

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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Nice idea from Duvid Chaim's call

Posted by Momo - 04 Aug 2009 05:38

Point #1

When we act out either:

- We believe in HaShem up to a point. We say to Him "Don't look." which means "I am not as afraid of you as I am of people (about being found out)." We put HaShem in our pockets, pulling

Him out when we need Him and putting Him back when we don't want to follow Him.

or

-We use HaShem if we pray to Him to help us lust successfully while we're acting out. In this way we act as masters of the universe, trying to out-master HaShem!

Point #2

One should never pray for ourselves, that's selfish. Instead, we should pray for others. If we need something, we should see how that item will help others, and then ask HaShem to give it to us so that we can help someone else.

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Re: Momo II: Another try

Posted by Momo - 04 Aug 2009 08:46

I'm feeling very tired and a bit sad today. The G-dly inspiration I had last week is gone, and I now feel empty inside. I've been slipping a lot over the past couple of days.

Sorry to depress you guys. Even Momo feels down sometimes.

I'm having a hard time "seeing" HaShem around me.

My prayer for the day: "HaShem, please open my eyes to see You, feel You, and fill up my empty vessel with You!"

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Re: Momo II: Another try

Posted by Tomim2B - 04 Aug 2009 09:42

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Re: Momo II: Another try

Posted by Momo - 04 Aug 2009 10:50

OK guys, I fell after 14 days. (I don't know if the last 2 days even count since I actively slipped so many times.)

Time to move on and continue onward!

Chevre, acharai!

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Re: Momo II: Another try

Posted by the.guard - 04 Aug 2009 10:55

Momo, it's great you keep honest with us all and get right back up. It seems to me you are holding at tool #7 in the GYE handbook, but if this proves not enough - you might want to just BITE THE BULLET and move on to tool #8 - which is making a push to 90 DAYS - NO MATTER WHAT YOU FEEL - even if you feel you're gonna die. This takes a leap of faith, but it's well worth it. Once you hit 90 days, your mind has "given up" on lusting and you will feel so much more free!

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Re: Momo II: Another try

Posted by Momo - 04 Aug 2009 11:40

Reb Guard, interesting since I thought I was on tool #12 with my posts (helping others) and especially after joining Duvid Chaim's call (tool #11).

I was also thinking, isn't it hypocritical for me to post chizuk and helpful hints to others when I don't think I can do 90 days. I can't even help myself? I write so much beautiful stuff but when push comes to shove, I don't

A very humbled,

Momo

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even follow my own advice. Once I'm in the "shlung", my brain turns off and I just surf. >

Re: Momo II: Another try

Posted by Tomim2B - 04 Aug 2009 11:52

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Re: Momo II: Another try

Posted by the.guard - 04 Aug 2009 12:52

Tomim's right Momo! It's *davka* those who keep pushing and falling and pushing that end up getting the BEST experience and offering the BEST advice!!

That's why your advice is so precious and I keep sharing it with everyone in the chizuk e-mails. Because you are a real addict and your struggle is so real and your determination is so real and you recognize the nature of the disease!

And about the 90 days and tool #7, I didn't mean you shouldn't be doing tools 11 and 12... The tools are not **all** chronological, I am just talking about tools #7 and #8. Your pushes for purity and subsequent falls over the past few months show that you are working tool #7 **very well**. All I'm suggesting is that you might be ready to jump in - and I mean REALLY JUMP IN - to tool #8, and decide that life-or-death you are going for 90 days!

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Re: Momo II: Another try
Posted by Tomim2B - 04 Aug 2009 12:57

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Re: Momo II: Another try
Posted by Tomim2B - 04 Aug 2009 13:13

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Re: Momo II: Another try
Posted by nezach - 04 Aug 2009 13:36

I fully relate to the feeling of being hypocritical. However, within all of us there is Cachmah (wisdom) to reveal the light of the Torah and rather than being in the shadow of Hashem, we will merit to reflect the radiance of His Shechinah.

To do this, we must **live torah** which means that studying is not enough, we need to share, to explain and to provide insight and inspiration for other people.

So keep learning and teaching us from the wisdom of Torah from within!!

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Re: Momo II: Another try
Posted by Ykv_schwartz - 04 Aug 2009 13:51

[Momo wrote on 04 Aug 2009 11:40:](#)

I was also thinking, isn't it hypocritical for me to post chizuk and helpful hints to others when I can't even help myself? I write so much beautiful stuff but when push comes to shove, I don't

People in these situations often get confused who the "real" self is. Is the external self the real one or is the one who does terrible aveiros behind closed doors the real one. We like to convince ourselves that the real self is the one behind closed doors, and the one on the outside is a fake. We are FAKING the world. But this is not true. Because, when do we feel like our true selves? Usually, the self on the outside is the one that brings satisfaction. When we are with other people acting as role models, etc. So the fake YOU is the one behind closed doors. Remember this. Realizing this, will help you catapult out. It makes it much easier to simply even follow my own advice. Once I'm in the "shlung" my brain turns off and I just surf. > shake off when we remind ourselves, "that is simply not me. How could it be that I am doing this. It makes no sense."

So, who is the real MOMO. Is the momo that surfs away the real momo? Or is the momo that talks about deveikus, offers solid advice and inspires, the real momo? I think WE will all know the answer. One of the ugliest tricks of the yh is to rob us of our true identity. Not only does he get us to sin but he then convinces us that we are worthless beings. We are hypocrites. Our true self becomes more and more hidden making recovery that much harder.

There is a well known principle in Jewish thought that a yid that sins does not realize his own self worth. The Rabeinu Yona tells us that the first step in avodas hashem is realizing who you are. When we realize how precious we are, and we realize that aveiros do not mesh with who we are, the fight becomes that much easier. The strong yetzer hara simply begins to melt away.

So, Momo, realize your true self allow it to shine forth. We saw it once. And we will see it again.

Do not listen to the lies of the yh who tells you that you are hypocrite. You are not a hypocrite.
You are just a struggling addict seeking recovery.

Lover of all Jews,

Yaakov

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Re: Momo II: Another try
Posted by Dov - 04 Aug 2009 23:15

[Momo wrote on 04 Aug 2009 11:40:](#)

I don't think I can do 90 days.

Dear Momo,

These words are actually the most precious words I ever hear out of the mouth of an addict: "I can't...what do I do now?".

What? :o

Well, I can't do it either.

But I am sober today, anyway. ???

As long as we just say the words: "I need Hashem's help" but still actually believe we can really do it on our own, we are like RSHB"l going into the cave - with a few sandwiches just in case. He wouldn't have been *RShB"l*, would he have? This is the one area where I am forced to see I *actually* need real bitachon. Not ideas, words of Torah, nor inspiration. Just, simple, bitachon. And it flows slowly out from recovery onto the rest of my self into work, relationships, everything. And I owe it all to "falling" badly enough to finally reach for it. Stranger than fiction.

Many of us **don't** need to come to this point, it seems. Perhaps their emuna *is* deeper. I don't know. But they do appear to get better, B"H. All I know is that the program was not *made* for people who felt like they could stop, but just need a hand. They are invited, of course. Rather, it was made specifically for people (and *by* people) who realized they are actually hopeless. The very ticket is purchased when we realize: we can't. And, the more *impossible* it seems, the *easier* the recovery turns out to be. I have seen this many times. **Now** we can take the steps fresh, no? It's an elevator in a bldg **w/o** stairs. Oy, I'm afraid of heights....nu, there are a lot of folks in the elevator with us...some are tzaddikim, some are not, but all are like brothers.

I was also thinking, isn't it hypocritical for me to post chizuk and helpful hints to others when I can't even help myself? I write so much beautiful stuff but when push comes to shove, I don't

A very humbled,

Momo

Like reb Ykv wrote you, you are a yid and a struggling addict seeking recovery. That's pretty good right there. You can say *shelo osani goy* and *mateer asurim* w/a bigger smile tomorrow morning. Consider really trying it, OK?

I'd like to add that I doubt it really *matters* whether you are a hypocrite, or not. Everyone has

faults. Better be a *sober* hypocrite, no? I know guys who are sober for years and still admit that they are hypocrites. They are also working on being honest. I trust them more than I do many other people. Go figure.

Later you can work on the hypocrisy. If posting the beautiful stuff may help **you**, I say go for it!! It seems to be helping other folks here, so actually, the heck with you, do it for them! And *just admit you do not follow it all and ask Hashem to help you follow it too!* READING THAT'D BE SOME CHIZZUK WERE WE ALL NEED IT!!!

We love you like crazy Momo! (and we know crazy!) :-*

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Re: Momo II: Another try

Posted by the.guard - 05 Aug 2009 11:56

Momo, how can I thank you for bringing out these precious, precious words from yakov and Dov?

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