

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

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Today was a hard day for me. I almost fell three times, but I'm still going. I will update in this thread.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 10 Dec 2008 10:42

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Today is 3 weeks. In terms of starting, I only had 2 slip-ups this week. Other than those two times, I haven't allowed the thoughts into my head. I just push them out as soon as they come. Week 4 begins in a few hours. It is becoming much easier.

I've noticed something that I now watch out for. I've often mistaken the need to urinate with the urge to masturbate. Now often when I feel the urge, I go to the bathroom and urinate and the urge subsides. In a similar vein, I'll often wake up with an erection due to a full bladder. I now make sure to go to the bathroom first and not take the erection any further.

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Re: Ano Nymous Update thread

Posted by the.guard - 10 Dec 2008 12:08

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Tzadik ve'kadosh!

I hope in a few months I'll be able to send out an inspiring e-mail about your recovery and the tips you use - just like today's Chizuk e-mail!

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Re: Ano Nymous Update thread

Posted by Chasdei Avos - 10 Dec 2008 15:17

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mazel tov Ano on 1 full month victory. thanks for givingf us the strength to continue fighting.

Much continued success.

chasdei avos

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 10 Dec 2008 15:20

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[Chasdei Avos wrote on 10 Dec 2008 15:17:](#)

mazel tov Ano on 1 full month victory. thanks for givingf us the strength to continue fighting.

Much continued success.

chasdei avos

You may have misunderstood my post a bit. Today I'm starting my 4th week. So I'm 3/4 through 1 month. You can congratulate me for a full month in a week hopefully :D

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 11 Dec 2008 13:25

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I'm about 1 day through week 4. It's much easier to resist now. I can see girls on the street and not really 'look' at them (I'm sure you understand what I mean by 'look'). I'm only 6 days from a

month!!!

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Re: Ano Nymous Update thread

Posted by mevakesh - 11 Dec 2008 15:14

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Congratulations on your 1 month accomplishment. Keep strong and keep inspiring us all!

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Re: Ano Nymous Update thread

Posted by battleworn - 11 Dec 2008 15:41

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That's it Ano, if two people congratulated you on a month, now you really can't let us down.  
{congatulations on 90 days ;D)

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 11 Dec 2008 15:48

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[battleworn wrote on 11 Dec 2008 15:41:](#)

That's it Ano, if two people congratulated you on a month, now you really can't let us down.  
{congatulations on 90 days ;D)

Uh oh...

I don't like letting people down. Ahhhh... People. They are so odd. I couldn't do this on my own, but now with a rebbi and a couple people online whom I've never met, it seems almost easy.

On another note, Hashem helped me out a lot this week. He did something nice for me and my family which I can't share because I'm overly paranoid about my identity. Just suffice it to say a mazel tov kept me busy this week.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 12 Dec 2008 12:39

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We are getting ready for Shabbos in Israel now. So far my goal of a completely clean week 4 is working great. Whenever a bad thought comes in, I see (think of) an image of a beautiful waterfall, and the bad images leave immediately. I'm working on not staring in the streets. What I see is not my problem (at least at this point). But I can control what I look at. A couple times today I had to literally tear my head away. This is so hard that it hurts me to do it. I also have a question. if I need to speak to a woman (especially an attractive one), what is the correct approach. Should I look away from her, into her eyes, or something else?

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 13 Dec 2008 18:24

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Shabbos was very easy. My goal for a totally clean week 4 is still attainable! The thoughts are coming, but are getting easier and easier to push away, and they are not as graphic as they used to be (unless I let them in).

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Re: Ano Nymous Update thread

Posted by the.guard - 13 Dec 2008 21:21

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Keep up the great work and inspiration!

As far as talking to an attractive woman, it is best if you can kind-of "look past her". This means, don't look her in the eyes or directly at her, but also don't look down or away, which can make a person feel bad or uncomfortable.

Kadosh Ye'omar Lo!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 14 Dec 2008 20:15

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Still going strong. This has been a great week 4 so far. The one month mark is coming up fast...  
:D

I davened 3 times with a minyan today for the first time in a VERY VERY long time.

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Re: Ano Nymous Update thread

Posted by the.guard - 14 Dec 2008 22:03

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Wow, look how Mitzva goreres Mitzva! Love for Hashem just keeps growing exponentially, like we saw in today's chizuk e-mail. That's how it works in kedusha!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 15 Dec 2008 16:28

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Another easy day has passed... :D This is not nearly as hard as I thought it would be. The YH tricks you by getting you to look into the future. He says "look how much you enjoy this! How are you going to go without this for such a long time?". He used this to keep me from seriously trying to stop for years, but now I just look at today, and I also look backwards and see how far I've come. But I try not to look ahead at the difficulty. I only look forward to the milestones. Trying to imagine how hard it will be for the next 60 days is like looking down from atop a tightrope. You will fall and severely hurt yourself. So, DON'T LOOK DOWN! Just look at today.

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