

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 Momo - 18 Jan 2010 12:08

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[7Up wrote on 18 Jan 2010 11:25:](#)

Hi Momo,

First of all, there are "GM Momo messages pasting the walls over the mechitza! I promised I'd

I do not post this side of mechitza as a rule as you may have noticed.

You know we are with you through thick and thin.  
let you know - out of sight is definitely not out of mind

Always

Thank you for posting, and for relaying the messages from the "sitas". It means a lot to me, and is definitely a "pick-me-up".

I'm sitting here wondering how you and the "sistas" are doing.  
But all rules need exceptions

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Re: Momo II: Another try  
Posted by Eye.nonymous - 18 Jan 2010 13:10

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HI MOMO!!

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Re: Momo II: Another try  
Posted by Momo - 18 Jan 2010 14:15

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[Rage ATM wrote on 18 Jan 2010 14:11:](#)

momo, lets see the real change in momo now...the 40-something streak youre stringing together is an amazing testament to what the real new momo is all about but you know what is an even greater testimony to the new momo? how will the new momo react when things get down? i kinda know how the old momo wouldve done it and i am excited to see the new shiny happy momo bounce up, up, up and get moving again in the right direction

I know. You're right on the money. I've thought about that too.

I haven't used it as an excuse to fall deeper and cross my red lines (which amazingly, I haven't crossed in 41 and 1/2 days). ) and

I realize how vulnerable I am, and how careful I must be. It's a humbling experience. Humble lions don't roar, but maybe sometime in the future...

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Re: Momo II: Another try

Posted by silentbattle - 18 Jan 2010 14:56

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And please remember, too, that you have a lot to be happy about...and as always, I'm suspicious of "down" feelings, and suspect that they're usually NOT coming from a place of growth, but rather the yetzer hora.

I haven't let my slip/fall (whatever it was) get me into a deep depression (just a "light" one

So remember that as far as hashem is concerned, you're winning, you're doing great, and you should be smiling!

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Re: Momo II: Another try

Posted by Kollel Guy - 18 Jan 2010 15:58

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And please remember, too, that you have a lot to be happy about...and as always, I'm suspicious of "down" feelings, and suspect that they're usually NOT coming from a place of growth, but rather the yetzer hora.

The rule of thumb with any type of sadness, is that if it makes you want to serve H-shem and do more mitzvos and better - then it's the good type. But if it has the slightest trace of yiush or "what the heck" or anything that makes you unmotivated - it's just a mask. Inside is 100% Y"H.

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Re: Momo II: Another try

Posted by Dov - 18 Jan 2010 17:27

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Y"H = Yi'ush is Hevel

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Re: Momo II: Another try

Posted by Steve - 18 Jan 2010 18:05

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**MOMO!!!**

***The most UNBELIEVABLY VALIANT WARRIOR, right on the FRONT LINES!!!***

Momo, you remember being a little boy? Remember wanting to be just like those cartoon characters that always beat the odds?

I'll let you in on their secret.... THEY ARE FLEXIBLE!!

If a heavy book falls from high shelf, it goes **SPLATT** on the floor and just lays there, and the dust clouds settle. Inflexible.

But when a cartoon character falls from the same height, when he hits the floor, his body kinda **SQUASHES**, and then he **BOUNCES RIGHT BACK UP AGAIN**. And in that bounce is a **NEW MOMO-MENTUM**, which is a product of the inertia he hit the floor with, the hardness of the floor, and the **RESILIENCY** of his body, catapulting him to a greater height like a super-ball.

Your inertia is the speed, power, and grace of you 41 plus days; the hardness of the floor is the **TRUTH** that we will **ALWAYS** be powerless against our addiction; and your resiliency is that **YOU DON'T WANT TO STAY ON THAT FLOOR**, but use it as a springboard to greater heights, because you are aiming to get there!!

Don't get depressed because of the hardness of that truth. It's a **CHESED** from HKB"H that you **KNOW THIS**. It's is **NOT** debilitating, adarabbah, it is the **MOST FREEING THOUGHT POSSIBLE**, because now I know that I will be OK if I **NEVER** cross that Red Line (as you called it). That's the bottom line. We just can not go there, or even near it.

The YH is pulling out the stops, trying to get you to slip with enough "safe" ventures into his territory until you cross the Red Line. **MOMO!! Build a fence!!! Make an amber line ahead of the red one, and don't cross that one either!! YOU ARE STRONGER THAN YOUR YH IF YOU WALK WITH HASHEM NEXT TO YOU!!**

When i find myself starting to look at women again the wrong way, I have learned **from you** to **STOP MYSELF** and examine my motives - why am I feeling sorry for myself enough to go down this slope. Once i realise what's causing the depression, I say **like you taught me ENOUGH!!** I will not do that again today!! **TODAY** I can handle. I'll deal with tomorrow when i get there.

Momo, Never Give Up!! The Lion **WILL** roar again!!

And remember we all love you.

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Re: Momo II: Another try

Posted by habaletaheer - 18 Jan 2010 19:00

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Not the lion will Roar again, but the lion is Roaring as we speak!

Remember gibor ki'ar, what is the greatness of the ari, what is gibor, the ability to hold back your Y"H and you are doing that right now!!! The roaring may be quiet and may be beneath the surface, but the roaring is stronger than ever!!!

Sometimes the first slip is not our real test at all, our real test is whether we're gonna let the YH make us feel so bad about the first fall that we just throw in the towel and go all the way.

But you are not doing that, you are holding those red lines and not letting yourself be dragged across them!! You are ROARING!

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Re: Momo II: Another try

Posted by Ykv\_schwartz - 19 Jan 2010 06:54

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Have a wonderful day

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Re: Momo II: Another try

Posted by Kollel Guy - 19 Jan 2010 13:40

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[Momo wrote on 19 Jan 2010 13:21:](#)

Does anyone else here feel like **their** world is falling apart?

I can't go into details; a **Yes** or **No** is sufficient.

My world feels like it's in pieces already, it's actually been this way for as long as I can remember. I'm not even so bothered by it anymore. My focus at this point is to put it together. It seems far away, but I always believe that one day I'll do it, and always think that day will be tomorrow.

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Re: Momo II: Another try

Posted by Eye.nonymous - 19 Jan 2010 14:01

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[Momo wrote on 19 Jan 2010 13:56:](#)

This is pathetic, but the only constant in my life is the music I'm currently listening to.

Everything else can disappear in an instant.

- Our families (R"L).
- Our friends.
- Our jobs.
- Our "clean" streaks.

Everything!

Yeah, I think it's part of being alive. We just gotta try not to get too upset when things fall apart (and not too excited when things are going great).

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Re: Momo II: Another try  
Posted by Kollel Guy - 19 Jan 2010 14:20

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[Momo wrote on 19 Jan 2010 13:56:](#)

This is pathetic, but the only constant in my life is the music I'm currently listening to.

Everything else can disappear in an instant.

- Our families (R"L).
- Our friends.
- Our jobs.
- Our "clean" streaks.

Everything!

And for lots and lots of people - they DO disappear. If you want to extreme-ize what your feeling now, read through Koheles. It will also put your mood in the right perspective.

At first glance, one can wonder why G-d would create his world this way. But if you think about it, in order for us to make the choices we need to make, and for our actions to have the value and meaning we need them to have, it has to be this way.

We **can't** be confident about the things we have here. It's counterproductive and makes us forget the purpose of it all.

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Re: Momo II: Another try

Posted by silentbattle - 19 Jan 2010 14:48

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Falling apart? You've gotta have something for it to be falling apart...I'm working on moving forward, and OK, I know I've got a lot to be thankful for, but sometimes...I just feel like my life is empty. And as an aside, things with my job (which is part-time, and not something I'm desperate for) are just SO messed up, and I've got to constantly reassess things, and get information from people who are too busy to give it to me, yadda yadda.

And you know what? That's part of one day at a time. Fine, so things aren't where I'd like them to be. Just live today to the fullest possible. What will happen tomorrow? To my clean streak, to my friends, family, dating, therapy, job, etc? Doesn't matter. Just live today.

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Re: Momo II: Another try

Posted by the.guard - 19 Jan 2010 20:01

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gmg

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