

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 jerusalemsexaddict - 16 Nov 2009 21:11

still? i thought u weren't depressed anymore?

and i dunno.

when i don't wanna be alive it's hard to wanna live life.

but we do have to see the bigger picture. "something bigger than us"

Definetly not like before.

Mom can testify to that.

Or you can yourself if you read my thread.

Baruch Hashem,my depression is way way down.

You don't want the life that you've had until now.

I don't blame you.

But real life is not like that.

It's much more geshmack and fulfilling.

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Re: Momo II: Another try

Posted by Momo - 17 Nov 2009 06:19

Habib and Uri, thank you very much for writing such nice posts yesterday.

I still feel badly about myself. I wish I could medicate myself away. I'm not interested in fighting this anymore.

Habib, I relate a lot more to how you feel than Uri. We speak the same language.

Uri, you sound flaky. You know we're friends, but I don't understand what you are saying. You've left my planet and gone to a different one. I'm happy for you b/c it's a better planet, but we speak different languages now.

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Re: Momo II: Another try
Posted by habib613 - 17 Nov 2009 06:50

rage can be sane sometimes too.

and uri's great, when we're up.

it's really not good to look down on yourself, and u know that.

can you ever remember a time that you were proud of yourself?

like when you helped a friend who was in a difficult situation?

or like the day your first child was born?

it is possible to be happy again.

but it's WORK, hard work. uri can attest to that, i'm sure.

can you call R' shlachter, tell him what happened, how hopeless you feel?

and (don't yell at me) did you think about medicine?

like the kind that will make your brain just release more serotonin, so that you can start building yourself up?

you need some groundwork to work on, and if you feel lower than dirt, it's hard to build on that.

momo, you can do this!

i'm crying for you, because you don't see that you can.

what's the point of living if you want to die?

no point

but there's a point to life, right?

have you ever read "began haemunah"?

theres a reason for EVERYTHING.

hatzlocho, momo.

have a good day, k?

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Re: Momo II: Another try

Posted by 7yipol - 17 Nov 2009 08:31

[Momo wrote on 16 Nov 2009 19:52:](#)

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?

Personally, I think that someone who is sailing along is *less* a hero than one climbing and falling and climbing again.

Hero status in Hashems book is "7 yipol tzaddik v'kum".

Why couldnt it just say "7 yipol v'kum"?

Because Hashem knows better than anyone just how hard it is too keep getting up and moving after constant falls.

So in a rare example of explanation and encouragement, He uses the word "tazaddik".

"Yes my beloved son, I know there is nothing harder than what you consider constant failure.

And because I understand that - really - Im telling you that / am not seeing faliure from my vantage point of heaven and eternity,

I see "tzaddik".

Let that help you keep moving forward, keep falling if necessary, because you are a beloved tzadik in My eyes.

For eternity"

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Re: Momo II: Another try

Posted by Momo - 17 Nov 2009 08:41

OK, this is my 500th post.

I won't know for sure until I hit "Post", but I think this officially makes me a "Hero Member".

Maybe I'm a hero to some of you guys, but I'm not my own hero.

You guys are my heroes.

I dedicate this post to all of you.

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Re: Momo II: Another try

Posted by 7yipol - 17 Nov 2009 08:44

And I get to be first to say MAZAL TOV to someone who really is a hero in my eyes.

Really.

Please read my previous post Momo.

And internalize it.

Because its emet

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 17 Nov 2009 16:31

[Momo wrote on 17 Nov 2009 06:19:](#)

Habib, I relate a lot more to how you feel than Uri. We speak the same language.

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Momo,

I sound flaky because I am flaky.

The way I was living till now just didn't cut it.

I had to choose a flakier derech.

A more emotionally accepting and free derech.

There's **no way** you're gonna be able to do this without changing the way you live.

It's just not gonna happen.

You're not gonna find some secret way to stop masturbating and surfing porn.

I love you man.

Sincerely,

Uri Flakestein

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Re: Momo II: Another try

Posted by 7yipol - 17 Nov 2009 19:21

[Rage ATM wrote on 17 Nov 2009 16:44:](#)

momo, congrats on your hero status...you are without a doubt a hero...i pray that your next 500 posts will be written by a happier, stronger Momo...i am missing something from your posts...there is some key piece of information about you that we are simply not seeing which is preventing this forum from being the beacon of hope it is for others...i hope that your rabbi/doctor Shachter or if youre not comfortable with him, some other doctor, sees it and is able to guide you on the right path...

good luck and we are all rooting for you!

Rage is on to you Momo

In a good way.

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Re: Momo II: Another try

Posted by habib613 - 18 Nov 2009 04:18

momo, just wondering how you're doing, and if you saw R' shlachter yet.

also, i think u should try boruch's group. crazy hours for you, but it's really very very different than DC's.

it's just more direct and to the point.

i think it would work better for you.

have a good day.

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Re: Momo II: Another try

Posted by Momo - 18 Nov 2009 06:35

Chevre (7Up, Rage, Habib and Uri), thank you for your kind posts.

I saw Rav Shlachter last night. We're trying a new approach. Now, he told me to forget about surfing or not surfing. No limits for me.

I think he said this because I told him I was tired of living my life struggling with surfing or not. What time I am allowed to surf p**n, and how many times I act out has become the focus of my life, and that's not much of a life! I walked in to his office feeling so depressed, so hopeless.

So, instead, he told me that from now, I must make a decision to live life. I told him I have no idea what that means. How does someone live life? He responded that I need to think about what makes me happy.

That's a great question. What makes Momo happy?

He gave me some ideas: Take some time to look for another job, plan a vacation with my wife, go for walks, listen to music, volunteer. As Uri wrote, I have to live my life differently. I've always been the goody-goody, doing what everyone else wants. I guess it's time for me to do what I want.

I left his office feeling as if a weight was lifted off my heart. **It feels exhilarating, and scary at the same time.** My world just got a whole lot larger. So many possibilities now.

I have to start listening to my heart, and ask myself how I feel so that I can start doing things that make me feel good.

I'm trying it, slowly, and we'll see what happens. I'd be happy to hear your thoughts on this.

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Re: Momo II: Another try

Posted by 7yipol - 18 Nov 2009 11:14

[7Up wrote on 01 Jul 2009 08:13:](#)

As for the boredom issue, why not utilize the time to teach yourself something? make a list of what you would love to do if there was nothing standing in your way, eg travel, learn a new profession, hobby, Torah learning etc etc.

Always wanted to tour South Africa? Via the internet, become a 'bukky' on South Africa. Cape Town is beautiful, and there is no shortage of animals to learn about in detail. Ask Ilan. Pretend your going there on vacation and learn as much as you can before you arrive. Better yet, 'explore' Eretz Yisrael.

Like working with your hands? Explore various hobbies and see what 'fits'.

Like snakes? Theres lots of info online. Just do me a favor if you ever decide to buy one - keep

it FAR away from me!!!

I know it sounds childish, but Ive seen it work. Open your mind and let it explore beyond the daled amos of your boring work cubicle.

Good luck Momo

Didnt you tell us you were considering a trip with just your wife? Start planning!

Help Efshar organize a GYE meet-up for when he comes in January..

Join a gym...

Pizza with Uri...

Skies the limit Momo!

Im excited with you. Today is day one in LIFE! :D

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Of course Im all for this idea!

Re: Momo II: Another try

Posted by Momo - 18 Nov 2009 11:33

But then, I didn't know how to do it. Now, hopefully I'll get weekly instructions and help from a "professional".

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Re: Momo II: Another try
Posted by 7yipol - 18 Nov 2009 11:48

Im so excited!

Cant wait for updates!

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Re: Momo II: Another try
Posted by habib613 - 18 Nov 2009 12:51

yay!

u just made me really happy.

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