

ToAdd A journal

Posted by ToAdd - 29 Oct 2010 05:37

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Today is the first day of a new journey.

Hashem, I have come to realise how weak I am in this area.

With tears in my eyes, I place myself in your loving hands.

Please don't turn away from me. Help me return to you.

Your servant.

Yosef.

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Re: ToAdd A journal

Posted by ToAdd - 12 Jul 2011 06:02

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The last few days haven't been good.

STEP 1:

I acknowledge that I am powerless over lust and that it is making my life unmanageable.

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Re: ToAdd A journal

Posted by Eye.nonymous - 15 Jul 2011 06:33

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[ToAdd wrote on 12 Jul 2011 06:02:](#)

The last few days haven't been good.

Why not?

--Eye.

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Re: ToAdd A journal

Posted by ToAdd - 15 Jul 2011 07:07

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I was losing the battle, finding it very hard to let go of looking.

Things were getting worse and worse.

Yesterday I finally broke out of that spiral.

Thank G-d it did not go all the way. Thanks H" for giving me the strength to stay clean the whole day.

I had slipped and just did not want to let go of what I had found.

Just before I started to slip, I had decided to start from the beginning again - re-visit step 1.

It backfired. Maybe it brought my attention back to lust and I didn't put enough effort into staying clean.

Effort - that's what it's all about. I can't just sit back and let my world decay around me.

Making an inventory of myself is depressing. Need some positive thoughts.

So here goes

I am created in the image of H"

There must be something very special about me or H" would have removed me from this world already.

Okay, got to work now...

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Re: ToAdd A journal

Posted by ToAdd - 20 Jul 2011 07:26

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Ups and downs.

The giant wheel turns,

we hang on, trying not to let go.

I can feel God's hand supporting me

And yet I still battle to let go

Like two trees with roots in the same earth

Competing for nutrients, competing for light

The one I can harvest, the other a weed

Which do I trust, which do I feed?

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Re: ToAdd A journal

Posted by ZemirosShabbos - 20 Jul 2011 17:28

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that's a beautiful poem!

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Re: ToAdd A journal

Posted by ToAdd - 22 Jul 2011 11:17

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Thanks ZS

The three weeks have a strange effect on me.

I'm happier now than normal. I remember a few years ago, going to shul on Tisha'b'Av and crying when I started the Shema. Crying from happiness.

God could have destroyed us, but destroyed his temple instead.

Good shabbos everyone.

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Re: ToAdd A journal

Posted by ZemirosShabbos - 22 Jul 2011 17:15

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very interesting...

if you can find a copy you should see what the Sefer Yetev Panim writes at the very end of Maamar Yafeh L'Einayim. basic idea is that even when mourning over the bais hamikdash we do it with simcha,

???? ???? ?????, ???? ???????- ???? ???? ???? , ???? ??? ?'; ??? ???? ?????, ??-??? ???????-  
???????? ???? , ???? ??-?????" (???? ? , ??)

it is done with Rinah, because we are doing it in together with Hashem.

i don't claim to understand exactly how that works, but maybe you will.

have a great shabbos

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Re: ToAdd A journal

Posted by ToAdd - 25 Jul 2011 07:26

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Thank you ZS

I think I do understand (a little), thanks, that actually helps me a lot.

Day 8.

I have cut down entertainment to almost nothing and it has really helped.

Some old thoughts have returned. I was thinking about things I've seen that I thought were forgotten about. No problem really. Nothing to see here, move on...

Back to work...

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Re: ToAdd A journal

Posted by ToAdd - 28 Jul 2011 05:35

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Day 11

Must have missed a few days there.

It's all good. Thanks H".

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Re: ToAdd A journal

Posted by Yosef Hatzadik - 28 Jul 2011 15:08

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1 + 1 = 11 !!! ;D ;D ;D

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Re: ToAdd A journal

Posted by ToAdd - 29 Jul 2011 05:30

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and then when you get to five you cross them out and start again.  
I see you are counting **one day at a time**.

There are 10 types of people in the world. Those that understand binary and those that don't.

Good shabbos everyone.

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Re: ToAdd A journal

Posted by ZemirosShabbos - 29 Jul 2011 17:22

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wishing you a great shabbos (binary or otherwise)

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Re: ToAdd A journal

Posted by ToAdd - 01 Aug 2011 07:30

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Rosh Chodesh.

The temptation has been building again.

Need to be vigilant

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Re: ToAdd A journal

Posted by ToAdd - 03 Aug 2011 08:03

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Slipping a bit in my vigilance but have not given in to any temptation.

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