

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 imtrying25 - 07 Jan 2010 11:05

Hey Momo!! Wassup?? Whiteknuckling is not the way your right. Dov is fire against that. Why not pm Dov . Hell give you a way and outlook to help you out.

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Re: Momo II: Another try

Posted by Momo - 07 Jan 2010 11:07

[imtrying25 wrote on 07 Jan 2010 11:05:](#)

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I think Yaakov S is calling me this afternoon, so I'll leave it at that.

I am trying to "live" by doing fun things, so I don't know what else to do.

How are you doing?

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Re: Momo II: Another try

Posted by TrYiNg - 07 Jan 2010 11:10

Go MOMO

Jst wanted to say that when I was whiteknuckling it didn't work. I was lusting all the time even if I didn't act out. I had to have a change of perspective in order to become a bit better..u seemed to have it! It wears off after a few days...We need to constantly renew it. Maybe read a few pages back when you started the journey? LETS HEAR UR ROAR..We know you've got what it

ps- check out a song I posted on my thread. The words are nice.

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Re: Momo II: Another try

Posted by imtrying25 - 07 Jan 2010 11:12

[Momo wrote on 07 Jan 2010 11:07:](#)

[imtrying25 wrote on 07 Jan 2010 11:05:](#)

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I think Yaakov S is calling me this afternoon, so I'll leave it at that.

I am trying to "live" by doing fun things, so I don't know what else to do.

How are you doing?

Living doesnt have to mean fun. It just means to do the things that life requires us to do. Whatever that maybe. And to get involved in it. This way keeping ourselves out of trouble.

Thanks for asking. Im doing pretty good. Btw keep me updated about the DC gettogether. If its gonna happen i need to make an announcemnt, no?

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Re: Momo II: Another try

Posted by the.guard - 07 Jan 2010 11:42

Anyway, he's against counting, as you know.

I know, but you keep claiming you can't keep "white-knuckling" it - and you need a change in "attitude". So I am saying that his job is to help you along those lines, so you won't FEEL like :D

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Re: Momo II: Another try

Posted by Momo - 07 Jan 2010 11:53

[imtrying25 wrote on 07 Jan 2010 11:12:](#)

you're white-knuckling it!

Thanks for asking. Im doing pretty good. Btw keep me updated about the DC gettogether. If its gonna happen i need to make an announcemnt, no?

I just got this email from DC:

"Kumsitz with the Captain"

Tuesday night Jan 12th 8pm to 10pm

It will be a blast!

Looking REAL FORWARD

Duvid Chaim

For location details, please write to IT25.

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Re: Momo II: Another try

Posted by Ano Nymous - 07 Jan 2010 12:11

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Re: Momo II: Another try

Posted by Momo - 07 Jan 2010 12:52

[Ano Nymous wrote on 07 Jan 2010 12:11:](#)

:'(:'(

You have no idea how jealous I am

Hey Ano, aren't you in touch with Uri?

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Re: Momo II: Another try

Posted by Steve - 07 Jan 2010 12:55

[Momo wrote on 07 Jan 2010 09:48:](#)

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

Momo, DONT U SEE? YOU ASKED FOR IT, AND YOU JUST GOT IT!!!

[Momo wrote on 07 Jan 2010 11:53:](#)

I just got this email from DC:

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It will be a blast!

Looking REAL FORWARD

Duvid Chaim

For location details, please write to IT25.

NOW IF THAT'S NOT THE HAND OF G-D AT WORK, I DON'T KNOW WHAT IS...

Forget about counting if it's getting in your way. Who needs the pressure? instead...

MAKE THE DAYS COUNT!

You know, we ALL know, you've got it in you!! Get out there and max out on chesodim, be creative and think what you can do for other people. Get some good feelings about yourself, cause YOU REALLY ARE SOMEONE SPECIAL. Do you even REALIZE how you uplifted the entire REAL WORLD with posting those same words all ovah da place?

Take from the former EXPERT in depression. The way out is to feel accomplished. Why not post your daily chesed or two on your thread here? It's not geivah, it's THERAPY!!!

I love you Momo, you're gonna do fine...

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Re: Momo II: Another try
Posted by Steve - 07 Jan 2010 13:01

Momo, here's a quote of something I sent to Humanbeing:

[Steve wrote on 06 Jan 2010 21:25:](#)

Next, #2:

What can you do RIGHT NOW when you feel your resolve slipping?

You've already started doin' it right. You've prayed, and you've posted. Now you have to PROVIDE.

Get out of your current environment and do something good for someone else.

Do a q quick chesed: call a parent just to say you love them. call a sick person to wish them a refuah shelayma and let them know you're thinking of them. Plan to visit a hospital on your way home or during your lunch break, give a stranger a bikur cholim visit. Go to the local kosher store and offer to help a little old lady with her packages, if she wont spray you with pepper. give some else's son in shul a kiss on the keppie and let him know what a big boy he is. call a good friend's wife behind his back and let her know what a great guy she married, tell her something special he did to build up their shalom bayis. Give a BIG SMILE to everyone you meet, be the first one to greet.

Doing something NEW to show yourself what you already know - that you are one hakkafa good guy - and that warm fuzzy feeling of doing good in the world and benefitting your fellow yidden will pull you thru.

And, of course, it wouldn't hurt to promise yourself ice cream if you're a good boy for the rest of the day. Lo lishma bo lishma.

And anyway, this is NOT Overeaters Anonymous....

Let me know what flavor you're having.... and KUTGW!!!

So what flavor are YOU having today?

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Re: Momo II: Another try

Posted by Momo - 07 Jan 2010 13:03

Thanks guys.

Am I allowed to show favoritism and thank Steve especially? You are going to be one of the GYE giants like Dov, Battleworn, Yaakov S and 7Up, of you aren't already .

Hope I don't offend anyone by saying that, but I wanted to say that.

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Re: Momo II: Another try

Posted by Eye.nonymous - 07 Jan 2010 13:28

Hey MOMO, hang in there!!!

Yeah, the excitement wears off and we might start feeling like our old selves. Even worse--AREN'T I BEYOND THIS NOW!!!! HOW COME I'M STILL STRUGGLING.

But, ironically, the less we think about trying to stay clean, the more likely we are to succeed.

Just get involved with other things that you need to do or would like to do.

And don't look over your shoulder "hey, have I got my mind off lusting yet!!!"

KUTGW,

--Eye.

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Re: Momo II: Another try

Posted by Momo - 07 Jan 2010 13:48

Guys, I can't go into details (I'm REALLY SORRY about this), but besides the DC event I received a MAJOR hug from HaShem today.

Like, a WOW sort of hug!

I'm now FLYING!

Who says HaShem doesn't respond? :D

I'm literally in awe. I feel like a pawn in a wonderful game of chess and HaShem is the master. I am honored to be HaShem's pawn.

For HaShem to give me this gift makes me speechless.

I know it's almost cruel for me to write this and not go into details, but I wanted to pass along the message that HASHEM DOES TAKE CARE OF US! DO YOUR BEST AND NEVER GIVE UP HOPE!

I have to give shevach veHodaa to the Master of the World.

I find that when we are in our darkest moments about to give up, if we're doing the right thing, HaShem then gives us gifts because He knows that we need it.

HaShem just reminded me that He cares about me. Yes, little Momo. Amazing.

And if He cares about **me**, I'm sure He cares about each and every one of **you** too because we're all doing the same thing, right?

HaShem Hu HaElokim!

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Re: Momo II: Another try
Posted by Steve - 07 Jan 2010 16:19

Momo, you are amazing!

I am sooooooooooooo glad that you are alive and that i know you.

We are all going to dance together at the beis hamikdosh REAL soon. I want to reserve one big circle for all the GYE guys together, and when we link arms and go turning, I want to close my eyes and lift my feet, and show the world how you guys have been carrying ME all along!!!!

And if you'd see my body mass, you'd appreciate that accomplishment...!

GMG 4-EVER!!

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