

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

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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 habib613 - 16 Nov 2009 19:45

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[Momo wrote on 16 Nov 2009 19:40:](#)

First, I don't mind you posting on my thread. I'm honored you read it.

Second, I'm not sure anymore if I really want to get better. The lust is too comforting.

Third, who says I can do it? Just because other people here have is no proof. Everyone is different. Maybe I've done it so much, as a punishment, HaShem took away my free choice, like Par'oh.

With respect for you,

Momo

you're in your black hole, momo.

YOU do want to get better. the part of you that hates YOU just wants to give up.

and yeah, lust is comforting.

this is gonna sound depressing and i hate thinking about it, but it works sometimes: adam le'amal yulad.

we're not here for comfort. we're here to serve Hashem with all that we have.

and it's hard work. very very hard.

and i know you can do it cuz there's no wasy in the world Hashem gave you this addiction and then didn't give you a way out of it. even if it takes years.

Hashem didn't take away your bechira. you just lost a bit of it cuz you're addicted. the less addicted you get, the more bechira you'll have

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Re: Momo II: Another try

Posted by Momo - 16 Nov 2009 19:45

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[habib613 wrote on 16 Nov 2009 19:40:](#)

sometimes i just hit rock bottom again. and again and again.

and i can't keep going on like that.

and sometimes i just want out of everything, forever.

and then letakain or trying talk me out of it.

i don't even know anymore. just hit 7 days. and i can't even think about tomorrow.

now rage is on my case.

want me to lend him to you for a day or two?

he's good at his job.

We have a lot in common. I hit rock bottom a lot too. I also feel suicidal a lot.

I don't appreciate Rage's humor, so please keep him away from me.

Gotta go until tomorrow.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 16 Nov 2009 19:46

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momo feel free to call.

anytime.

i got the work downpat now so i have more nergy and time to speak if you need,ever.even if u

dont need,but just wanna talk.

sorry i took a temporary hiatus from 24/7 availability.

if im ever busy ill let u know.

i love you man

-uri

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Re: Momo II: Another try  
u can call now if ud like  
Posted by Momo - 16 Nov 2009 19:48

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Habib, great posts. Thank you, sincerely.

Uri, I'm glad you've gotten better and am moving on with your life. I wish I could move on with mine.

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Re: Momo II: Another try  
Posted by Momo - 16 Nov 2009 19:52

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Another 7 posts and I hit the big 500. I think that changes my status from Sr. Member to Hero Member. But I don't like that. I'm no hero. I'm the same dork I was 8 months ago.

This change in status makes me not want to post anymore. Why does posting 500 times make me a hero? Shouldn't being called a hero be based on some sort of action that I've done? Guard, your thoughts?

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Re: Momo II: Another try  
Posted by habib613 - 16 Nov 2009 19:53

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[Momo wrote on 16 Nov 2009 19:45:](#)

We have a lot in common. I hit rock bottom a lot too. I also feel suicidal a lot.

I don't appreciate Rage's humor, so please keep him away from me.

Gotta go until tomorrow.

k, so good night.

but give uri a call.

and just wondering if you tried the 12 steps?

like boruch's group?

it's at a crazy time for you

but i think you'd like it

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Re: Momo II: Another try

Posted by Momo - 16 Nov 2009 19:55

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Habib, I did the 12 step phone thing with Duvid Chaim.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 16 Nov 2009 19:55

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Momo,

First of all,I love you dude.

Second of all,you're skirting around the solution but not hitting it directly.

The point is not to "wean off" of the lust.

This is the point:

We need of feeling of security/trust.

We don't have that.

So we go to sex.

If we would find security in life/ourselves **we would not even be interested in porn.**

Real secure life is so so much better than this fantasy fake life.

Look,you(we) don't enjoy it at all.

Rav Shlachter is prob just helping you realize that right now.

Stop thinking about not acting out.

It's not important.

It will happen naturally,**I PROMISE YOU.**

All this talk about not acting out is stupid.

It's a way of trying to control ourselves.

The key is to let go.

Only by truly living will we feel able to let go.

Please listen to me,man.

You have what it takes.

You've just been trying the wrong things.

Stick with the Shlachter.

You'll be good.

And we're all here to hold your hand along the way.

I love you man.

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Re: Momo II: Another try

Posted by habib613 - 16 Nov 2009 19:57

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chillax, momo.

you don't have to be a hero.

you know how sometimes you call customer service in india and the guy goes

"hello, by nabe eez jerry, how can i help you?

and you're thinking yeah, right, you're name is really rasheeb jamalik

so you're just gonna keep posting and pretend to be a hero, k?

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 16 Nov 2009 19:59

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A post from Dov today along the lines of what I wrote above.

There's alot of wisdom in this momo.

Stop looking for results.

Just change in yourself.

Practically speaking, recovery is not about lust at all, just as AA recovery is not about alcohol, per se. It's about us, right? We aren't "lust", are we? It's just that we are so screwed up in the body, head, and heart that we actually act as though using lust will help us out!

Now, in recovery, annoyingly and sometimes painfully using the steps in our daily struggles of money, people, and stuff that happens to us enables many of us to get ourselves out of the way. That helps because self-concern, it turns out, is strangely our worst enemy of all. In fact, it may be our only enemy. Just as an aside, I, for one, do not consider "lust" my enemy at all. I do what i can to stay free of it because using it is deadly for me, yes, but today it's clear to me that Hashem was actually hiding for me, in lust - the very last place I'd ever think to look for Him. He has quite a sense of humor, no?

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Re: Momo II: Another try

Posted by habib613 - 16 Nov 2009 19:59

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and listen to uri.

no, really, it's just really hard to think like you uri when you're depressed.

so that doesn't work then, at least for me.

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Re: Momo II: Another try

Posted by the.guard - 16 Nov 2009 20:34

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Another 7 posts and I hit the big 500. I think that changes my status from Sr. Member to Hero Member. But I don't like that. I'm no hero. I'm the same dork I was 8 months ago.

This change in status makes me not want to post anymore. Why does posting 500 times make me a hero? Shouldn't being called a hero be based on some sort of action that I've done?



Guard, your thoughts?

500 posts of striving, yearning, trying, learning, etc... on the world's holiest forum is not enough of an "action" for you?

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My thoughts are that someone here has SERIOUS low self-esteem issues.

Re: Momo II: Another try

Posted by the.guard - 16 Nov 2009 20:39

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 16 Nov 2009 20:42

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Habib,

I know exactly what you mean.

I am one of the most depressed people I know.

It shocks people so much when they find out.

And it was really hard to just let go and follow Rav Shlachter.

But I trusted him.

We gotta have faith in something bigger than us

and let go.

WOW, Rage can actually write a totally normal post :o ... (how boring

And that's what I'm trying to do now.

And that's what I'm trying to share.

Don't be afraid.

You got nothin to lose.

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