

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 kutan - 01 May 2011 07:01

[7Up wrote on 02 Apr 2011 17:38:](#)

Kutan?

Efshar?

MAZEL TOV MOMO... I am truly wowed.

And inspired too!

you are AMAZING.

very humbly yours,

kutan

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Re: Momo II: Another try

Posted by Momo - 02 Aug 2011 06:09

Hi,

I am not coming back, but I thought you deserved an update.

I did hit 90 a while back. In fact, I made it to 102, then I acted out.

I've been struggling back and forth since then.

I've felt after 7 months with my therapist that I wasn't making any headway anymore, so I just switched therapists. We'll see how this one (my 4th one) works out.

Good luck to everyone.

Whatever you do, remember to love yourselves.

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Re: Momo II: Another try

Posted by Eye.nonymous - 02 Aug 2011 12:33

Good luck MOMO, thanks for dropping by.

--Elyah

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Re: Momo II: Another try

Posted by Dov - 02 Aug 2011 16:21

We love ourselves. Actually, I am plum crazy about myself . I may need a therapist just to get me to hate myself a little to offset that a bit....

And we love you, too (and I still remember your voice - ha!).

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Re: Momo II: Another try

Posted by imtrying25 - 23 Aug 2011 21:42

Wanted to say hi to an old friend. Hi Momo. I love you bro. I think about you a lot.

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Re: Momo II: Another try

Posted by cordnoy - 12 Apr 2015 18:54

[Momo wrote:](#)

Thanks Steve.

I had a humbling experience at work today. I was getting all sure of myself because I had a really great couple of days at work this week, but today some of my work was found to be faulty (even though some of it was still good). I feel that I was taken down a notch.

My ego is hurting, and I'm trying to not let this get me down too much.

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? Nobody's perfect, besides HaShem.

This thread went for a real long time.

The struggles of one individual, and everyone else cheerin' him on.

The end of the story is not clear....at least on this thread.

I chose this post to quote, for it is a cause for many people.

Their ego suffers; somebody said or did somethin' that affected their pride, my pride....our sense of 'self' took a beating....that is when our mind and body kicks into defense mechanism of sorts, and we escape to our fantasy land....one where we might be the king and there are others beckonin' to our call....one where we are on top of the mountain....one where it feels so damn good!

And then what?

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Re: The one post I always wanted to write, but didn't know if I ever would
Posted by cordnoy - 12 Apr 2015 19:00

[Momo wrote:](#)

Hi everyone.

I'm not back on the forum. I just thought it would be fair to post once more to let all of my friends and supporters know that yesterday was my 90th not-acting out day. A year ago I told people here that my doing 90 days would be impossible. Baruch shechiyani vekiyimani, vehigiati lazman ha-ze! Thank G-d I'm alive to live this moment!

I feel that for me, it's time to stop counting days, or weeks. Maybe stop counting at all. Just live life with the fact that p*rn isn't a good option anymore for my anxiety. I have other healthier tools to deal with anxiety (what you guys might know as R.I.D.). Going for a walk. Playing with my kids. Talking to my wife. Talking to myself. Talking to my therapist. Upping my medication

I sort of feel like I've passed the first level of a video game. It feels good, but you know when the screen displays "Level 2: Start" that the work has just begun. Now, I'm no longer hiding from the real issues by running to p*rn, I can work on the real issues that took me to p*rn. For example, I'm working on my anger, which is just another way of acting out from anxiety, just not sexually. Again, my point is that the p*rn isn't the problem. The anger isn't the problem. The issues that cause the anxiety that brings me to anger (and used to take me to p*rn) are the problem.

Thank G-d I'm finally living, no longer surviving. However I'll be honest, living in the "real" world IS harder than living in the "fantasy" world we create for ourselves when we surf p*rn. But, ask yourselves this: At the end of your lives, do you want to say to yourselves (and I guess to G-d) that you lived, faced challenges, and dealt with them maturely and as best you could, or do you want to say that you lived your lives in a virtual dream world, cut off from your families and from reality, and didn't face any of the challenges you were put here to face?

You might ask yourselves, that's fine after 120 years, but what's in it for me now (living a "real" life)? Here's the instant payback for us: "Real" relationships take much more work than "virtual" ones, but they are much, much more real and satisfying.

If anyone in the future wants to contact me, I'd be ticked pink. Just PM me, and I'll get it in my email. OK, I won't lie, I'll probably check this page in a day or two to see if anyone responded to

Love you all. Thanks for your prayers and support. G-d bless.

I chose another one to highlight.

No comment necessary.

this post.

Mono, we never met (not that i know of), but I'd love to hear an update.

Thanks for inspirin' me!

b'hatzlachah

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Re: The one post I always wanted to write, but didn't know if I ever would
Posted by shomer bro - 16 Apr 2015 16:48

Both those posts hit home for me, especially the first one. It's something I'm working on, to be able to be proud of myself for my accomplishments and not feel that i need to hear others say that they're proud of me.

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Re: The one post I always wanted to write, but didn't know if I ever would

Posted by Dov - 09 Aug 2015 16:00

Spoke w Momo a few summers ago. Great fellow. Miss him too!

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Re: The one post I always wanted to write, but didn't know if I ever would

Posted by YeshivaGuy - 11 Mar 2021 05:50

Bump

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Re: Momo II: Another try

Posted by YeshivaGuy - 11 Mar 2021 05:54

[Momo wrote on 17 May 2010 09:42:](#)

I feel like you guys are writing to me stuff like "Keep up surfing MOMO as long as you're happy."

WTF?

Do you guys really think I'm happy feeling out of control? Being a slave to myself?

Do you guys really think I'm happy wasting 90 percent of my work day surfing and not working?
Falling way behind in my schedule? Covering up for myself at work?

Do you guys really think I'm happy having an emotional-less and non-physical relationship with
my wife? Lusting after other women?

For weeks I've numbed myself and taught myself not to feel any guilt. Now, by your writing and
asking me to write I've started to feel again, and da*n you all, now I'm getting emotional.

How can you ask me to stop lusting? It's too powerful! You guys more than anyone should know this.

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Re: Momo II: Another try
Posted by the.guard - 11 Mar 2021 08:26

YG, why'd you dig this up? (just curious)

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Re: Momo II: Another try
Posted by YeshivaGuy - 11 Mar 2021 12:03

I found it powerful and emotional, depicting someone in great emotional turmoil and experiencing profound inner struggle.

Something I appreciate

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