

:) Shmeichel's Shmeichel :)

Posted by JackAbbey - 08 Nov 2011 14:39

smiling for 95 days b"h

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Re: :) Shmeichel's Shmeichel :)

Posted by heuni memass - 08 Nov 2011 16:16

keep em coming!

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Re: :) Shmeichel's Shmeichel :)

Posted by ZemirosShabbos - 08 Nov 2011 16:18

shetelech mishmeichel el shmeichel

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Re: :) Shmeichel's Shmeichel :)

Posted by JackAbbey - 08 Nov 2011 16:20

some things that helped me to achieve the 90 days goal:

- 1) lots of mood elevating reading, like twersky stuff, and similars
- 2) lots of hashkofo mussar, like chovos halvoves
- 3) serious strict shmiraas einayim, no chance taken
- 4) internet filter
- 5) constant forum posting
- 6) giving chizuk to others non stop

- 7) mind concept changing, women are not objects, they are real people like me
- 8) accepting that its a sickness, not just an ordinary big sin
- 9) constantly asking hashem for help
- 10) accepting the fact that the challange is by far greater then i can humanly withstand
- 11) working every day ONLY FOR THAT SINGLE DAY (OR NIGHT)
- 12) constantly drifting my mind away from triggers

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Re: :) Shmeichel's Shmeichel :)

Posted by heuni memass - 08 Nov 2011 16:31

shmeichel's 12 steps.

Well put.

keep it up.

In my own experience it was easier to reach 90 then day number 300. Because I was less focused and things started sliding in. Stay strong!

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Re: :) Shmeichel's Shmeichel :)

Posted by obormottel - 08 Nov 2011 22:33

[Shmeichel wrote on 08 Nov 2011 16:20:](#)

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I did three through twelve and found great solace in them. Maybe I should have tried your numbers 1 and 2 to save myself from horrible mood swings I was having.

Although I did do some reading....

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Re: :) Shmeichel's Shmeichel :)

Posted by mggsbms - 09 Nov 2011 11:07

Well said Shmeichel !

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Re: :) Shmeichel's Shmeichel :)

Posted by JackAbbey - 10 Nov 2011 15:49

day 97 clean

i enjoy keeping my house neat and tidy

then my boss enjoys coming in

and my nice freinds feel at home

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Re: :) Shmeichel's Shmeichel :)

Posted by ZemirosShabbos - 10 Nov 2011 19:11

keep on shmeicheling!

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Re: :) Shmeichel's Shmeichel :)

Posted by obormottel - 10 Nov 2011 20:41

Poor, poor soton, what is he gonna do without you and me in his minions?

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Re: :) Shmeichel's Shmeichel :)

Posted by Yosef Hatzadik - 10 Nov 2011 21:17

[obormottel wrote on 10 Nov 2011 20:41:](#)

Poor, poor soton, what is he gonna do without you and me in his minions?

No worries.

Good ol' Soton-boy aint leavin' you 'till the day you die!!

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Re: :) Shmeichel's Shmeichel :)

Posted by JackAbbey - 10 Nov 2011 23:04

please, we must not provoke him directly

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Re: :) Shmeichel's Shmeichel :)

Posted by obormottel - 11 Nov 2011 00:54

yeah, really.

In one of the chizuk emails there was an article from Bina about how Soton invented internet with the help of Bil'am uk'doime. Not a terribly profound idea, nor an extremely well-written article, but I found myself choking up at the end, so full of pity for myself for falling for his devious plan. It worked on me, to be sure!

So while his grip on me is well-established and even documented on this forum, I think it's fair to say that I submitted my resignation as the "jerk-squad" sergeant.

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Re: :) Shmeichel's Shmeichel :)

Posted by Gevura Shebyesod - 11 Nov 2011 01:07

And I always thought it was Al Gore.....

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Re: :) Shmeichel's Shmeichel :)

Posted by obormottel - 11 Nov 2011 02:13

al gore is a colonel.

oh, you mean invented internet.....

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