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 7yipol - 06 Jul 2009 09:27

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10 days?! Momo you're the best!

I LOVE your idea and baseball mashal and Im so glad youve found something which is working for you.

Im not sure I can play ball, but count on me for the fans! ;D

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Re: Momo II: Another try
Posted by hoping - 06 Jul 2009 13:31

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I am so proud that you are at ten days. it must be an extremely difficult battle. The sechar for every segment of your day is probably unimaaginable. Keep us posted. It is a big Chizuk for everyone.

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Re: Momo II: Another try
Posted by Momo - 06 Jul 2009 13:39

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Dear Super Hoping,

Thank you for your beautiful post. Yes, sometimes every third of a day segment is very difficult (like today), but other days it's easier.

I keep reminding myself that I just need to get through the next third of a day, and for whatever reason, HaShem chose us (even thought we didn't ask for it) to fight the greatest battle of our generation. Everyone on this forum are superheros for staying in the game.

It's good to hear from you again. It's been a while. I just checked out your journal, and I see you are at 36 days. WOW! Kol Hakavod! You give me something to aspire to.

Your friend,

Momo

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Grrrrrrr
Posted by Momo - 07 Jul 2009 06:23

Grrrrrr. After 11 clean days I fell. I was just feeling so restless and jumpy inside, I felt like I had to relieve the pressure the only way I know how.

Super 7Up, I made the calculation, and I earned at least one million clean seconds!

Beezrat HaShem, I will not dwell on today's loss, and I'll get right "back on the horse" fighting the Y"H. Beezrat HaShem, I will not let one loss lead to another.

Up, up, and away.....

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Re: Momo II: Another try
Posted by philpher - 07 Jul 2009 07:09

One of the steps of success that I have experienced so far (steps - because Be"h is should go further) is an ability to have much cleaner breaks between what seems to be an inevitable fall. Focusing on the cleaner interim periods rather than on the apparent necessity to fall at the end should enhance the whole period. That way the success is visible and the area of difficulty doesn't impinge too much, but without thinking that it will forever be insurmountable.

These thought are after very frequent falls at a similar point - after about 9 till 11 days the YH advances seem completely overpowering. But hopefully the perspective above will be of some assistance.

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Re: Momo II: Another try
Posted by 7yipol - 07 Jul 2009 08:06

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1 million seconds Momo! I wish there was a smiley icon of applauding 8)

What's impressing me most, is your positive attitude towards this minor setback. That horse is a mean fighter, but you'll tame him yet!

We're all rooting for you,

7up

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Re: Momo II: Another try
Posted by battleworn - 07 Jul 2009 09:34
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Reb Momo, if you keep up the positive attitude, you're guaranteed to win!

How about if we come to an agreement right now, that the next time this feeling comes over you, you'll call me before acting out? (If you want to speak before that, you can call me today.)

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Re: Momo II: Another try
Posted by Momo - 07 Jul 2009 09:55
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Battleworn,

I totally forgot that I have your number. Blee neder, if I remember, I'd love to call you next time.

Thanks!

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Re: Momo II: Another try
Posted by chl - 08 Jul 2009 08:30

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bs"d

Super Momo,

i was just catching up on your thread. i am so proud of you. thanks for teaching us how to get up again. and i love the superhero idea :D

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Re: Momo II: Another try
Posted by Momo - 08 Jul 2009 08:33

Thanks SuperCHL for the kind words.

It's nice to know I'm teaching how to get up after falling, but it would be even nicer if I wasn't

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Re: Momo II: Another try
Posted by chl - 08 Jul 2009 09:22

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Re: Momo II: Another try
Posted by 7yipol - 08 Jul 2009 10:18

Super Momo,

You're not falling, you're **stumbling**!

Before you hit the ground nowadays, you're already bouncing back for more :D :D :D

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Re: Momo II: Another try
Posted by 7yipol - 08 Jul 2009 12:16

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Just checking that 'All's well in Denmark"? :D :D :D

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Re: Momo II: Another try
Posted by the.guard - 08 Jul 2009 21:46

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