

starting again after 37 days clean

Posted by mnman415 - 27 Sep 2010 22:58

ok. today i had a fall. my thread up until now is "this time im in it to win it." not this is it. im trying to fight against the anxiety of falling. i think one of the hardest parts of falling is now you have to start all over. but who cares.

im tightening the rules. this time, if i even start to m***** i will consider it a fall.

im gona have the filter gabbai turn my k9 into a whitelist by having him block out the keyword ".com" or ".org" and have him place my email and GYE in the exceptions box.....

since it is zman simchasenu instead of being sad, im happy that hashem gave me 37 day (i think thats how long it was) every time a thought of anxiety or annoyance comes to me, i yell at it "kafai tovah" youre denying hashems gift of 37 day

i have more to say but i have mincha to go to

a gut moed

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Re: starting again after 37 days clean

Posted by mnman415 - 03 Nov 2010 01:41

thanks friends!

today is 24! when i look back to the beggining of the summer, i think the total amount of clean days is at least 100! doesnt that sound beutiful. im only on day 24 (although i say only on day 24.....dont get the impression that im saying its a little.....even one day by itself is tons and tons of time and each day is a huge deal!) but if you look back to all the clean days i have had since i first began fighting against this addiction, i reallly have a lot of days under my belt! (and i couldnt have done any of it w/o GYE)

anyways, thank you for you comments, they help me.

YH- i dont know if i deserve to be equated with ZS, but now that i have, it is a big honor!

JIP- thanks, thats really helpful.

B-.....AVADEH!

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Re: starting again after 37 days clean

Posted by ZemirosShabbos - 03 Nov 2010 14:27

reb HS, great to hear you are doing ok, 100 days is a Ben Franklin in Heavenly currency, and the dollar has never had a goldfish-in-Woodford's chance of competing with it!

[HashemsSoldier wrote on 03 Nov 2010 01:41:](#)

YH- i dont know if i deserve to be equated with ZS, but now that i have, it is a big honor!

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Re: starting again after 37 days clean

Posted by mnman415 - 04 Nov 2010 00:54

yes!

and today is day 25....gematria chaf hei, weakness.

we put teffilen on our weaker arm....so now i and taking all the weakness of my past and binding it up with kedusha.

i had a big dream last night that ended in a wet dream. i dreamt that i was looking at p*** and mast. and then i finished and in the dream i was depressed that i had to start over again.....then a little while later i woke up nd realized it was just a wet dream....the yetzer is so desperate that he is trying to attack me and take away my simcha while i am sleeping....what a loser!

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Re: starting again after 37 days clean
Posted by Yosef Hatzadik - 04 Nov 2010 16:17

25 = **Koh** sevarchu ess *Bnai Yisroel!*

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Re: starting again after 37 days clean
Posted by Shteeble - 04 Nov 2010 17:46

kot

koecadw

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 04 Nov 2010 17:58

keep on eating cake and drinking woodford?

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Re: starting again after 37 days clean
Posted by Shteeble - 04 Nov 2010 18:03

replace cake mit choolint and you got it!

good job!

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Re: starting again after 37 days clean
Posted by bardichev - 04 Nov 2010 19:12

kot

koecadw

u 2 are the besttttttttttttttttttttttttttttttt

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Re: starting again after 37 days clean
Posted by Yosef Hatzadik - 04 Nov 2010 19:17

You3

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Re: starting again after 37 days clean
Posted by ZemiroShabbos - 04 Nov 2010 19:22

you4!

you4all all4you

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Re: starting again after 37 days clean
Posted by mnman415 - 04 Nov 2010 23:15

as i have said many times, its hard for me cus of the people i am around all day cus im in a

yeshiva that i dont want to be in with kids who are very immature etc.

ive had desire today. my lust has been acting up, we finished school early today and im home now. the tv is accesible to me. i cant get to any p*** through it, but i can get to the dirty movies (again, not the p*** ones, but one that have bad scenes in it) its hard to fight. but in 2 hours rav matisyau solomin and the noveminsker rebbe are in town and are giving chizzuk to my city. im excited for that.

anyways, im still trucking full strength!

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Re: starting again after 37 days clean

Posted by ZemirosShabbos - 05 Nov 2010 00:04

HS, i admire your spirit and your awareness. keep up the good work!

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Re: starting again after 37 days clean

Posted by briut - 05 Nov 2010 00:23

[HashemsSoldier wrote on 04 Nov 2010 23:15:](#)

in 2 hours rav matisyau solomin and the noveminsker rebbe are in town and are giving chizzuk to my city.

I am always touched when I hear how folks might face the strongest taivehs in the world, but when holiness faces off against an aveirah, the kedusha will win every time.

It's like those stories of the kid at the checkout, whining for candy. The mom can't shut him up until she explains, "it's not kosher." And then, goes the story, the whining simply STOPS. And listen to this, I just heard a version of that where the family was NOT JEWISH, but the mom heard it work so often with the yidden in that store that she tried it on her own kids successfully. Go figure.

Anyhow, maybe you just need to get an adam godol in your town every night and you'll never act out again!

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Re: starting again after 37 days clean
Posted by mnman415 - 05 Nov 2010 03:18

well actually we do have plent of adam gadolim.....we just dont realize how big they are.

i slipped, i turned on the tv and saw a little bit, but i controlled myself in the end. sometimes i wish i could take a hammer and just smash the tv.

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