

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.

=====

Re: Momo II: Another try

Posted by the.guard - 14 Jul 2009 10:46

I now let my wife make most of the decisions to save me the pain later agonizing whether I made the wrong decision or not. And, the decisions I've made in the past that came out not perfect, I still agonize over them whenever I am confronted with them.

A man once came to one of the great Chaddisic Masters and was agonizing over the fact that he had pushed his father to go for surgery and the father ended up dying... "If I would have only done so and so" said the man, "my father would still be alive"... Answered the Rebbe: "**the words 'could have' or 'would have' are KEFFIRA!!**"

We have to believe that whatever we did in the past and whatever happened in the past and whatever decisions we made in the past - WERE MEANT TO BE EXACTLY LIKE THAT.

I'm wondering, what percentage of people suffering from addictions also suffer from low self-esteem and depression? Any official studies anyone out there is aware of?

It's VERY common. This is one of the chief underlying causes of addiction. It's no wonder Rabbi Twerski is a world expert on addictions, he wrote almost 50 books on SELF ESTEEM. Listen to [this shiur](#) from Rabbi Twerski where he discusses HIS OWN struggle with self-esteem.

=====

Re: Momo II: Another try
Posted by me - 14 Jul 2009 12:59

MoMo:

Why are we all here? Because we want that closeness to Hashem that only comes by fulfilling his wishes. Otherwise, we would all be out surfing around who knows where.

Here is one of Hashems wishes:

V'AHAVTA L'Reiecha K'Mocha MoMo, please look very closely at the last word of this mitzva.

K'Mocha.... do you see what I see.....K'MoMocha!!!

Yes, there is a remez to you in this very mitzvah! And, what does this mitzva teach us? THAT we must love our fellow yid,...just as much as we love ourselves. Well, if we don't love ourselves too much, we will not be able to make our fellow yid very happy.

So, we learn here that we **FIRST** must come to love ourselves, and only then can we fulfill this mitzva of loving our fellow yid properly.

=====

Re: Momo II: Another try

Posted by battleworn - 14 Jul 2009 13:26

Now that "me" brought up this posuk, I would like to refer you to the Chofetz Chaim's explanation of the posuk. The posuk ends off "Ani Hashem" The Chofetz Chaim (Shimiras Haloshon, shaar hatevunah, perek 6) asks what's the connection between ????? ????? and ??? ? And he explains in great length, that it means that if you see someone acting in a way that he shouldn't be acting, you're liable to look down at him and not love him.

So Hashem says ??? ? meaning "**I -Hashem- love him, I hold of him he's good enough for me, you could love him too**" Like it says ????? ? ?) ????? ? ?) and this posuk was said to "big-time" sinners

Every Yid is good enough for Hashem to love, but a Yid like Momo -GEVAAALD!!! It's people like you that Hashem ????? shows off about! (???? ? ?)

=====

Re: Momo II: Another try

Posted by hoping - 16 Jul 2009 13:38

Momo-

Haven't heard from you in a couple of days. Are things a little brighter? Hoping to hear from you.

=====

=====

Re: Momo II: Another try
Posted by chl - 16 Jul 2009 15:30

bs"d

I am really happy to hear that you are getting better. You are in my prayers.

=====

=====

Re: Momo II: Another try
Posted by the.guard - 19 Jul 2009 11:32

Momo, join the new chart.

We created a new "automated" 90 Day Wall of Honor chart to make it easier for everyone (it is still under construction, but it is already functional).

[Click here](#) to see the new automated chart.

[Click here](#) to sign up.

From now on, you can updated yourself manually. The chart **automatically** keeps track of how many days you are clean and what Level you are on, each time you update.

Here are the RULES for the new chart:

- You must update yourself at least once a week.
- If you do not update yourself for over a week, your name becomes RED.

- If you do not update for two weeks, your name falls off the chart.

(Even if you fall off the chart, your name remains in our database, so you can choose to go back on the chart by logging in with your username and password and pressing "edit profile" and then selecting "Put me on the chart").

To update yourself, [click here](#) to Login.

Type in your username: **Momo**

The password for everyone on the chart is currently: **GYE**

(you can change your password by clicking "edit your profile" at the bottom)

To update the chart, choose "Still Clean" and then press "Update Chart"

We hope you enjoy this new feature. It is one of many new features that we are working on.

Please send us any remarks about the new system, or if you think something should be different or that we should add/change anything.

Keep strong!

=====

Re: Momo II: Another try

Posted by 7yipol - 19 Jul 2009 12:12

Shavua Tov Momo,

Nothing to say really, other than

a)to tell you that you were in my thoughts all all Shabbos, and hope you're feeling happier.

b) to ask how Denmark is? :D :D :D

=====

=====

Re: Momo II: Another try
Posted by hoping - 19 Jul 2009 18:23

Hi Momo-

Happy to hear you are feeling better? you are in my thoughts and Tefillos.

With regard to Sundays, remember L'fum Tzara Agra. And the Sechar is per second (or maybe even less).

We are rooting for you!

=====

=====

Re: Momo II: Another try
Posted by chl - 19 Jul 2009 18:51

bs"d

Hi Momo,

i am very happy to hear about your progress, and that you are doing better! Sunday is also hard for me. So today i started working out again, and wow do i feel a different person! I worked out

Just as "hoping" and probably many other forum members i was also praying for you this Shabbes, and i mentioned your name by the Kosel.

all the best!!!

=====

=====

Re: Momo II: Another try

Posted by the.guard - 19 Jul 2009 20:36

Reb Dov, that's always been one of my all-time favorite vertlach!

=====

=====

Re: Momo II: Another try

Posted by battleworn - 20 Jul 2009 12:00

I suggest that you get back in to the handbooks. You were doing very well with that. It didn't make you immune from ever acting out again, but now you know that nothing does. When you post your comments on the handbooks it helps others also which in turn helps you in more than one way. I really enjoyed your stuff and I hope you'll continue soon.

=====

=====

Re: Momo II: Another try

Posted by 7yipol - 20 Jul 2009 12:26

Sorry to hear about a tough day in Denmark Momo. Perhaps the time has come to visit Japan

I fully agree with Battleworn. Go through the handbooks again and again, in fact, get a chavrusa / partner for it and study them with Rashi! There really is so much depth in them.

As for Duvid Chaim's group, I dont see any contradiction between what you aim to achieve, and what you *are* accomplishing already.

Learning to see beyond our own selfish needs is the exact response needed to beat the yh of "me". By slowly learning to focus and respond to the needs of others we come to realize that what we do affects others directly as well as indirectly. Yelling at ones wife will affect her day one way, while complimenting her will definitely have a very different effect. She gave you the cold shoulder all day after you yelled? Well, next time you may come to think twice before letting lose because you didn't like the result. She made your favorite supper and joked and laughed all night after the compliment? You are going to want to keep receiving that response, and will be encouraged to compliment again. We react to positive reinforcement.

Eventually, you will *want* to make others happy by giving to them, and in return, will find that true happiness is in giving. And by filling yourself with *healthy* stimuli, slowly but surely your need to act out will ease up.

Thinking of others and giving, is step one in dealing with the source of your internal emptiness. Acting out is nothing more than a putrid Band-Aid covering a festering wound.

Momo, have patience with yourself, although Im sure you are rolling your eyes as I say this! Remember, the addiction wasnt created in a day. HOw do you expect it to leave as fast? If I cut myself, the act of cutting may have taken mere seconds, but the act of healing will take days or weeks.

Let go, let G-d, and daven!

=====

Re: Momo II: Another try

Posted by 7yipol - 20 Jul 2009 12:39

MOMO!

I aught to be angry with you! Here I am; wracking my brains trying to find the right thing to write, while all I had to do was copy and paste the following post which I saw right afterwards!

In the future, just read the following. And after reading it, read it again. And again. And again!

I often feel exactly the same as you described in your last post. As so many have written, at this stage for us, it's the fight that counts, not whether we win or lose.

Please read my blogs (two here so far), and you'll read that I'm always being kicked down by the Y"H, and get back up to fight another day.

Forget about the tzadikim here who are on the big chart. Don't compare yourself to them. I stopped a long time ago, it just got me thinking that I'll never be on that chart no matter how hard I try, and that just depressed me.

After 120 years, HaShem will not ask you why you were not like Reb Guard, He will ask you why you did not live up to GMA's potential. That's all HaShem wants, for us to "be all that WE can be".

Every day you fight the Y"H is worth more than one clean week with no struggles.

We need you here and love you.

Momo

)

=====

====

Re: Momo II: Another try

Posted by Momo - 20 Jul 2009 12:44

If you had seen my post a few minutes earlier you wouldn't have written your wonderful post to me, and that would have been my loss.

All that aside, that doesn't answer my question I was hoping someone who has gone through the 12 step program can answer (I don't expect a response right away, but it would be great to get one within the next 24 hours).
OK, 7UP, ha ha.

Here, again is my question:

Once starting the 12 step program, how long does it take before I will I start to see real improvement? I'm sure it varies from person to person, but on average, how long?

=====

====