

zero mile -here we go again

Posted by keywest - 11 Nov 2010 20:18

---

let me jump right into it

I am an alumnus of GUE.I went 90 days many times.The monster came back.

I am going on the wall of honor again(someone please sign me up).

My story:married to my love,great family,FFB,live in the suburbs,and i want to do another 90

chevra: I dont want chizzuk I want mussar.

please keep checking on me I will be open and honest.

I have not much to say and less to offer.I am ashamed of myself.I should have known better.

Here we go again starting from the bottom keywest zero mile front street .

If I fall again I will be swimming with the sharks somewhere near Cuba.

Hemingway was Right

*About morals, I know only that what is moral is what you feel good after and what is immoral is what you feel bad after.*

keywest

=====  
=====

Re: zero mile -here we go again

Posted by ZemirosShabbos - 09 Dec 2010 06:13

---

[bardichev wrote on 09 Dec 2010 06:09:](#)

Farewell to arms

did i twist it that bad? ;D

=====  
=====

Re: zero mile -here we go again  
Posted by briut - 09 Dec 2010 22:36

---

Is all this distraction helping you stay clean? Please report.

=====  
=====

Re: zero mile -here we go again  
Posted by bardichev - 09 Dec 2010 22:41

---

[ZemirosShabbos wrote on 09 Dec 2010 06:13:](#)

[bardichev wrote on 09 Dec 2010 06:09:](#)

Farewell to arms

did i twist it that bad? ;D

hahahahahahahah got it zemmmms

=====  
=====

Re: zero mile -here we go again  
Posted by keywest - 22 Dec 2010 18:50

---

Hello to the whole chevra.I wanted to check in.i'm holdng my own.No slipping. I would still love mussar.It's missing in the world.

*"The shortest answer is doing the thing."*

Earnest Hemingway

keywest

=====  
=====

Re: zero mile -here we go again  
Posted by ZemirosShabbos - 22 Dec 2010 18:58

---

the best mussar is the one you have in your heart

you know your situation. you know what area needs to be corrected. where you can make better and more secure safeguards for yourself.

take the next step. the one you know about but did not implement. the one you were waiting to do when you feel the next 'inspiration'. do it now. as r' hemingvay said.

=====

=====

Re: zero mile -here we go again  
Posted by ur-a-jew - 22 Dec 2010 19:30

---

[keywest wrote on 22 Dec 2010 18:50:](#)

I would still love mussar.It's missing in the world.

Well consider this. The Chovos Halevovos says in his hakdamah to Chovos Halevovoes Shaar Habitachon that:

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

If we don't have Bitachon in Hashem we are placing our Bitachon in something else.

Everytime we turn to lust, we are placing our trust in that lust, image or woman and therefore we are removing our Bitachon in Hashem. So one of the first steps we have to do is to turn to Hashem.

The Chovos Halevovos also writes in Shaar Hateshuva that one of the seven steps of Teshuva is:

???

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

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

In other words part of teshuva is the recognition that its going to be hard to give up what I got myself used to doing. Thus, if a person thinks he can do it all alone he doesn't even have the basics of teshuva down.

For me these are powerful and scary stuff, which tell me that alot is at stake and I better get working.

If you want real musar though, listen to the shuirim in the link I gave you above. It is from some of the realist mussar you will get these days.

=====

Re: zero mile -here we go again  
Posted by briut - 22 Dec 2010 21:10

---

[ZemirosShabbos wrote on 22 Dec 2010 18:58:](#)

the best mussar is the one you have in your heart... you know your situation. you know what area needs to be corrected. where you can make better and more secure safeguards for yourself.

You know, I was about to make that standard speech about how no one is qualified to give true mussar these days because it requires a level of love and selflessness and concern for the other that's simply lacking in our dor (no, not the Jim Morrison dor).

And now, someone comes around and says it better than I EVER could have.

Because there IS one person in the world who loves me that much. And so THAT person probably IS entitled to give me mussar. So, maybe I just need to get myself to a really quiet place, buy myself a nice lunch, and then listen to all the loving mussar that my self can handle.

=====

Re: zero mile -here we go again

Posted by ZemirosShabbos - 22 Dec 2010 21:21

---

[Briut wrote on 22 Dec 2010 21:10:](#)

...buy myself a nice lunch...

=====

Re: zero mile -here we go again

Posted by Eye.nonymous - 23 Dec 2010 07:00

---

[keywest wrote on 22 Dec 2010 18:50:](#)

I would still love mussar.It's missing in the world.

im with you on that  
OKAY, HERE'S SOME SHTARK MUSSAR FOR YOU...

POST A LOT MORE OFTEN, DAMMIT!

YOU WON'T GET ANYWHERE IN RECOVERY

IF ALL YOU DO IS JUST PEEK IN THE FORUM

ONCE EVERY FEW WEEKS.

There, how was that?

=====  
=====

Re: zero mile -here we go again

Posted by keywest - 19 Jan 2011 06:21

---

Hello Chevra

I've been making major headway. I had an interesting experience today. My lust wanted me to visit certain video sites that I haven't seen in ages. Thanks to the encouragement here I just said no no no. I sat for two hours in front of my web-chavared computer and read politics.I was numb I couldn't work. I was frozen. So no fall no slip. Did anyone ever experience such a thing?

As Hemingway said

“We are all apprentices in a craft where no one ever becomes a master”

Key West

=====  
=====

Re: zero mile -here we go again

Posted by Jooboy - 19 Jan 2011 13:17

---

I think your experience is common to other addicts. When we deprive ourselves of our drug of choice we need to start looking for replacements. For some this is news, sports, politics, food, even drugs or alcohol. Thats why only a program of recovery can get us better not a program of just stopping.

Hatzlacha

=====  
=====

Re: zero mile -here we go again

Posted by Eye.nonymous - 21 Jan 2011 08:27

---

[keywest wrote on 19 Jan 2011 06:21:](#)

I sat for two hours in front of my web-chavered computer and read politics.I was numb I couldn't work. I was frozen. So no fall no slip. Did anyone ever experience such a thing?

That's better than p\*rn. But, better yet if you can get up and get involved with real life and real people somehow. Even just give someone a call.

--Eye.

=====  
=====

Re: zero mile -here we go again

Posted by ur-a-jew - 29 Aug 2011 15:22

---

Hey Key West, I thought you may be interested in this story:

[www.aish.com/sp/so/My\\_Encounter\\_with\\_Hemingway.html](http://www.aish.com/sp/so/My_Encounter_with_Hemingway.html)

Remember Live Life.

=====  
=====