

Shomer's Journal

Posted by mevakesh - 18 Dec 2008 19:22

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I just wanted to start a new thread here to track my progress.

Today is day 7 and I am doing reasonably well B"H. I have been reading the chizuk e-mails every morning and reading the forum periodically throughout the day.

Will try and stay strong through the weekend and will *bili neder* be on Sunday's support call w/ Elya.

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Link to my original post on GUE [here](#)

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Re: Shomer's Journal

Posted by gettinghelp - 20 Feb 2009 15:14

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I have found out that Hashem will help when you ask and seek help from him.

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Re: Shomer's Journal

Posted by mevakesh - 20 Feb 2009 15:25

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GUE ... point taken ... loud and clear

Anon ... thank you so much for being *mispalel* ... *Hashem ymale tfeifilascha l'tova*

Today is day 44 ...

Just wanted to just down some quick thoughts regarding my struggle as I transition *bezras Hashem* into the second half of month number 2. I am happy to report that most of the overwhelming impulsive urges to act out that I had experienced over month number one have yet to surface in the past 3 weeks or so. I do not mean to imply that I do not struggle on a daily basis. I certainly do struggle ...

The fight, however, w/ the y"h as I can sense it seems to be assuming a different form. It almost sounds silly to say this, but I seem to be looking back at my old habits and patterns w/ nostalgia. I often catch myself thinking about some aspect of P or some fantasy and ask myself is it really better now?

At this point, I have usually been able to fight the urges off by thinking logically about how silly and baseless the claims of the y"h are. After going through a back and forth regarding the rationalization of these fantasy's, I get to a point where I logically realize the futility of these thoughts and continue w/ my daily activities. But the y"h usually comes back within a day or two w/ the same rotten *schora*.

To be quite honest, however, I do not think that I would be able to fight these urges off without my sedarim and commitment to *limud ha'Torah*. If I did not drag myself to the *bais medrash* every day, I would probably drift deeper and deeper into these dangerous thought patterns. Eventually, I would probably begin testing my sobriety by looking at "questionable" things on the computer that my accountability partner may not catch wind of and even if he did ... so what?

By dragging myself to learn, however, I am able to refresh and reinvigorate my own thought and emotional foundations. I come away from learning feeling renewed and replenished and that is what gets me through my struggles on a daily basis.

I would imagine that the y"h will assume another guise once I get through this period of *preshus* from my *tavos*, but *bezras Hashem* I hope that my commitment to *limud ha'Torah* will give me the strength to overcome future obstacles as well.

Thank you all for the support and encouragement!!!

You should all be *gebenched* ...

Have a good Shabbos

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Re: Shomer's Journal

Posted by mevakesh - 23 Feb 2009 21:32

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B"H got through the weekend without incident. I read [this](#) recovery story off the main site over the weekend which was very inspiring. I can relate to much of what this courageous individual went through and found comfort in his strength and perseverance.

Today is day 47

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Re: Shomer's Journal

Posted by mevakesh - 24 Feb 2009 17:16

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Today is day 48 ...

I got to bed very late last night, but got up in time for the early davening and kept up my regular morning seder. I am, however, very tired as a result. I will also need to stay up very late tonight for a work related activity. Although I don't feel tempted, I realize that the external factors that are conducive to acting out are certainly present.

Will try and be *mechazek* myself and hope to *bezras Hashem* hit the 7 week mark tomorrow.

One thing is for sure, without the GUE Network I would never be where I am today (however humble the achievement).

Thank you guard for the tremendous work you have done and continue to do.

*Hashem y'male schorcha kiflay kiflayim*

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Re: Shomer's Journal

Posted by the.guard - 24 Feb 2009 20:54

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7 Weeks - like the yemei Seffira. What comes next? kabbalas Hatorah!

Shomer, you're shaking the heavens!

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Re: Shomer's Journal

Posted by mevakesh - 25 Feb 2009 19:02

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Well, I am thrilled to say that today is day 49 .... 7 weeks ... *seferas ha'omer* ... 49 *shari tumah* ... *hachana l'kabolat ha'Torah* etc. etc.

I do not be any means mean to minimize this accomplishment. 49 days is probably the longest period that I have been clean in nearly 5 years. Something happened, today however, that made me realize just how vulnerable I still am to the whims of the y"h.

I had gotten to sleep late most of this week and was very tired yesterday. On top of that, I was up half the night attending to work related matters. This morning I woke up early to say *kreyas shema b'zmano* and then went right back to sleep. I got up at about 10 or so to daven, but was

feeling extremely fatigued. It is possible to fight the y"n when one has strength, but I felt I had none.

At this point a very sobering reality struck me like a bolt of lightning. If not for my jnet/filter/monitor, I would be watching P right now. I wanted to watch P right now and I was upset that I could not. I had no strength to go seek loopholes to my filter and knew that all my keystrokes would be viewable to my accountability partner and I was upset about it. How good would it have felt to watch P right now. I could almost feel the adrenaline rush that would accompany some "alone" time on an open connection.

B"H it was not meant to be and I have recovered some of my strength now. I could only imagine what a *mapala* watching P would have been for me. I am grateful for my jnet/filter/monitor/accountability partner etc. Although I am extremely humbled by the sobering realities that I had temporarily lost the independent will not to succumb to P, I am grateful for the safeguards that I have in place.

Will I one day get to a point where I don't need them anymore? ... I truly don't know

All said and done, however, I am clean today and have been so for 7 weeks now. I will try and take solace in this accomplishment even though I feel disappointed in myself for not being about to do it on my "own steam" so to speak.

Hashem should *bench* all of you with true happiness and *gevurah* in life.

Thank you again for being there ...

-shomer

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Re: Shomer's Journal

Posted by gettinghelp - 25 Feb 2009 19:31

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You got the y'h very upset with your success, but B"H you won out today. May Hashem give you the koach to win everyday!!!

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Re: Shomer's Journal

Posted by Ano Nymous - 25 Feb 2009 22:21

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The disappointment that you felt is the YH talking. Ignore him. Because you had the will which led you to set up the safeguards you have, you should credit yourself with a FULL victory, not a partial one. And yes, it will get easier the more time you put between yourself and the addiction; Jack and I (and be holy) can attest to that. Be happy!!! :D

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Re: Shomer's Journal

Posted by mevakesh - 26 Feb 2009 20:40

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Day 50 ... doing well, but very frustrated w/ the sheer, utter and inexcusable incompetence of one of the individuals I have the misfortune to have a business dealing together with. Will try and stay together.

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Re: Shomer's Journal

Posted by the.guard - 26 Feb 2009 21:52

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Don't stick your hand in fire when feeling bad.

Will you let this jerk do you even MORE harm?

Know that all hardships are really for the best.

It's really all a test, to make you better than the rest.

So give the pest a rest and do your best.

Keep the zest, like a vest.

You're doing FEST on your quest!

(this is all in jest)

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Re: Shomer's Journal

Posted by mevakesh - 26 Feb 2009 22:34

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and may I say guard ... you are the BEST!

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Re: Shomer's Journal

Posted by the.guard - 27 Feb 2009 06:30

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What do you say to my new signature? ;D

I think it sums it all up pretty good...

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Re: Shomer's Journal

Posted by Ykv\_schwartz - 27 Feb 2009 09:34

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I like the new slogan Guard. I wrote it down on a piece of paper to keep with me. Like you said, it really sums it up.

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Re: Shomer's Journal

Posted by Mevakesh Hashem - 27 Feb 2009 14:22

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Love the new signature!!

Chazak V'Ematz!

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