

shadow

Posted by sard hawa - 27 Apr 2016 03:01

well Hello!

Came back and amazingly 7 days have been passed. was this experience difficult? well to be frank NO :o because i was extremely busy in some office affairs. what do i think gonna happen next? I HAVE NO IDEA but it fees good to see that its been 7 days it means much, it worth a lot.

Now it feels to be good... really....ME. No dark side no split personality no show off, just being good. Am i happy? well NO i'm not. Why? Too afraid of fall, too afraid.

Need kind and inspirational words (again i would humbly request avoid sympathies its not gonna do good to anyone of us)

a hopefull boy

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Re: shadow

Posted by inastruggle - 27 Apr 2016 06:14

May Hashem grant continued hatzlacha.

I hope you have a plan on how to continue staying clean or you're going to fall really soon.

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Re: shadow

Posted by Ecstatic - 27 Apr 2016 07:53

Well, you have lasted a week. One week, yes, but that week has seven days. SEVEN! And if you are anything like most of us here, and probably like most people on this earth, each of those days had many, many chances for you to to fall.

So this is a great success. And these are great triumphs.

So you should think about that and not be thinking that you are afraid to fall.

Of course you ARE afraid to fall, or else you are a fool. But do not think about that far all the time. Because then you will not be happy. And if you are not happy, you will not be strong.

Do you pray? Pray. If you get G-d to help you then you can do anything.

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Re: shadow

Posted by markz - 27 Apr 2016 09:03

Hi Sard

Pray tell me, is this the first time in your life you were clean for 7 days

(If you could please keep your posts on one thread, this way you can watch your progress and we can give you input accordingly)

What means "shadow"?

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Re: shadow

Posted by skeptical - 27 Apr 2016 12:42

shadow

noun shad-ow \?sha-(?)d?\

: a dark shape that appears on a surface when someone or something moves between the surface and a source of light

: an area of darkness created when a source of light is blocked

: a very small amount of something

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Re: shadow

Posted by skeptical - 27 Apr 2016 12:46

Sometimes a plan is developed once one is in the midst of being clean.

You're doing great work - keep it up!

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Re: shadow

Posted by mr.clean - 27 Apr 2016 13:21

I agree, you need a plan.asap. Without one a fall is inevitable...you won't always be busy...

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Re: shadow

Posted by doingtshuva - 27 Apr 2016 13:31

Plan to start reading the GYE Handbook

and welcome back

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Re: shadow

Posted by skeptical - 27 Apr 2016 14:44

Falling is never inevitable, even without a plan.

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Re: shadow

Posted by sard hawa - 30 Apr 2016 16:52

hello,

To be honest! no its not the first time. Its been done many a time, i could go on for many days but i don't know all of a sudden, the sense of lust, after few days, just makes all the work go

not proud of what i had done but still hopeful.

shadow means the lust, clung to you, attached with you your own shadow from another

dimension

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Re: shadow

Posted by peloni almoni - 01 May 2016 01:33

[mr.clean wrote on 27 Apr 2016 13:21:](#)

you need a plan.asap. Without one a fall is inevitable...

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Re: shadow

Posted by markz - 01 May 2016 01:36

If you wanna get clean listen to Mr Clean

Or to [Mr Bean](#)

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Re: shadow

Posted by thanks613 - 01 May 2016 17:25

[peloni almoni wrote on 01 May 2016 01:33:](#)

[mr.clean wrote on 27 Apr 2016 13:21:](#)

you need a plan.asap. Without one a fall is inevitable...

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I'm on the fence

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