re: Momo II: Another try

Posted by letakain - 29 Dec 2009 18:38

again, no pressure, momo!

and i'm gonna daven mincha 2, ok?

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Re: Momo II: Another try

And BTW, if you fall, you're dead
Posted by sch1977 - 29 Dec 2009 18:40

GO MOMO!!! We are all routing for you!!!

No matter what happens I'm proud of you. Take it one day at a time. G-d will help you as will we all.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 29 Dec 2009 19:14

[guardureyes wrote on 29 Dec 2009 18:34:](#)

Like Dov said... The big question here is not if you can "white-knuckle" 90 days, but rather if you can find the inner peace and serenity to be **free** of the addiction for 90 days - and beyond, one

if it's gonna all be about "pressure"... but it's not **meant** to be. It never **was**.

P.S. See Battleworn's recent post [here](#) on this idea as well.

Go Momo Go!

day at a time....

So Uri is **right** for making fun of it

Thank you guard.

Great post!

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 29 Dec 2009 19:19

Not that I want get into this discussion again, but if that is the whole post, then the introductory welcome is a little misleading.

It makes it sound like it's worthwhile to rough it for 90 days, cause after that everything becomes easier.

What exactly is your shitta on the 90 days, guard, once and for all?

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the 90 day chart on-line? Sign up over here...

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Re: Momo II: Another try
Posted by Steve - 29 Dec 2009 21:14

Uri,

If you must leave and go back to Chutz L'Aretz, may I suggest you pick up some stones, maybe a piece of J-m stone left over at a construction site. Having a real live piece of EY with you in your home away from home will help you keep your focus that you wanna get back one day.

Let me know when you're having the NY Kumzitz. And send me a link to the newest Kumzitz MP3, please.

How'd your day go, MOMO?

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Re: Momo II: Another try
Posted by the.guard - 29 Dec 2009 22:01

What exactly is your shitta on the 90 days,guard,once and for all?

I love you Uri, but I don't know if I have Koach to explain it again, because I've explained it so many times before and I don't seem to get anywhere... Maybe ask Reb Shlachter what my *shittah* is on the 90 days... I shmoozed with him today for a while, and we were in full agreement

Hint: See the GYE handbook. Notice that tool #6 - (finding alternate fulfillment) and tool #7 (cutting down slowly) come **before** tool #8 - (the 90 days).

We put it in the welcoming e-mail because it's a great motivator to get people started (after all,) Once they get on the 90 day train, they start to learn the **real** secrets of letting go (and all that kind of stuff) from the forum... Over time, their 90 day journey becomes a whole different ball-game... They learn that it's not a goal in itself, they learn how to let go, they try to find inner serenity, how to live one day at a time, etc... and hopefully the tricks they learn here can take "root" because they are not acting out... (all under the pretense of). Cuz if an addict is in **active addiction**, they can't learn how to "let go and let G-d" or all the other beautiful truths we learn in recovery. As they say in AA, "Do it Sober" And like Momo always says, "Restricting yourself frees yourself to be the real you"... so hopefully they'll get to 90 days with a whole new attitude. Oh, and then the scientific study will kick in too - and not only will they have a better attitude - they'll **also** have managed to hopefully change the neuron pathways of the addiction! :D

And BTW, I also spoke to Battleworn today, and we agreed that if a person is succeeding to slowly cut down (through tools #6 and #7), then even if he's not making it all the way to 90 days (tool #8), he **still** may end up succeeding in the end. It is only if a person sees that neither tools 6, 7 nor 8 are working for them, and they are simply falling completely back into the addictive pattern again and again, then at **that** point they need to move on to the next tools, and ultimately go for therapy and the 12-Steps - to get a whole "attitude make-over" from those with the real experience...

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addicts love control, no?

Re: Momo II: Another try
Posted by habib613 - 30 Dec 2009 05:50

GM MOMO!!!!

u always at work by 7.45?

crazy...

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