

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

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 battleworn - 16 Dec 2008 11:57

A positive outlook is the key. The main part of the battle is getting to a positive outlook. So if you've accomplished that already, the main part is won!

It's time to celebrate!

CHAZAK VEEMATZ!!!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 16 Dec 2008 15:21

Another easy day. With maariv tonight will be 9 straight tefilos with a minyan. No thoughts have been able to get in for a while. I push them right out with an image of a beautiful waterfall. Keep the support coming! You guys are amazing!!

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Re: Ano Nymous Update thread

Posted by battleworn - 16 Dec 2008 15:31

And you are super amazing!!!

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Re: Ano Nymous Update thread
Posted by the.guard - 16 Dec 2008 16:10

I want to dance!

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 17 Dec 2008 18:04

I stayed up too late last night and missed shachris today, but other than that, I'm doing great. Today is a month (or at least four weeks)!! I understand now why it gets so much easier. I can't remember exactly how it felt, because it was so long ago. Unlike the drive for food and drink, this drive doesn't NEED to be fed in order to stay healthy and happy (of course the YH tries to convince you that it does need to be fed). I'm gonna go buy myself a nice meat dinner to reward myself. :D

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Re: Ano Nymous Update thread
Posted by WeWillNotBeForsaken - 17 Dec 2008 20:01

You're doing great, keep it up!

Not to dampen your spirits, but just keep in mind that even though now it might be relatively easy, it can be that the Y'H is just waiting to for you to let down your guard. I have come to realize that, for me, just at the point where I think I finally beat him, he attacks stronger than ever. Be ready for him.

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 17 Dec 2008 20:04

You could not be more right. I will NEVER say that I've beat him. I think he will get weaker, stronger, weaker and stronger, and then finally weak again. He comes in waves. But I don't expect him to EVER go away completely.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 18 Dec 2008 15:38

Still going strong. The urge attacked a couple times today, but it didn't get very far at all. This week is going to be harder than last one. The YH doesn't like what's going on here.

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Re: Ano Nymous Update thread

Posted by be holy - 19 Dec 2008 00:07

keep going we are all rooting for you. hashem has great things for you- don't let your guard down, chanuka is here -this year with a real connestion to hashem. you could be bringing moshiaich with your teshuva and teffilos. every time you have an urge ,daven for all of us!! think of the way you are showing hashem we are his chosen nation- just keep going and know we are all so proud of you and care to see to making it through each day- it is truly inspiring for us all to be apart of it.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 19 Dec 2008 10:06

Shabbos is coming, and still no major tests. That feeling that I'm missing something is starting to attack me again. I'm trying not to think about it, but to instead think about and do many other (kosher) things to keep myself busy.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 20 Dec 2008 19:11

Got through shabbos pretty easily. It's really just not an option now.

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Re: Ano Nymous Update thread

Posted by the.guard - 20 Dec 2008 19:56

Ano, we are really proud of you. When it just becomes "no longer an option" in the mind, that is when the battle becomes MUCH easier!

In this honor, I just updated your profile on this forum to "Trustworthy". What this means is you can now delete improper posts. So if you see a post that has ads for porn or even viagra, watches, free mortgages - WHATEVER, etc.... Just open the post and press "Remove" on the top right of the post.

Keep up the great work tzadik!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 20 Dec 2008 20:11

Thank you for that! If I can make this battle a little easier for anyone by getting rid of crap posted here by disgusting people, then it's all worth it. :D

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Re: Ano Nymous Update thread

Posted by be holy - 21 Dec 2008 05:39

congrats on shabbos- i felt empty last night- it is the y"h- this is his trigger...don't ever fall for it. today is 32 "lev"- for me also. i love seeing your progress because it gives me more clarity to my own struggle. remember day 40 will be "zos chanuka" one more week to go- i think ,the

rsb"o is really helping you to reach your goal to be closer to him in supernatural ways. what are the odds of day 40 coming out on the holiest night of chanuka?- reb zvi meir said -hold on chanuka is maila min hateva, and the mesiras nefesh with teffila during chanuka will bring tremendous things. hold on keep going, the less you think about it,the more torah and teffila we have the easier it will get. b"h- a lichtig chanuka.

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