

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 Momo - 12 Jan 2010 14:15

I know I said yesterday that I would probably take a break from the forum, but that lasted 1/2 a day.

I guess I can't really leave it, and still need you guys.

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Yeah, not another

meow

from me.

Let us hear it, MOMO, C'mon man...

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Re: Momo II: Another try

Posted by Dov - 12 Jan 2010 18:02

....this sounds like one of those times when folks need a nechoma. Seriously.

When the Chofetz Chayim lost a son, he is quoted as having maspid him saying that until then, he had divided his love - some to the Ribono shel Olam and some to his son. Now that his son is gone, he will have no other place to direct his love other than to the Ribono shel Olam.

Well, maybe that's why he was the Chofetz Chayim.

And there is nothing wrong with loving your son....

So, for the folks who are mourning the separation the most here, maybe this can be an opportunity to put even more energy into our own recovery than ever. Even though it certainly won't be as much fun w/o 7-up around...I never thought I'd say that....

Sobriety is so precious!! Like Rav Noach would say about my children: "if they are precious to you, then ***take pleasure in the little guys!***"

May we all Keep On Squeaking the tricycle (KOS)...obviously no bardichever.....hey - where is he?

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Re: Momo II: Another try
Posted by Steve - 12 Jan 2010 18:47

He's at the kumzitz.

Momo, I expect a FULL REPORT on THIS DESK by morning.

Enjoy!!

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Re: Momo II: Another try
Posted by Momo - 13 Jan 2010 06:21

Hi eveyone.

No roars yet, but I'm doing OK.

Today is day 37 of my omer.

For my brief summary of what went on with DC last night, see here: rehab-my-site.com/guardureyes/forum/index.php?topic=1500.msg45175#msg45175

Have a great day everyone.

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Re: Momo II: Another try
Posted by habaletaher - 13 Jan 2010 07:30

Dear Momo,

I'm totally with you on the dazed and confused so busy yet not doing anything feeling. Good Luck snapping out and getting constructive!!

Sometimes a good run does it for me, a good sweat.. then come home, shower up... and BAM you got endorphins flowing and things just get snappier and more in focus...

Good luck and congrats on 37, remember that is a MOMO RECORD!!!!

Keep on Trukkkkin!

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Re: Momo II: Another try
Posted by Eye.nonymous - 13 Jan 2010 14:05

[Momo wrote on 13 Jan 2010 06:21:](#)

Hi eveyone.

No roars yet, but I'm doing OK.

Good to hear

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Re: Momo II: Another try

Posted by silentbattle - 13 Jan 2010 14:42

Glad to hear that the lion is rising from his slumber...and even if there are no roars in the physical world yet, I guarantee that the roars are being heard loud and clear in the spiritual one!

KOT!

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Re: Momo II: Another try

Posted by Steve - 13 Jan 2010 15:10

glad to hear you're doin' OK.

Keep your eyes open for A & W's, look for the inspiration, it's just around the corner.

Have a good, great or awesome day. Choice is yours, Momo.

And whatever it is, reward yourself for 37 (Wowie) with a little L'Chaim, cuz you just passed DOUBLE CHAI!!

GEVALDIG!!!

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Re: Momo II: Another try
Posted by Ineedhelp!! - 13 Jan 2010 15:18

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Re: Momo II: Another try
Posted by Momo - 13 Jan 2010 17:00

[Rage ATM wrote on 13 Jan 2010 15:15:](#)
IMUS really has that effect on all of us RATM

congrats momo on your new record...you have simply amazed me like no one else here...please give me a beracha to be like you one day...to actually change one's personality for the better is so so hard...i know i have flaws in the ways i deal with people but its so hard for me to change...i hope to be like momo...one day...

Wow rage, you never cease to amaze me. Thanks for the complement.

The personality change is due to having a different outlook, which was achieved for me through therapy, DC's calls, and constant work. I slip up a lot, but I think I'm moving in the right direction. At least I'm aware of what I'm doing and why I behave in a certain way, which I wasn't before.

If you want to change, I suggest tackling one trait at a time.

And don't forget someone wise once said that it's easier to learn all of Shas than to change one character trait.

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