

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 the.guard - 22 Nov 2009 14:14

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Beautiful Momo!

This pic reminds me of you: [www.guardureyes.com/GUE/Images/renewal.jpg](http://www.guardureyes.com/GUE/Images/renewal.jpg)

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Re: Momo II: Another try

Posted by habib613 - 22 Nov 2009 23:28

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you're doing good momo, real good.

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Re: Momo II: Another try

Posted by Momo - 23 Nov 2009 06:08

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Beezrat HaShem, I hope so.

It's not easy considering making big changes (like career changes). It's scary, and we're so used to living in our comfort zone. But, we really didn't feel that good in our "comfort" zone, did it sound like R' S's approach is really really gonna work.... We? Perhaps change isn't so bad after all....

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Re: Momo II: Another try

Posted by 7yipol - 23 Nov 2009 08:02

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This thread puts such a smile on my face nowadays!

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WARNING!!!

Posted by Momo - 23 Nov 2009 13:44

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This forum is getting dangerous.

People like me and Uri write about our experiences with our therapists. However, what we write is for us, and while you may be interested and voice your opinions, you should not personalize these ideas. Our therapist is talking to ME and URI, not to YOU!! It's like asking a halachic question to a Rav, the answer depends a lot on the person asking and the circumstances. Each person should go to his (or her) own therapist and follow his (or her) instructions.

I don't want to read "I acted out 25 times today because you wrote that Rav S said you could act out as many times as you want."

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Re: Momo II: Another try

Posted by habib613 - 23 Nov 2009 16:47

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trying said it was cuz of mom, not you.

and anyone who wants to use your approach, who's really trying to get better, will mention it... plus, from now on R' guard said to link to his discussion on 90 days vs. living whenever we mention it anymore...

it's ok.

different approaches work for different people, and your approach will work for others too, others like you, and uri, and maybe me.

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Re: Momo II: Another try

Posted by 7yipol - 23 Nov 2009 16:49

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Re: Momo II: Another try

Posted by habib613 - 23 Nov 2009 16:59

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mom! i'm not blaming! trying's sick, i woulda told her the same!

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Re: Momo II: Another try

Posted by Momo - 24 Nov 2009 06:37

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[habib613 wrote on 23 Nov 2009 16:47:](#)

from now on R' guard said to link to his discussion on 90 days vs. living whenever we mention it anymore...

Where's this new thread (90 days vs. living)? I can't find it. Can someone please add the link to it?

Thanks.

By the way, I wasn't trying to put the blame on anybody, I was only trying to absolve myself of

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 24 Nov 2009 06:42

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[rehab-my-site.com/guardureyes/forum/index.php?topic=567.1320](http://rehab-my-site.com/guardureyes/forum/index.php?topic=567.1320)

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Re: Momo II: Another try

Posted by TrYiNg - 24 Nov 2009 06:43

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So sorry everyone... :-[ :-[

I'm not blaming anybody. Pls .....

(besides mom. I told her she'd have to take the blame... :D)

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Re: Momo II: Another try

Posted by Momo - 24 Nov 2009 07:01

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To be honest, I have a hard problem digesting when Rav S says I can act out as much as I want. Who is he to be matir an issuur?

I agree that "living" probably won't stop the lusting if we don't guard our eyes as well. We need to do both. But, I think Rav S means that if focusing on not acting out is stressing us so much, and that stress makes us want to act out, and makes us live miserably, it's better in the long run to have the feeling that we can act out when we want to (but it's not condoned). If we focus on the positive aspects of our lives (living), the desire to lust falls away.

But, for people who can handle the 90 days of not acting out at all, and this will remove the lusting, I don't see a heter for that person to act out.

For a while I thought Habib was like Uri and me, that she'd have too much of a hard time with the 90 days and needed the stronger prescription of letting it go. However, I see how well she's doing (with Rage's help), and **I've changed my mind**. I think for her working the 90 days of not acting out with a combination of doing fun things for herself is right for her.

Go RABIB!!

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Disclaimer: I'm not a professional, and I don't really know anybody here, so my thoughts are only thoughts and are not psak, and should not be interpreted as psak. Your actions should not be based on anything I write. For professional advice, please see a professional. Thank you.

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Re: Momo II: Another try  
Posted by habib613 - 24 Nov 2009 07:16

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that was a really clear post.

thank you.

it clarified a lot of fuzzy issues.

i love your disclaimer, reminds me of rage way back when.

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Re: Momo II: Another try  
Posted by Momo - 24 Nov 2009 07:24

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[habib613 wrote on 24 Nov 2009 07:16:](#)

that was a really clear post.

thank you.

it clarified a lot of fuzzy issues.

[habib613 wrote on 24 Nov 2009 07:16:](#)  
I'm glad.

i love your disclaimer, reminds me of rage way back when.

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He was my inspiration when I wrote it.