

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 Dov - 25 Nov 2009 18:05

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Guys, How do you put those pithy sayings at the bottom of your posts?

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Re: Momo II: Another try

Posted by Kedusha - 25 Nov 2009 19:42

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[dov wrote on 25 Nov 2009 18:05:](#)

Guys, How do you put those pithy sayings at the bottom of your posts?

See [rehab-my-site.com/guardureyes/forum/index.php?topic=1169.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1169.0), #13.

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Re: Momo II: Another try

Posted by habib613 - 25 Nov 2009 19:56

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6 days is a ton. i don't think i can do 6 days even....

lookig for a job is hard work, and it is really really stressful.

you can't expect to change overnight. i kinda think that that's one of the things that R' S is trying to teach you.

getting better is a process, and it's hard.

but now that you did those 2.5 hours, it wasn't so bad, right? and you feel accomplished? focus on that.

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Re: Momo II: Another try

Posted by Momo - 26 Nov 2009 06:08

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[habib613 wrote on 25 Nov 2009 19:56:](#)

6 days is a ton. i don't think i can do 6 days even....

Aren't you up to 14?

I'm very proud of you, and jealous that you have Rage backing you up. Keep it up!

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Re: Momo II: Another try  
Posted by habib613 - 26 Nov 2009 06:26

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i still can't do 6 days though

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Re: Momo II: Another try  
Posted by Momo - 26 Nov 2009 06:55

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What are you talking about? Aren't you over 14 days now? ???

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Re: Momo II: Another try  
Posted by habib613 - 26 Nov 2009 13:48

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yes. but i just meant that the thought of six days is too much, so it doesn't seem like a little.

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Re: Momo II: Another try

Posted by habib613 - 29 Nov 2009 07:25

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trying stole my question,

so i'll just move it over here.

how have u been?

is your life being lived?

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Re: Momo II: Another try

Posted by Momo - 29 Nov 2009 07:32

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I've been OK.

Actually had a down Friday. Called Uri having no clue what he was going through Thursday nite, and he gave me chizuk!!

Shabbat OK.

Living, I don't know. Better than before.

I have some reservations and fears which I'll discuss with Rav S. He warned me about this.

How you holding up, Habib the warrior? :D

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Re: Momo II: Another try

Posted by Momo - 29 Nov 2009 11:59

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This is so pathetic. I surfed all morning at work and acted out.

I haven't changed at all, except I'm doing more fun things for myself.

That's not helping me from not surfing!

I'll discuss this with Rav S. during our next meeting.

Maybe it's a slow process. (That's what Uri told me this morning.)

Maybe it's not working for me.

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Re: Momo II: Another try

Posted by habib613 - 29 Nov 2009 12:28

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momo, i believe it does work on you.

what are you feeling right now.

after you surfed?

do you feel secure, comfortable, full of trust?

just wondering.

if you do, then no, i don't think R' S. is going to help.

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Re: Momo II: Another try

Posted by Momo - 29 Nov 2009 12:31

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Habib, you still up???

When I surfed, it felt like a comfortable escape from my worries.

Now I feel like a loser that can't control himself.

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Re: Momo II: Another try

Posted by habib613 - 29 Nov 2009 12:42

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uh huh.

so i think the key words there were comfort, escape, and control.

wouldn't you agree?

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Re: Momo II: Another try

Posted by Momo - 29 Nov 2009 12:44

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Habib, sorry, I'm dense. What's your point?

Please spell it out for me. 10x

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