

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 Shteeble - 08 Oct 2010 20:08

keep on rowing.

goot shabiss

keep up the great work!

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Re: starting again after 37 days clean

Posted by frumfiend - 08 Oct 2010 20:24

hashem has much more power than you. Ask him to help. Better yet depend on him to help

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Re: starting again after 37 days clean
Posted by jewinpain - 08 Oct 2010 21:59

[Frumfiend The star wrote on 08 Oct 2010 20:24:](#)

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We need to beg hashem for help with this ugly YH

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Re: starting again after 37 days clean
Posted by mnman415 - 10 Oct 2010 01:22

ok so for some strange reason, its not cold yet were i live. its actually still very hot. over shabbas my neighbor was outside and shes not jewish and obviously dressed (or not dressed) inappropriately. long story short, i had a fall. at first i was really depressed. but i told myself, nu nu fall shmall and i told myself anything that anything else here would say. i have a teffilah (approved by r twerski) that i posted somewhere on this website, which i have slacked off in saying it. im going to try to start saying it again more often and realize that all of this is in hashems hands.

i think that this is all i have to say for now.

gut devach

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Re: starting again after 37 days clean

Posted by kutan - 10 Oct 2010 01:24

Use the fall to feel humble. Reinforce the idea that you NEED help from others and can't do it yourself.

Your fall will become a zchus one day!

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Re: starting again after 37 days clean

Posted by Shteeble - 10 Oct 2010 01:34

What about starting your own locked thread with the ideas on that you found to be useful for you...

you make a collection and review it regularly.

I find it helps me a lot.

you can see my thread in WHAT WORKS FOR ME forum: world's collection of inspiration.

We need to constantly work at it. coasting doesn't get us where we want to go.

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Re: starting again after 37 days clean

Posted by mnman415 - 10 Oct 2010 01:46

world (and anyone else) take a look at the thread, hashems soldiers battle tactics.

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Re: starting again after 37 days clean
Posted by mnman415 - 10 Oct 2010 19:05

its getting hard (already) today is day one, i just want it to get cold outside already so all the women dont hang out outside in the nice weather. in about an hour im going to study biology with a friend, that will keep me busy for a little bit. but im trying to keep pushing.

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Re: starting again after 37 days clean
Posted by mnman415 - 11 Oct 2010 03:09

anyone here ever heard of yosef karduner? i just went to his "concert" it was absolutely beautiful? the men and the women were seated seperatly, except i got a perfect seat to look at
i think that one of the hardest parts in this battle is looking at ladies on the streets or wherever, i said before that frum girls turn me on, and it was very difficult. does anyone have any advice for this? is the only advice to just push yourself to control yourself? i had a couple times that when i was looking i pushed myself away for a second but found me looking again the nest second. (that one second still counts though)

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 11 Oct 2010 04:33

Yosef Karduner has great soulful Jewish songs that come from the heart, beautiful stuff. He is a Breslover chossid and his music shows it.

About shemiras einayim, i am no authority, but i don't think there is any magic formula and it is a battle, especially if in the past there was laxity. I struggle with it ~~almost~~ daily. The book Windows of the Soul which was serialized in the Shemiras Einayim Chizuk Email recently is a great book. it is written very well, broken into easy-to-digest segments and very clear. It can give you inspiration and chizuk.
all the ladies

keep up your inspiring work and keep talking to the RBS"O, He can pull strings for you

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Re: starting again after 37 days clean
Posted by Shteeble - 11 Oct 2010 11:02

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Re: starting again after 37 days clean
keep up Hashem's Soldier's battle tactics!
Posted by minman415 - 12 Oct 2010 01:46

ive been davening for all of us during the bracha of refaeinu, ive been asking hashem to cure the entire gye community from our addiction to lust.

its sooo hard. aspecially since ive had a couple falls recently, shemiras eynayim is so so hard. i dont need to describe how hard it is, you all know. the few times a day that i am able to control my eyes gives me fuel to keep on going. i think know that PART of the avodah is to look at where we are or have done good in. or anything that we have done good in. so those few times a day that i DO control myself for 3 seconds are helpful to try and just keep trucking

HS

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Re: starting again after 37 days clean
Posted by kutan - 12 Oct 2010 16:50

[HashemsSoldier wrote on 11 Oct 2010 03:09:](#)

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all the ladies

pushing away is valuable.

Learning to deflect the urge to look and instead feel close to Hashem who is saving you from the experience...

Also, coming to terms with the urge inside of you, and not letting the fact that you have this urge , is helpful. Learning to laugh it off mentally 'there goes that nutty part of me' helps to allow yourself to focus on other things instead.

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Re: starting again after 37 days clean
Posted by mnman415 - 13 Oct 2010 01:46

thanks kutan.

i just added an hour of learning to my day. i am learning meseches succah. i only need 3 years of social studies so i have a beis medrish persiod this year. it is another hour of added kedusha to my life (besides the fact that im gaining skills in learning)

im starting to get my momentum back. as days go on i feel like im getting stronger and stronger. NOT that i feel like im getting "full of myself" but i feel more strength. it is still hard to control myself when i see a kollel wife. but im still pushing myself

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