

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 Tomim2B - 12 Aug 2009 10:10

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Re: Momo II: Another try

Posted by 7yipol - 12 Aug 2009 10:12

[Tomim2B wrote on 12 Aug 2009 10:10:](#)

Momo, stick with us...

...because we're sticking with you.

no matter what...

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 12 Aug 2009 16:59

momo you inspired another song.

-uri

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Re: Momo II: Another try

Posted by Momo - 13 Aug 2009 06:20

Yesterday I was on vacation. I'm taking vacation most of next week. I'll be in a place with no computer, so I'll be off line for a while.

I wanted to let you know that if you don't hear from me for a week or two, don't worry about me.

Regarding my non-ability to continue summarizing Duvid Chaim's calls, please refer to this URL:
rehab-my-site.com/guardureyes/forum/index.php?topic=727.0.

Good luck to everyone. Thank you all for your good wishes and prayers. I wish you all the best.

Love,

Momo

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Re: Momo II: Another try
Posted by Tomim2B - 13 Aug 2009 06:56

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Re: Momo II: Another try
Posted by chl - 13 Aug 2009 07:25

bs"d

thanks for letting us know Momo!! Have a great vacation! i am also going on vacation next
:D 8) yeah!

your friend,

chl

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Re: Momo II: Another try
Posted by TrYiNg - 13 Aug 2009 13:33

me too. **Finally!** ;D

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Re: Momo II: Another try
Posted by Dov - 13 Aug 2009 17:05

Have a great time, yiddle!

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I'm back, sort of
Posted by Momo - 23 Aug 2009 11:11

Hi,

I hope everyone had a wonderful vacation. Mine was good.

Even though I'm back from vacation, I can't write much this week. I'm swamped with work and have to play catch-up. I'll continue to read some, but not all, of the new posts here and there.

I'm truly sorry I'm not able to respond to most posts. One needs particular mention. Someone wrote an idea of talking to HaShem briefly throughout the day, before and after doing anything. I think that is real gadlus, and a practical way to build a connection to HaShem.

Regarding 7Up's departure, I sent her a PM. In my opinion, she needs a break from this for a while. I'm sure she'll be back soon and write less often during the day after she returns. This

forum can take over you life, and it needs to be balanced. After all, we are all addicts!

To everyone who had babies (I know one of you had a boy), reached 90 days, or had a birthday, mazal tov!

I would have stayed in "stealth-mode", but since I know there's at least one person out there keeping track of how many "clean" days I have vs. "unclean days", I had to confess that I fell after 5 clean days.

I have accepted the fact that I'll never reach 90 days. I'll probably never reach 30 days. Two weeks seems like a possible goal for me at this stage. Anyway, I am digressing, and I have to get back to work.

Due to my being behind with my work, I need to stay late and I won't be able to attend Duvid Chaim's calls this week. Moti, you've been doing a great job, and if you, or anyone else can continue, that would be wonderful. Thank you.

Like 7Up, I need to cut back on the forum. While this forum is a gift from HaShem, sometimes too much of a good thing is not so good. If reading, following, and writing here takes away from family time or work time, that's not a good thing. It is so hard to cut back since there's so much goodness to read here, and get/give chizuk, but we mustn't let this take over our lives!

All the best until G-d knows when.

Momo

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Re: Momo II: Another try
Posted by Kedusha - 23 Aug 2009 13:45

Dear Momo,

You've given up hope on ever reaching 90 days? Or even 30 days? You don't need to achieve either - just one day (at a time).

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Re: Momo II: Another try
Posted by Dov - 23 Aug 2009 17:21

[Kedusha wrote on 23 Aug 2009 13:45:](#)

Dear Momo,

You've given up hope on ever reaching 90 days? Or even 30 days? You don't need to achieve either - just one day (at a time).

Yup, all I can handle is today - and come to think of it, I really can't "handle" *that*, either! Hah!!

Hatzlocha rabba!!

Dov

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Re: Momo II: Another try
Posted by the.guard - 23 Aug 2009 20:03

Dear Momo, Dov hasn't been able to handle even ONE DAY on his own, but somehow Hashem has been handling it **for him** pretty well for 11.5 years.

All the wonderful Chizuk that GYE has to offer, can never give you what Dov has. What is that? A very REAL living with Hashem.

So my advice to you is: **If you want what Dov has, do what Dov does.**

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Re: Momo II: Another try

Posted by hoping - 23 Aug 2009 23:59

Welcome back! I missed you.

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Re: Momo II: Another try

Posted by Kedusha - 25 Aug 2009 14:03

Dear Momo,

Putting aside the pornography addiction for the moment, there is much that we all have to do Teshuva for in other areas. So, please say those Selichos!

As for the addiction, you may want to start counting hours. I have found that to be a big Chizuk after falling. They add up much quicker than days.

During the early hours and days you are undergoing "detoxification" - it may be very difficult, but it is extremely important to allow the healing (spiritual, emotional, and physical) to take place. So don't give in, and concentrate only on today (or, as discussed above, on this hour).

Chazak v'Ematz!

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