

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 - 17 Jan 2010 13:58

The ground just shook and I thought of port-au-prince!

I quickly rushed over to Momo's thread and breathed a sigh of relief. It was just Momo's Roar

Momo, we'll call it a slip, as long as you didn't actively seek out porn.

But only if you don't continue.

If you let it take you down and start searching again for celebs or other soft-core-porn", we'll have to call it a fall.

But for now, it's not.

You caught yourself before it became a fall.

And that is much harder than staying clean.

You are our hero today, Momo!

And, by the way, I just got a letter from your addiction by e-mail. She asked me to send you a love letter.

A "Love Letter" From Your Addiction:

Dear Momo,

I have come to visit once again. I love to see you suffer mentally, physically, spiritually, and socially. I want to make you restless so you can never relax. I want to make you jumpy, nervous, and anxious. I want to make you agitated and irritable so everything and everybody makes you uncomfortable.

I want you to be confused and depressed, so that you can't think clearly and positively. I want you to feel guilty and remorseful for the things you have done in the past and you'll never be

able to let go of. I want to make you angry and hateful toward the world for the way it is and the way you are. I want you to feel sorry for yourself and blame everything but me for the way things are. I want you to be deceitful and untrustworthy and to manipulate and con as many people as possible. I want to make you feel fearful and paranoid for no reason at all. I want to make you wake up all hours of the night screaming for me. You know you can't sleep without me, I'm even in your dreams. I want to be the first thing you think about every morning and the last thing you think about before you black-out.

I'd rather kill you, but I'd be happy enough to put you back in the hospital, another institution, or jail. But you know that I'll be waiting for you when you get out. I love to watch you slowly go insane. I can't help but sneer and chuckle when you shiver and shake; when you freeze and sweat at the same time; when you wake up with the sheets and blankets soaking wet. It's amusing to watch you ignore yourself; not eating, not sleeping, not even attending your personal hygiene.

Yes, it's amazing how much destruction I can be to your internal organs while at the same time working on your brain, destroying it bit by bit.

I deeply appreciate how much you are sacrificing for me. The countless good jobs you have given up for me; all the friends that you deeply cared for, you gave up for me.

And what's more, the ones you turned yourself against because of your inexcusable actions. I am eternally grateful, especially for the loved ones, family and the more important people in the world that you have turned yourself against. You threw even those away for me!

But do not despair, my friend, for on me you can always depend. After you have lost all these things, you can still depend on me to take even more. You can depend on me to keep you in living HELL, mind, body, and soul. For I will not be satisfied until you ARE DEAD, my friend.

Forever Yours,

Your Addiction

=====

====

Re: Momo II: Another try

Posted by silentbattle - 17 Jan 2010 14:50

You can get my email address on my profile - and don't worry, I'm still here with you! I plan on seeing you make it to 90!

Much happier to stay and watch the beauty unfold...like watching a gorgeous sunrise!

=====

Re: Momo II: Another try

Posted by Ineedhelp!! - 17 Jan 2010 15:54

[Momo wrote on 17 Jan 2010 14:13:](#)

And even if i would've left, I still would've sponsored you - I already promised to, right?

Nice letter. Yes, I understand it perfectly, and it's all true, unfortunately.

Guys, do you want to GChat with me when I'm online? If you do, please PM me your Gmail address and I'll invite you.

Sorry, men only, except for 7Up.

Send me an invite Momo!

-Yiddle

=====
=====

Re: Momo II: Another try

Posted by Kedusha - 17 Jan 2010 18:36

[Momo wrote on 17 Jan 2010 18:34:](#)

I think I already fell. Well, Guard considers it as a slip, but it's a very big slip.

Don't try to be more religious than the Pope! On second thought, maybe I should rephrase

=====
=====

Re: Momo II: Another try

Posted by Kollel Guy - 17 Jan 2010 18:41

So, while you may still be liable to pay the sponsorship, I may stop counting.
If you dare, you'll have bigger problems than your little "fall".

You might have seen my show. It's called "Meet the fist".

I'm just kidding - I won't really come after you.

But please don't stop counting, you don't realize how much you will disappoint everyone here.

=====
=====

And remember - NO THINKING

Re: Momo II: Another try

Posted by Dov - 17 Jan 2010 19:10

[Kedusha wrote on 17 Jan 2010 18:36:](#)

[Momo wrote on 17 Jan 2010 18:34:](#)

I think I already fell. Well, Guard considers it as a slip, but it's a very big slip.

Don't try to be more religious than the Pope! On second thought, maybe I should rephrase

I like Kedusha's angle.

I have no right to the details, Momo, but my sponsor let me in on a secret. Even though the date/count is purely about "not acting out", rather than the more meaningful *positive recovery* that makes our lives better, we still don't mess with it except after a clear violation of an *objective* standard - or at least a basically clear violation of a basically clear standard... :-\

The idea behind that is that once we start being machmir (or meikil!), we set *ourselves* up as the sole arbiters of what constitutes sobriety for us. We thus return to pretending that we are G-d, which was part of our problem in the first place, of course. You know, ask Uri: control of the pains of life by pleasuring ourselves on demand, bargaining with G-d, holding onto guilt and resnetment....that kind of stuff. We held onto the "power" even as we lost all control and our ineer lives went to pot. *That's* why we did not have room for Him in addiction or couldn't find Him - we were sitting on His throne.

Does that make any sense to you? Maybe this isn't your issue at all, though.....so:

Nu. Even if you choose to restart your counting, you still have kol hakavod and best wishes from

me, Momomemomemo!

=====
=====

Re: Momo II: Another try
Posted by Dov - 17 Jan 2010 19:32

G-d bless you, Momo.

Whether in the GYE count you "make it to 90" or not, it sounds like you've got the marbles out of your mouth and into your head, where they belong. Alei v'hatzlach ad meya v'esrim shonim Tovim, friend!!

=====
=====

Re: Momo II: Another try
Posted by Ineedhelp!! - 17 Jan 2010 20:49

[Momo wrote on 17 Jan 2010 19:35:](#)

Thank you Dov, but I'm really undeserving of your praise.

Sometimes I have a few moments of sanity in between being insane.

You've been sober for over 10 years, and I was sober for 40 days. Now, who should be praising who?

:-[:'(

"Undeserving"??? You are both sober RIGHT NOW!! And that is all that matters. We cant change the past so lets just look at whats going on right now. Momo, you know where to find me if you need me.

-Yiddle

=====

Re: Momo II: Another try

Posted by silentbattle - 17 Jan 2010 21:25

Momo - You need to do whatever you need to do. And I'll support you no matter what. So take your time, and figure out what will help you be healthy, and get clean in the best, easiest, and quickest way.

From the way you're talking, though, it sounds like you're stopping because you're discouraged, and drained...it almost sounds like you don't think you CAN reach 90. And I guarantee you that's not true. You can do anything. Like Yiddle said, you're sober right now.

You might wish that you'd done things better, but you can work on that as time goes on. If you haven't fallen, then you need to remember that even if you've slipped, you're still creating more distance between you and your addiction. You've left that sack of rocks on the side of the road, and you're still walking - you haven't reinforced that behavior!

If you're only doing it to raise money for GYE, I don't think it'll work - I think that no matter what, being clean for 90 days is a wonderful accomplishment. Heck, being clean for one day is a fantastic accomplishment!

And no matter what, reading your thread is still like watching the sun break through the clouds in a burst of color and pure, pure light...

=====

Re: Momo II: Another try

Posted by sci1977 - 17 Jan 2010 22:35

Make the right decision for your best chance of recovery. All of us are here to help.

=====

=====

Re: Momo II: Another try

Posted by habaletaher - 18 Jan 2010 05:49

Dear MOMO,

Somehow, you are one of the people that everyone on this forum comes to visit and post on, I think somehow you represent for all of us the eternal struggle, a guy who so badly wants kedusha vitahara, and has tried so hard, yet faces enormous challenged. A person who like most of us is super human and prone to falling, yet also able to deal with the pain of the fall with incredible strength...

If you need a few days, take them, if you need a week take it, but please don't cut yourself off of a place that has so much to offer and so much to gain from you!!!

I don't call it a fall at all, think about where you are coming from, and that is nothing!!!

KUTGW!!

And Keep on Trukking!!!

=====

=====

Re: Momo II: Another try

Posted by WeWillNotBeForsaken - 18 Jan 2010 06:20

Its amazing that even after you think you fell, you're still here. That shows tremendous strength - you're getting up immediately. Amazing.

=====

Re: Momo II: Another try

Posted by Ykv_schwartz - 18 Jan 2010 10:43

Hi Momo,

Just checking in. I just sent you a PM. But that was before your latest post. I am not sure if I understand the implications of it.

Something to keep in mind: In the big book they emphasize how we have to willing to let go of our old ways and thinking before move into recovery and let Hashem into our lives. The problem is that this is hard. Many people only want to want. So what do you do? Easy. You daven to Hashem to help you want.

"Are we now ready to let God remove from us all the things which we have admitted are objectionable?

Can He now take them all—every one?

Should we still cling to something we will not let go, we ask God to help us be willing."

The man will the BIG WHITE BEARD (private joke between me and MOMO),

yaakov

=====

Re: Momo II: Another try

Posted by Tomim2B - 18 Jan 2010 10:47

Momo, if you're ever in a situation like that again, you're welcome to contact me directly - now

G'luck, and remember: it aint over till the fat lady sings! ;D
that you know how.

2B

=====

=====