

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 the.guard - 11 Nov 2009 12:57

Momo, good to hear from you... I've been wondering where / how you are...

In SA they say, "we often ask Hashem to take it away from us because we don't want to give it up ourselves"... Hashem won't take it away before we are ready to give it up.

Please continue reading the daily e-mails... yesterday I posted something great from Uri that would talk to you... Can you read yesterday's e-mail?

Also, see [this amazing post](#) of Dov's...

Are you still on Duvid Chaim's calls? Rabbi Twerski once wrote **"Psychotherapy is the frosting on the cake, but the 12 step program is the cake"**. Therapy often works best if it is in parallel with the 12-Steps.

Keep posting here. You get get through the mornings without it. Believe in yourself, Momo. **We all believe in you!**

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Re: Momo II: Another try
Posted by Dov - 11 Nov 2009 18:12

Hi Momo!

That was some post, thanks for that. BTW, I do not recall reading anything in AA about therapy not working, but the only thing I do recall was in the start of ch 5 where it says that **the only requirement for success in recovery is: "grasping and developing a manner of living that demands rigorous honesty."** I doubt it matters how we get that, as long as we finally get it.

If I honestly do not feel I *must* remain sober, then I won't. If I *do*, then I will still need to learn how to remain honest in order to recover and become the kind of person who finds sobriety tolerable.

Grasping and developing means that it takes time to learn how to be honest with ourselves. The guys who suffer terribly sometimes get that wake up call and suddenly figure out how to become honest. That is the only difference between success and failure that I know of, Momo. Oh, and I do not believe that an honest person or for that matter, any person who is recovering

successfully, deserves any credit at all. It's just enlightened self-interest. No accolades needed for *not* flushing any more of my money, for example, down the toilet...

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 11 Nov 2009 18:18

Sometimes people who are wiser than us take us on a completely diff path than we are used to and expecting.

They tell us to go left when we feel like going right.

Messilas Yesharim says that the only people we can trust are those who have gotten out of life's maze.

By Torah (and life) its the Rabbanim.

By addiction, it's those who have truly beaten it.

Momo tzaddik
Follow his path.

You won't be sorry.

What's there to lose?

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Re: Momo II: Another try

Posted by levite - 11 Nov 2009 22:16

A open letter to a great warrior.

to momo

although you may not consider yourself as such we do, and according to the seforim so does hashem, do you know why esav was called so because his ideal was asiyah, action, he was the kinda black and white guy he believed in strength willpower, he could not fathom the nekudah

of "ki chol levovois doresh hasham" hashem wants willpower but in a different way. he wants you to have retzoinois to want to strive to fail even and strive again hashem had enough reb akiva eiger's in our generation he wants something so much harder and so much deeper, as a fellow soldier i write to you lets serve our creator by doing the hardest jobs of all generations and doing what we can. the zohar says "who has won? the one that is holding his weapons in his hands" the won that doesnt give in will win!

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Re: Momo II: Another try
Posted by Momo - 12 Nov 2009 10:01

[levite wrote on 11 Nov 2009 22:16:](#)

A open letter to a great warrior.

I'm not a warrior anymore.

I used to be.

I was good yesterday.

Today I slipped, but didn't fall.

I don't know if that counts my breaking it off with R.Shlachter.

It's soooo hard.

I hate my life. I'm so angry at everything.

I'm so tired of living each day to surf or not to surf.

I wish I could just live.

I'm dying each day inside.

It's not all fluff and sunshine here boys and girls.

I speak the truth, and sometimes the truth hurts.

I have no one to call anymore. Uri's working now. Other guys number's I have also work, and are available for emergencies only.

I have no friends but my wife who's also working. I'm tired of kvetching to her anyway, plus she doesn't understand the struggle.

So I stop surfing. Shkoyach! I replace that with life. What's that? What do I do now? I only feel the withdrawal.

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Re: Momo II: Another try

Posted by imtrying25 - 12 Nov 2009 11:17

Hey MOMO ive read through your thread and my heart really goes out for you. Alot of the feelings your having ive felt in the past. Lifes hard. But dont give up. it never gets easier that way. because we know the truth deep down so it will always nag at us and pester us till we go nuts. Realize theres lots of love out there in the world for you for me for everyone. especially here. This place overflows with it. Anyways, if you want you can email me when you dont have any one to talk to. Cant say im always on the comp but when i am id sure love to lend a hand. Hatzlacha and most important realize **YOU REALIZE** that you can do it.

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Re: Momo II: Another try

Posted by the.guard - 12 Nov 2009 11:43

Right now, am I serving HaShem or myself?

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Re: Momo II: Another try

Posted by levite - 12 Nov 2009 11:54

momo we were born to fight we are warriors not by choice but by default, our job is to try again and surrender to g-d again and again thats the way to fight i dont even expect to win i expect to fight but with g-d at my side its heaven on earth. Someone once told me that for an addict his bechirah is like watching a movie, his choice is where to cry and where to laugh the ari hakodeswh says that beikveseh demshichah there will be neshamos that "ke'mat shein lohem bechirah"

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Re: Momo II: Another try

Posted by Kedusha - 12 Nov 2009 15:45

[guardureyes wrote on 11 Nov 2009 12:57:](#)

How about: Fall today? NO WAY!

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Re: Momo II: Another try

Posted by Dov - 12 Nov 2009 17:57

If we want **major change** in our lives, we need to take *major actions*.

Different stuff, not just the same. The virtual shmoozing and thinking has really poor odds.

Maybe even the "impossible" needs to be done...something we consider too hard, too costly, too out-of-the-way.

If things really suck, and it might really help, what do we really have to **lose**? (see Mhr"l on hagadda)

OK, I'm shutting up now, if that's possible....

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Re: Momo II: Another try
Posted by Kedusha - 12 Nov 2009 18:30

[dov wrote on 12 Nov 2009 17:57:](#)

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OK, I'm shutting up now, if that's possible....

Keep talking - we need our daily dose of Dov!

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Re: Momo II: Another try

Posted by kanesher - 15 Nov 2009 13:36

[dov wrote on 12 Nov 2009 17:57:](#)

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If things really suck, and it might really help, what do we really have to **lose**? (see Mhr"l on hagadda)

OK, I'm shutting up now, if that's possible....

"When the alternative is disaster, a man's only option is to wager..."

-Blaise Pascal

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Re: Momo II: Another try

Posted by Me3 - 15 Nov 2009 15:40

Dov

where in the maharal? (I know its supposed to be a forgery but it's all stuff the Maharal said anyway)

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Re: Momo II: Another try

Posted by 7yipol - 15 Nov 2009 15:47

There is nothing a desperate dying man wont try.

Therapy...

12 step programs...

live SA group...

Chose life Momo!

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