

**GYE - Guard Your Eyes**

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Kedusha's Progress

Posted by Kedusha - 25 May 2009 20:03

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Dear Guard: I have indeed been sending my progress e-mails to [wallohonor@gmail.com](mailto:wallohonor@gmail.com).  
Somehow, they are not getting through. So, instead, I will keep you posted from here.

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Re: Kedusha's Progress

Posted by Dov - 14 Jun 2013 14:29

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[israel613120 wrote:](#)

There is also

????? ??? ?????? ??? ???

A lot of that goes on here

Truth is I feel I've learnt more in the last 4/5 month about myself and life and its struggles than in the past 20 years!

That's an amazing gift!!

Now be"H you will just slowly use the gift one day at a time.

Hatzlocha, brother.

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Re: Kedusha's Progress

Posted by Kedusha - 18 May 2014 08:04

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Dear Chaveirim,

B'Ezras Hashem, I am very happy to report that, as of today (May 18), I am five years clean. Amazingly, two years ago I reached my three-year-milestone on the 41st day of the Omer, which is Yesod shebeYesod. And, this time, my five-year-milestone is on Lag Ba'Omer!

I am tremendously grateful to the RBS"O, to Guard, and to the GYE community for helping me reach this point. To those whom I know from the forum and, especially, to those whom I've spoken to or met in person, your friendship means a great deal to me.

Chazak v'Ematz!

Sincerely,

Kedusha

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Re: Kedusha's Progress  
Posted by Gevura Shebyesod - 18 May 2014 10:31

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Koh Lechai!

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Re: Kedusha's Progress  
Posted by TehillimZugger - 18 May 2014 23:24

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Page 14 of this thread.

[anongye wrote:](#)

Kedusha -- I have been observing you for some time and I noticed you have not posted personal struggles for some time and then when you reached your milestone you posted it. How is it, that such a chashuv learned Jew as yourself, still considers himself an addict. Until you posted your 500, I figured that you really had no problem and was only on this site to help others.

[Kedusha wrote:](#)

Anon-

It's like alcoholism - long periods of sobriety don't mean that you can afford to take a drink.

Frankly, I don't think anyone is here just to help others, without having plenty of personal experience with this (ongoing) struggle. How many non-alcoholics volunteer for AA?

Some background: I have had some periods of sobriety in the past. My longest such period in (relatively) recent times was about 18 months from September 2002 to March 2004. And this was before GYE. However, I always came back to it eventually, to my terrible pain and disappointment.

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Re: Kedusha's Progress

Posted by Kedusha - 19 May 2014 01:36

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Thank you all for the kind words of encouragement, and thank you TehillimZugger for reminding me of these posts from years past. I ought to read my own thread more often!

I spoke with Guard today, and we agreed that, be"H, Lag Ba'Omer will be my anniversary date in future years, instead of the secular date (May 18).

HKB"H should help us all stay clean, one day at a time, ad meah v'Esrin!

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Re: Kedusha's Progress  
Posted by dd - 19 May 2014 10:27

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wow Kedusha mazel tov!!!

thats a great chizuk to all of us!!!!

zol der aibershter helfen vieter!!!!

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Re: Kedusha's Progress  
Posted by Kedusha - 19 May 2014 15:27

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Amen! Thank you, dd! The same for you and for all of us.

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Re: Kedusha's Progress  
Posted by moish u.k. - 19 May 2014 15:51

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Thats wonderful, Kedusha!

Perhaps you can share with us how you did it?

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Re: Kedusha's Progress

Posted by Kedusha - 19 May 2014 22:03

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Thank you, Moish.

There's no single trick to staying clean, but I was (and still am) willing to do whatever it takes. For me, this involved being on one cycle of Duvid Chaim's call (over four years ago), posting on the forum very frequently (which I no longer do), and using other GYE tools, such as the Handbooks. Also, I utilized opportunities that arose, such as meeting Duvid Chaim, Elya, and other GYE members, even when this involved traveling for several hours. And, the more clean days I collected, be"H (one day at a time, of course), the more determined I became not to mess up.

I did not attend live SA meetings, but would have done so had it been necessary.

Will what worked for me work for you? Not necessarily. But, the one thing that is almost guaranteed to work is the absolute willingness to do whatever it takes to become clean and stay clean.

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Re: Kedusha's Progress

Posted by ZemirosShabbos - 19 May 2014 22:56

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mazel Tov!

KUYGW! kol hakavod

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Re: Kedusha's Progress  
Posted by Kedusha - 20 May 2014 01:02

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Thank you, Zemiros!

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Re: Kedusha's Progress  
Posted by Kedusha - 20 May 2014 01:04

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The next two milestones I'm aiming for, with the help of HKB"H, are 2,000 days clean (November 8, 2014, be"H), and 3,000 posts on the GYE forum!

So nice to hear from you!!

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Re: Kedusha's Progress  
Posted by moish u.k. - 20 May 2014 15:14

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And one post at at time...

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Re: Kedusha's Progress  
Posted by Kedusha - 20 May 2014 20:47

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