

Yossi's Journey

Posted by Yossi.L. - 07 Sep 2011 03:22

Today is day 15 of my current cycle of cleanliness, may this cycle be the everlasting cycle! I always find that the beginning of my cycles are much easier to maintain cleanliness as opposed to a couple of months in. I feel like once I've driven my number of clean days up, i tend to lose the same intense focus as in the beginning. I pray that this cycle will be different. Any tips would be appreciated. Fighting on!

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Re: Yossi's Journey

Posted by chaimyakov - 24 Jan 2012 02:45

AWESOME!!!!!!

Me too, but not exciting to me. i will not, can not allow myself to focus beyond now! Trying to remain as even keeled as possible, not too high nor too low. Filling my time with positive things and davening to Hashem for the help that only He can provide.

Hatzlacha in all things GOOD.

chaimyakov

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Re: Yossi's Journey

Posted by Yossi.L. - 24 Jan 2012 21:59

Thank you Gevura and Chaim Yaacov for the chizuk

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Re: Yossi's Journey

Posted by Yossi.L. - 24 Jan 2012 22:00

It's very hard for me to tell myself that I am STRONG and can overcome my temptations, yet at the same time tell myself that I'm WEAK and need barriers. Yet another balancing act in the life of an addict.

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Re: Yossi's Journey

Posted by Yossi.L. - 29 Jan 2012 02:49

Most of the time I am proud that I am facing my issues and dealing with them head on. Some of the time I feel disgusted by myself and disgraced at my animalistic addiction and need for selfish self indulgence. Right now I'm feeling like the "some of the time". maybe it's because its motzei shabbos and I'm feeling the holy spirit exit me. Whatever the reason, I disgust myself right now.

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Re: Yossi's Journey

Posted by Gevura Shebyesod - 29 Jan 2012 03:50

Why are you disgusted with yourself? Be proud of the amazing progress you have made!

A Gut Voch, and Keep On Trucking!

Gevura!

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Re: Yossi's Journey

Posted by Yossi.L. - 31 Jan 2012 01:58

Today is my 89th day clean of this cycle! Now is "most of the time".

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Re: Yossi's Journey

Posted by Yossi.L. - 31 Jan 2012 01:59

:)Times 44.5

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Re: Yossi's Journey

Posted by chaimyakov - 31 Jan 2012 13:53

AWESOME!!

Keep it up just for today.

i have heard from too many (3 last night at my sa meeting) who have reached 90 - 100 days only to fall and some to fall hard. i am more focused than ever on today and hope you are too.

Hatzlacha in all things GOOD.

chaimyakov

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Re: Yossi's Journey

Posted by tehlimzugger - 31 Jan 2012 16:53

[Yossi.L. wrote on 24 Jan 2012 22:00:](#)

It's very hard for me to tell myself that I am STRONG and can overcome my temptaions, yet at the same time tell myself that I'm WEAK and need barriers. Yet another balancing act in the life of an addict.

the sefer Divrei Tzaddikim in the beginning of this week's parsha, beshalach. writes: lo yamush amud heanan yomam vaamud haesh laylah, when it's going good, when it's yomam, it's all good- be sure to have the anan- the aniyus and anava. but when it's laylah when things are down, then you must use your eish- your fire!

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Re: Yossi's Journey

Posted by Gevura Shebyesod - 31 Jan 2012 18:58

Like!!

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Re: Yossi's Journey

Posted by Yossi.L. - 03 Feb 2012 03:01

I had a fall on my 90th day. Chaimyaacov how right you are. For the sake of brevity bec I don't have much time....in the morning I woke up after having a sexual dream...instead of jumping out of bed, I lied there continuing the fantasy in my head for about ten minutes...I dangled myself on the threshold of temptation until I pulled away. In truth, I don't feel horrible about it because I didn't place myself in a compromising position, rather I was placed in a lusting position by my dream which I have no control over. And being that I am an addict..... Don't getvme wrong; I am disappointed and upset that inlusted etc however thus is not a devastating fall and I'm able to take it in stride. Please share anythingnthat you see in this story that I can learn from. Thanks.

Yossi

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Re: Yossi's Journey

Posted by mechazek - 03 Feb 2012 10:03

Hi yossi maybe check with your sponsor because sobriety means a progressive victory over lust it is important to know that we must be constantly progressing and not just holding on.Allso once you become the authority on your sobriety you allso decide when you act out so proceed

with caution.Nice work.

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Re: Yossi's Journey

Posted by ZemirosShabbos - 03 Feb 2012 16:18

www.guardyoureyes.org/forum/index.php?topic=450.msg56942#msg56942

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Re: Yossi's Journey

Posted by gibbor120 - 03 Feb 2012 17:08

[ZemirosShabbos wrote on 03 Feb 2012 16:18:](#)

www.guardyoureyes.org/forum/index.php?topic=450.msg56942#msg56942

Definitely a CLASSIC!

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