

Funny walk to 90 by Yehoshua

Posted by yehoshua - 03 Jun 2010 14:42

blb

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Re: Funny walk to 90 by Yehoshua

Posted by yehoshua - 02 Nov 2015 09:40

I have been thinking about it all Shlomo, you are right. Technically I am sober, that gave me so much joy and pride. But I am here to change my life. So I will reset my count.

All I have in this fight is my honesty here. This is the only accountability and it has to stand. Here I am writing my whole truth. Thank you Shlomo.

So no slip today and no fall today. But it is all up to you Hashem, only you can take it away.

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Re: Funny walk to 90 by Yehoshua

Posted by yehoshua - 04 Nov 2015 13:06

sober, no slip, no fall

Baruch Hashem, it is His will. Help me to stay sober just for today.

BIG IMPORTANT NEWS

cooleyhigh told me about SA recordings of testimonials of lust addicts on GYE. I never knew they existed and they are here on GYE!!!!

on the bottom, you get the link to the website.

Day 9, no slip, no fall :-)

I have lots of anger, lots of resentments, lots of "I wanna be better than you". I must begin the 4th step, hopefully, hopefully.

You know my procrastination problem. I need to work hard on being good at work, it is a mayor issue for me!

A good Shabbes to all. I am off to work a bit more and to listen to the SA tapes.

Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 09 Nov 2015 09:27

[illegible]

I feel like acting out. I am taking it too easy here at work,

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yehoshua wrote:

no slip, no fall

I feel like acting out. I am taking it too easy here at work,

what are u going to do abt it?

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 10 Nov 2015 23:30

So that day Shlomo I got up, did my duty and it was ok.

Today it wasn't. I had a slip and I had a fall. I viewed a naked girl on Facebook, just seconds,

but I did click it, I asked Hashem for help, saying I am helpless and I refrained from it, closed it and went back to work (that was at work time). I did go to Facebook though hoping to find some relief though, I was tired from work and wanted to blow off steam...

The same thing happened in the evening at home.

I was feeling low in the afternoon, I really wanted to act out. So I said to myself how about some chocolate, but I didn't buy any cos I wanted to lose weight, save money and not putting my wife in temptation, that she would eat chocolate too. I bought chips and my wife and I sat to watch some series, eat chips and I also had a beer. She went to bed after that and I stayed to clean up the dishes, but instead of washing the dishes, I fell asleep on the couch with a bad conscious. I knew that I had to clean up, but it seemed all to much and I just dozed off, my hand where it shouldn't be and then in this sleep I just felt the edge, even though i didn't masturbate, I was just there on the edge and I let it happen, then I woke a bit later and saw I had masturbated and ejaculated. But it was all part dream, part reality. Then I had a shower and cleaned the dishes. I really had this strong urge to act out today anyhow, in the morning I also clicked on the naked girl on Facebook, I scrolled fast and I felt it wasn't a fall, just a slip, but I thought that I can't use Facebook no more - however I do feel that I went to Facebook knowing that I could find some bad pictures there and that those pictures would relax me.

This is scary, it was building up. I did read the AA, but I wasn't working out in the morning cos of the visit we had, and I didn't read in the afternoon cos I felt tired... Yes all of that, but now I had keri. It all seems so gentle, so small, so insignificant, but I know myself. On one side I feel like can't demand of myself so much, to be like a machine and doing everything on time and in order. But on the other hand, this is not sobriety, this is not my definition of sobriety. So I will stop drinking alcohol and I will not sit on the couch again and I will not watch TV for the 90 days and then only for a planned view of a planned film and not for random series. When I am tired like that, just pick myself up, put on some video of my therapist or the SA testimonial and do my duty. I don't know anything else. I know I should have called someone as I was approaching the couch.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 11 Nov 2015 07:15

having a slip

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Re: Funny walk to 90 by Yehoshua
Posted by markz - 11 Nov 2015 11:52

[yehoshua wrote:](#)

having a slip

I like fish - ones that defeat the YH!

Hey my pet how did it go - did you drown?

I think it's time to change your diet, swimming schedule, maybe you're too young to be diving into the deep-end

I'm worried you may become sushi or canned

How about you click on the 2nd S of my signature with your right finger

All the best

KOT = KeepOnTailgating

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Re: Funny walk to 90 by Yehoshua
Posted by lomed - 11 Nov 2015 18:11

Yehoshua, we feel your pain. Keep it strong, and keep it trucking.

Hatzlacha

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Re: Funny walk to 90 by Yehoshua
Posted by Shlomo24 - 12 Nov 2015 03:37

Yehoshua: i have been there. i feel your pain. take it easy, i was once very hard on myself after a fall and my sponsor said "ur brain is messed up right now, calm down for a few days and we could talk abt making changes". take it easy bro, one day at a time.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 12 Nov 2015 13:33

I would puke if it were food or alchohol, puke the pain out of me. Baruch Hashem, I viewed "only" porn and it didn't go into new spheres (I didn't ejaculate the second time I fell - yes, there was a second time, first was in the evening and the second was the next day at work viewing porn) . I am beginning to shake just writting about this and thinking about it (in a bad way). I blew it guys.

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I wasn't connected, I wasn't working, I took it easy. And then there was little room for faith, for Hashem, for others and not just my self-centerdness.

G-d I hate myself. I couldn't stop though.

I called an SA member of our country. This is the second time that I did that. First time I met a guy of SA live and talked with him, I didn't join the group. But this time I listened to a tape of SA and I thought to myself, any lengths, just STOP, i need to STOP.

So I called and it stopped.

After that I still typed schmutz in one time, but that was it, I closed it without viewing it. So I am sober since that talk.

Today I was sceduled to meet with him. He sounded younger than me and a bit "know-it-all" and I didn't meet up with him, cos I don't want to start going to a group without my wife's consent or even knowledge. Plus I really had to stay at work, and couldn't go. I did text him though, I can't come today and he was ok with that and said we can meet another time.

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Re: Funny walk to 90 by Yehoshua
Posted by markz - 12 Nov 2015 14:18

[Yehoshua wrote:](#)

I didn't meet up with him, cos I don't want to start going to a group without my wife's consent or even knowledge

We do porn with the wife's consent or even knowledge?

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Re: Funny walk to 90 by Yehoshua
Posted by markz - 12 Nov 2015 14:30
