

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 - 03 Jun 2010 11:40

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Re: Momo II: Another try

Posted by Eye.nonymous - 03 Jun 2010 13:37

[Momo wrote on 03 Jun 2010 11:15:](#)

Thanks Steve.

Why do I care so much what other people think of me and my work?

Why can't I focus on the fact that I did a lot of good this week, even though some of what I thought was good really wasn't in the end?

Why focus on the negative? Why do I demand perfection of myself?

Have you ever just tried not to give a da*n what other people think of you? Have you ever just tried to focus on the positive? To accept that you tried your best, and let that be good enough?

WHY ask WHY? Just TRY!

--Eye.

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Re: Momo II: Another try

Posted by Steve - 03 Jun 2010 16:03

Dear Mo-Man,

It's all a test. DC gave us a line to remember: 'It's ALL G-d, ALL the time!' Not only is He the only One who is perfect, but He controls everything, not me and not you. He is writing (and

editing) the script of my life, places me on the stage of this life, and wants me to learn from how I **react** to life how to become humble and giving, and thru that (and Torah and Mitzvos, of course) build a closer relationship with Him.

We want life to go OUR way, not G-d's, and get upset when our wants are not forthcoming. We get resentful, and we fear cuz we begin to imagine more negative outcomes. All that puts us in pain, and to escape the pain, we turn to false pleasures of P and M and run away from facing life on G-D's terms.

So you see, Momo, our expecting perfection from ourselves when we are really only human, and our need for approval from peers to feel fulfilled, is all part of that vicious cycle. We don't have pain because we have low self-esteem, **we have low self-esteem BECAUSE we are in pain when life doesn't go our way.**

The way out of this cycle, the way to feel more POSITIVE about ourselves, is to change our perspective on how we view the "stuff of life."

Realize that Hashem is sending you MESSAGES with every encounter you have. He wants us to focus less on ourselves, and more on others. Instead of thinking in the negative, self-absorbed mode of "Why didn't my boss see all the GOOD work I did also," we could think in the POSITIVE unselfish mode of "Wow! I thought that part of my work was as well done as the other part, but I'm thankful I was shown where parts need correction. Perhaps I can concentrate better than I have been while I work for someone who is paying me to get things done the way he wants."

Then, couple that with an added dose of forgiveness and understanding: "I know I'm trying, I'm just doing the best that I can. And so is my boss, he's just doing the best that HE can, under all his pressures and needs that I know nothing about. The parts of my work that need correction must have been more important to him than i thought, that's why he didn't notice the correct things I've done." or maybe "Perhaps he's a person that always focusses on the negative, especially when he's paying the bill. Maybe he can't help it. Perhaps i could be more considerate of his feelings, too."

Focussing away from ourselves, we begin to CARE more about helping others and feeling for THEIR needs and pain. When we focus less on ourselves, we see the available positive outcomes that allow us to give MEANING and PURPOSE to what we thought were negatives.

And so WE GET OUT OF PAIN. This is the catalyst to a happier life, without resentments and fears (the stuff of RID). And the SIDE BENEFIT of that, of course, is that we no longer have the need to stupefy ourselves, and the desire to view P or act out goes..... POOF!!

Love,

Steve

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Re: Momo II: Another try
Posted by Momo - 06 Jun 2010 05:40

Thanks Steve!

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Re: Momo II: Another try
Posted by 7yipol - 06 Jun 2010 08:50

10 - recaptured the Aseret Hadibrot!

Keep climbing, were right behind you!

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Re: Momo II: Another try
Posted by Dov - 06 Jun 2010 12:29

Congrats, chaver

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Re: Momo II: Another try

Posted by Eye.nonymous - 06 Jun 2010 12:33

GMG!

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Re: Momo II: Another try

Posted by the.guard - 06 Jun 2010 17:15

This is my first post on the forum since returning from the "big trip".

I just thought I'd stop by and say "Hi" to our hero, Momo, who never, I mean **NEVER**, gives up.

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Re: Momo II: Another try

Posted by Ineedhelp!! - 06 Jun 2010 17:26

Whoa!

MOMO AND *GUARD* back on the same day!!!!

Drama on GYE. Sounds like a soap opera in the making....

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Re: Momo II: Another try

Posted by briut - 06 Jun 2010 17:30

[Yiddle2 wrote on 06 Jun 2010 17:26:](#)

MOMO AND GUARD back on the same day!!!!

YiddleDos: have you ever seen the two of them in the same room together? In other words, do you think they could be one and the same person? The soap opera continues.

Momo, any words in your own defense? (Or, if you're really a British palace guard, defenCe?)

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Re: Momo II: Another try

Posted by Momo - 06 Jun 2010 19:18

First, I am not Guard!

Second, sorry to disappoint, but after 10 days I fell today. I hope to start again tomorrow. *sigh*

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Re: Momo II: Another try

Posted by Me3 - 06 Jun 2010 20:07

Tell you one thing this Momo guy aint no quitter. You can beat him here and the but he just bounces right back up. And in the end he's going to win.

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Re: Momo II: Another try

Posted by Momo - 07 Jun 2010 05:15

What do you think **should** be written on my tombstone, besides my name and date of birth/death?

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Re: Momo II: Another try
Posted by Dov - 07 Jun 2010 05:54

Your real name, for one thing....there I go again....

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