

Tzvi K's Journey

Posted by tl123anonymous - 11 Nov 2015 18:18

This my first time my making an effort to stay sober and I be"n have now 66 days with back to back abstinence and 35+ days free of intentional lusting and shemiras einayim. Thank You Hashem! I feel your Siyua, and without it I can't do it.

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Re: Tzvi K's Journey

Posted by gibbor120 - 07 Dec 2015 18:25

MAZAL TOV!!! KUTGW!

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Re: Tzvi K's Journey

Posted by Shlomo24 - 07 Dec 2015 19:10

MAZEL TOV!

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Re: Tzvi K's Journey

Posted by tl123anonymous - 17 Dec 2015 03:36

Chizuk obtained: " INTRODUCING NEW FLAVORS"

1. When having hard time to accept our challenges either in lust or charachter defects: Instead of saying "swallowing a bitter pill" is good, be more positive, and think of it as "Hashem is granting us opportunities of tasting new/different flavors."

2. We beat ourselves up that we are not good enough and why can't we just accept: Say "it takes time to get used to alternative flavors", and pray to Hashem to make you appreciate it.

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Re: Tzvi K's Journey

Posted by tl123anonymous - 17 Dec 2015 03:39

ACCEPTANCE:

1. Letting go is "Accepting not Denying".

2. I was omed benisayon and left the coffee room where a provocative lady was located. I was afterwards in the bathroom and could not daven, to let go of the lusting thoughts. I started counting tiles in the bathroom. When Hashem granted me with a wise mathematical thought: **a.**Odd numbers multiplied by odd numbers equals anodd number. **b.** Even numbers multiplied by even numbers equals an even number. **c.**Odd numbers multiplied by even numbers equals an even number.

3. I was so grateful to our father in heaven for this gift, when it dawned on me that this is a lesson on acceptance (hashem showering me with another gift): Is it fear and logical that even numbers have the upper hand? No, it is not meant to be. This world is not fear, as Hashem is in charge and does as he sees fit!

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Re: Tzvi K's Journey

Posted by markz - 17 Dec 2015 14:20

[tl123anonymous wrote:](#)

ACCEPTANCE:

2. I started counting tiles in the bathroom. When Hashem granted me with a wise mathematical thought: **a.**Odd numbers multiplied by odd numbers equals anodd number
How do you count, without reading all the great life lessons scrawled all over the tiles?

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Re: Tzvi K's Journey

Posted by cordnoy - 17 Dec 2015 14:32

[tl123anonymous wrote:](#)

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Search the sight for info regarding praying in the bathroom.

Ask your rabbi as well.

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Re: Tzvi K's Journey

Posted by tl123anonymous - 12 Sep 2016 16:18

With the help of the GYE site and the chevra, which gave me a jump start in my early stages of sobriety, I recently reached my first year of recovery with a full year of Sobriety.

The camaraderie and sense of belonging I received from GYE was priceless and gave me a new sense of self and worth which I have lost during active addiction. By the grace of G-D, early on in recovery, I have found my identity as a Sex Addict and received the willingness to join SA. I now have faith in G-D, and feel OK with who I am and am more accepting of others around me in my life. I am trudging one day at a time happily joyous and free towards happy destiny.

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