

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 briut - 13 Jun 2010 12:40

[Eye.nonymous wrote on 13 Jun 2010 12:33:](#)

I was going to make note of that--it depends who you're telling the joke to.[/quote]

"Make NOTE of that." Get it? You crack me up sometimes, Eye.

Hope you're chuckling, too, Momo. You gotta keep goin'. You're our Timex hero here. (Timex: takes a lickin' and keeps on tickin'.')

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Re: Momo II: Another try
Posted by Dov - 14 Jun 2010 02:39

speaking of Timex, is it time for a new poll?

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Re: Momo II: Another try
Posted by Momo - 17 Jun 2010 11:18

Update (if anyone cares):

Since falling after my 10 day streak, I've fallen pretty much every day.

But, I feel fed up, and I just deleted my latest "stash" from my computer.

Hopefully, tomorrow will be day one.

Aren't I pathetic?!

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Re: Momo II: Another try
Posted by Momo - 17 Jun 2010 11:27

G-d, I hate my addiction!

I hate that I keep repeating the same cycle. That's a sign of insanity!

I wish I was free from the addiction for once and for all!

(I'm just rambling here. I don't expect any "solutions" from anyone.)

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Re: Momo II: Another try

Posted by Steve - 17 Jun 2010 14:18

momo, I love you. Just keep on truckin, ONE day at a time. You've heard all this from me b4. A fall MEANS NOTHING if you get yourself RIGHT BACK UP AGAIN. You give that fall MEANING and PURPOSE by USING IT as a CATALYST to even ONE DAY of sobriety, and you have accomplished it's UNDOING FOREVER!!

Look FORWARD, DON'T LOOK BACK. The YH has proven to you that's his BIG WEAPON against you personally, the "Satan MayAcharonainu". Beat him at his game, and stop letting him manipulate you into depression over a mistake.

YOU CAN DO THIS!!

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Re: Momo II: Another try

Posted by 7yipol - 17 Jun 2010 19:49

Aren't I pathetic?!

And we all L Momo!

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Re: Momo II: Another try

Posted by Dov - 17 Jun 2010 23:26

[Momo wrote on 17 Jun 2010 11:18:](#)

Aren't I pathetic?!

Yes you are, and so am I. Lets make a club (...don't worry, I am already a member of one such
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Hi there, Momo!

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Re: Momo II: Another try

Posted by the.guard - 21 Jun 2010 10:54

Dearest holy Momo, who never gives up.

We often feel that if we don't give in to our will, we'll die.

But that's a lie.

OUR WILL WILL KILL US.

Only when we let GO of our will and ask that G-d's will be done through us, will we start to LIVE.

Remember these words:

OUR WILL WILL KILL US.

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Re: Momo II: Another try

Posted by Momo - 21 Jun 2010 11:27

I AM BORED AT WORK.

I feel each morning that I NEED my daily fix, like a good addict does. So, I get my fix, and act out, and spend the rest of the day at work vegging out in front of the computer.

I WANT TO BURN ALL MY BRIDGES AND LAY IN MY BED! But, too many bridges to burn.
Job. Wife. Kids. Religion.

Isn't it strange how my "fantasy" life seems much more real than my real life. Because I FEEL ALIVE when I am fantasizing, but I coast through the rest of the day, as if I'm in a dream.

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Re: Momo II: Another try

Posted by yehoshua - 21 Jun 2010 13:20

Hm, so sorry. I am writing this, because I feel the same way. Hm, I found a psalm for recovery, cos this is my day 4 clean (not much, is it) and I don't want to fall, I really don't. Here the psalm

23rd Psalm for Recovery

--Author Unknown

The Lord is my sponsor, I shall not want.

He makes me to go to many meetings.

He leads me to sit back, relax, and listen with an open mind, He restores my soul, my sanity, and my health.

He leads me in the path of sobriety, serenity, and fellowship for my own sake.

He teaches me to think, to take it easy, to live and let live, and do first things first.

He makes me more humble and grateful.

He teaches me to accept the things I cannot change, to change the things I can and gives me the wisdom to know the difference.

Yea, though I walk through the valley of despair, frustration, guilt, and remorse, I will fear no evil.

For Thou are with me, your program, your way of life, your twelve steps, they comfort me.

You prepare a table before me in the presence of my enemies: rationalization. fear, anxiety, self-pity, resentment.

You anoint my confused mind and jangled nerves with knowledge, understanding and hope.

No longer am I alone, neither am I afraid, nor sicken, nor helpless, nor hopeless.

My cups runs over,

Surely sobriety and serenity shall follow me every day of my life, one day at a time, twenty-four hours at a time.

As I surrender my will to You and carry Your message to others, I will dwell in the house of Higher Power, as I understand him, one day at a time, forever and ever.

Amen

I found it on www.jacsweb.org/spirituality-23rd_psalms.html

. A thousand times is not enough, so I'll read it 1001 time. 8) Go Momo, we are here for one day, one day, just this minute! And thanks, writing this makes me smile for my own sake, thank you for giving me a moment.

May Hashem bless you always!

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Re: Momo II: Another try

Posted by the.guard - 21 Jun 2010 16:25

[Momo wrote on 21 Jun 2010 11:27:](#)

Isn't it strange how my "fantasy" life seems much more real than my real life. Because I FEEL ALIVE when I am fantasizing, but I coast through the rest of the day, as if I'm in a dream.

An Addict Can't Taste Life

From "Frumfeind"

Imagine the alcoholic going to the opening of the world's most exclusive restaurant. The tab is at least a thousand dollars and he waits hours on line for the privilege of paying to eat there. Finally he gets his table and sits down. The waiter brings him the menu and he orders a cup of wine to get started. He then orders the first course and some more wine. Before the second course, again some wine. He is so absorbed in his wine that he doesn't notice the unique ambience and the custom paintings. The specially designed table and chairs pass him by completely. He is just happy with his wine. The reporters ask him to describe thee experience. He answers, "the wine was great".

On the chol hamoed trip, the lust addict is absorbed in checking out all the frum women. Waiting on line in the store, the same thing. His life's schedule is just, "when he can get back to the computer?". His whole life is just a backdrop for the great search for Lust.

Everybody likes wine and looking at women, but the lust addict is consumed by the search for lust. A normal person who sees a pretty women will look, but he will not be staring at every women to find "that woman".

Everyone enjoys that cup of wine, but they can also enjoy other things.

The lust addict goes to see the Swiss Alps, but all he sees is the tank top across from him in the cable car.

The alcoholic didn't taste the food and the lust addict can't taste life.

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Re: Momo II: Another try
Posted by Dov - 23 Jun 2010 02:05

Wow, that was something. Thanks.

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Re: Momo II: Another try
Posted by Eye.nonymous - 23 Jun 2010 12:38

Hello Momo.

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Re: Momo II: Another try
Posted by Momo - 24 Jun 2010 06:32

Guard, beautiful post. Thank you.

That certainly puts things in perspective.

But, how can I get passionate about serving G-d? The Y"H certainly makes me feel passion for lust. It would be nice if I could find passion for the forces of good.

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