

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

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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 - 06 Jan 2010 16:13

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[Momo wrote on 06 Jan 2010 13:10:](#)

Please somebody tell me the rest of my life isn't going to be like the past couple of days.

Struggling all the time.

I don't think I could handle that...

When do you see R' Shlachter next?

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Re: Momo II: Another try

Posted by Steve - 06 Jan 2010 22:46

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YO, MO, WADDAYA KNOW?

Where is yu, man? Didja celebrate the big 30 with Sushi and Ding?

I'm in the middle of day 24. What's it feel like on the other side of the fence?

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Re: Momo II: Another try

Posted by Dov - 06 Jan 2010 22:51

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I love Momo, and pickles, too.

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Re: Momo II: Another try

Posted by imtrying25 - 06 Jan 2010 22:58

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[habib613 wrote on 06 Jan 2010 13:18:](#)

[Momo wrote on 06 Jan 2010 13:06:](#)

[7Up wrote on 06 Jan 2010 12:44:](#)

30 is a biggie; you thought the yh wouldnt fight today of all days?

I think 50 is big. 60 is big. 90 is big.

30? G-d, I worked hard for it, but it sounds so small now....

30 is big. 40 is big

1is big

lefum tzara agra

**1 is *HUGE!!!!!!***

And 30 is 30 of those 1's.

End of story!!!!

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Re: Momo II: Another try  
Posted by Dov - 06 Jan 2010 23:05

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As the official uber-moderator and dementor of this thread (?), I want to say to whoever said 30 sounds like little fishcakes, to just shut up and keep on trucking.

Thank you.

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PS. ...and l'Chayim!!

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Re: Momo II: Another try  
Posted by Momo - 07 Jan 2010 06:06

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Hi everyone.

Today is the start of day 31.

According to my records, the following people owe GYE the following amounts of money (10% of what you pledged).

Remember that you don't have to pay now. You can pay after I hit 90, or after I fall, which ever is sooner.

Silentbattle: 10 dollars

Kedusha: 10 dollars

Trying: 10 dollars

HabaLetaher: 10 dollars

arc321: 10 dollars

ImTrying25: 5 dollars

Habib: 5 dollars

Thank you all for your support. I can honestly say that if I didn't have sponsors, I would have acted out a couple of times last week, and this week too. You are helping keeping me "clean".

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Re: Momo II: Another try  
Posted by Momo - 07 Jan 2010 08:23

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It's so boring with nobody here.

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Re: Momo II: Another try  
Posted by Momo - 07 Jan 2010 08:31

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[Steve wrote on 06 Jan 2010 22:46:](#)

YO, MO, WADDAYA KNOW?

Where is yu, man? Didja celebrate the big 30 with Sushi and Ding?

I'm in the middle of day 24. What's it feel like on the other side of the fence?

I miss Habib's good morning.

No celebration.

I don't want to disappoint you, but 30 feels a lot like 24. And 25. And 26. And 27. You get the picture.

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Re: Momo II: Another try

Posted by Momo - 07 Jan 2010 08:36

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So, I'm like, I want to act out already. For the past week I've been white-knuckling it, and that's bad.

So why aren't I acting out? First, there's the 600 dollars in sponsorships riding on me.

Second, I am afraid if I act out I'll fall into a deep depression and give up the fight.

Any comments?

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Re: Momo II: Another try

Posted by habib613 - 07 Jan 2010 08:43

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shhhhh.... i'm just part of your imagination...

## GYE - Guard Your Eyes

Generated: 18 June, 2025, 09:45

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4- because you've worked really really hard to get here, and if you chas ve shalom fall,you have to REDO all that to get to where you are right now

5- because YOU ARE SOMEONE SPECIAL. and the YH like to make special people fall. it's soo much fun for him. and we don't want to do what the YH wants. so we're gonna stick it to the man, and NOT fall.

it's almost 4 in the morning... wish i could think up a couple more.

have a good day Momo

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Re: Momo II: Another try  
Posted by Momo - 07 Jan 2010 08:45

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Yeh! Thanks so much for posting!

You are always welcome here.

Good night.

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Re: Momo II: Another try  
Posted by Ykv\_schwartz - 07 Jan 2010 09:37

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Momo,

A few important points:

1) celebrate at your accomplishment and milestone. It is OK to feel proud. We need that in order to strive further. We need it for two reasons. Firstly, when we see our accomplishments it gives us a healthy dosage of happiness, calmness, confidence and self esteem which are important positive emotions for functioning. Second, when recognizing we reached a minor goal, we can now plan for our NEXT minor goal. The job seems a lot easier and less boring. We don't have to feel that we are endlessly playing the same game which created an unhealthy complacency. [Warning: Do not get trapped by the yetzer of milestones. The yetzer hara of milestone makes us look at the past, not at the future. We hit a point and look back at our accomplishments and forget the future ahead of us. We forget that [u]the milestone's purpose was to prepare us properly for the future.[/u]]

2) enforce bitachon in Hashem that the hard days will pass and it will become a bit more smooth sailing. Say a prayer for protection. There is NO shortage of prayers to be said. Recognize that only Hashem can create that for us. But we have to really want it and show we want it. Rav Noach Weinberg once said that davening is expressing our bechira.

3) But But But, Be Realistic. Please read the "Realistic Outlook on Recovery". The magic



carpet does not come on its own. We need to work for it.

4) Be sure to constantly thank Hashem for all your successes. Our role is to put in ratzon and actions. He brings the results.

5) "*sur-me'ra* - turn away from bad" is not enough on its own, you also need "*aseh tov* - do good". Begin planning some of your *aseh tov* . Take on a small easy mitzvah that will have a major impact on your whole day and perspective in life.

6) Take the time to to get in touch with yourself begin understanding yourself.

If you don't mind, I will call you at 2:15 today to discuss further.

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Re: Momo II: Another try  
Posted by Momo - 07 Jan 2010 09:48

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Dear Yaakov,

You may call me anytime. But I'm really ready to throw in the towel now that I've hit my first milestone.

The counting of days seems useless to me if it doesn't get easier with time.

I see that after a couple of days it gets easier, when the excitement and kedusha builds. But, after like 3 weeks, the excitement goes, and the feelings of struggle return. At least that's my own experience.

If something significant doesn't change with my attitude, it's just a matter of how many days I can white-knuckle it.

And once I fall, I'm pretty sure I'll give up totally, and fall badly in a mental way.

There's no magic carpet, but I NEED it! What happened to G-d helps those who help themselves (haba letaher mesayiin lo)?

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Re: Momo II: Another try  
Posted by the.guard - 07 Jan 2010 10:25

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Momo, you are doing fantastic!

If something significant doesn't change with my attitude, it's just a matter of how many days I can white-knuckle it.

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