

Steve C's Journey

Posted by stevec613 - 23 Sep 2009 12:36

I found the site on August 19, 2009.

So far so clean.

Thanks for the warm welcome

SC

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Re: Steve C's Journey

Posted by Kedusha - 01 Oct 2009 14:27

[stevec613 wrote on 01 Oct 2009 12:16:](#)

I updated my 90 day chart and see that I am halfway to the goal. I am not so naive to believe that I have this thing beat and that its all smooth sailing until 90. I realize the battle will be long and hard and that I will be probably find the second half of this journey to be more difficult that the first half. I am wondering what others have experienced, how others have fought the urge to feel like the addiction is behind them. I am worried that I may let my guard down and fall before I even realize it. I know how difficult it is to stop once you even start to look,

I suggest investing in your recovery (time, effort, etc.). And, like any savvy investor, you make sure to protect your investment!

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Re: Steve C's Journey

Posted by bardichev - 01 Oct 2009 14:31

[Noorah BAmram wrote on 01 Oct 2009 12:48:](#)

My dear friend steve shlita

Today is day 178 on my sobriety journey, and my greatest fear is lest I become complacent and

For me the things that work are amongst others:

1. Filter, filter, filter! I don't trust myself for a second on a computer (or cell phone) that doesn't have a "no nonsense" filter. Period

2. Pray constantly- "may the Merciful one remove the Yatzer Hara from me"!!

see

Talmud Kiddushin 81

let down my guard! Pun intended!

I pray at the end of shmoneh esrai and any time some "insane" thoughts of lust pop into my

3. The ole AA truism from "one day at a time" is for me an absolute lifebreath of sobriety. Yes of course! I made a goal to do 90 to do 6 months a year, but ultimately it can only be done "kol

4. Share! Share! Share! I posted my ups and my downs, my fears and my worries (my thread called Noora's journey is buried somewhere on the wall of honor thread).

I also posted torah thoughts and insights related to the struggle, which gave me tremendous encouragement.

I found the posting on the forum to be highly therapeutic.

5. I Read the post of others. The chizuk is Awesome!!

I daven for our continued success

May the Almighty give us the courage and fortitude one day at a time

All the love in the world to a fellow Warrior

Noorah

if i may add

if you slip ch"v

all is not lost

just grab hold of the steering wheel and

KEEP ON TRUCKING!!!!

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Re: Steve C's Journey

Posted by Holy Yid - 01 Oct 2009 19:47

I wish you much luck. But I must warn you that you must not become complacent. You are not strong till you have been tested and passed. The only way to avoid the DANGER of having to be tested is to remember that you are not strong yet and need to be VERY VERY careful. Have BIG fences and always plan ahead. I learnt the VERY hard way

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Re: Steve C's Journey

Posted by stevec613 - 09 Oct 2009 14:47

Wow - I am now at 50 days. Whats strange is that its getting harder. The lure of looking at improper things while walking the streets is getting tougher. I wonder if the "frum" women who dress provocatively know the impact they have on men who see them. Certainly we addicts share some of the blame since even women dressed tznius challenges us. However those that dress to show off cross the line and may be guilty of placing a stumbling block before the blind. I am not sure why, but a "frum" women dressed in a provocative way is a bigger test for me than the non Jew walking down the street.

Good Yom Tov to all

SC

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Re: Steve C's Journey

Posted by Rage AT Machine - 09 Oct 2009 15:36

[stevec613 wrote on 09 Oct 2009 14:47:](#)

those that dress to show off cross the line

there is no line....

this is not their fault, they are just doing what they are told...

that being said, there is a serious problem with modesty in nyc among othodox jews...i believe this is because we have replaced a very fluid concept called modesty with rigid rules about socks and elbows and wigs...we have truly lost the forest for the trees....

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Re: Steve C's Journey

Posted by Holy Yid - 09 Oct 2009 15:57

[stevec613 wrote on 09 Oct 2009 14:47:](#)

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Good Yom Tov to all

SC

Have you been working on not lusting period? Also check the thread called Harry's Wife

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Re: Steve C's Journey

Posted by Kedusha - 09 Oct 2009 20:16

[Rage AT Machine wrote on 09 Oct 2009 15:36:](#)

[stevec613 wrote on 09 Oct 2009 14:47:](#)

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I do agree, and have heard from a very Chashuv Rav in my city, that there is far more to Tznius than what parts of the body are covered (although that's obviously important too).

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Re: Steve C's Journey

Posted by Holy Yid - 12 Oct 2009 15:56

[stevec613 wrote on 09 Oct 2009 14:47:](#)

Wow - I am now at 50 days. Whats strange is that its getting harder.

I don't know much about you but I suspect that you are not working with the handbooks as much as you should. The point of being clean is not to stay clean but rather to have the peace of mind to re-organize you life in a healthy meaningful way. Do you relate to what I am saying or does it sound strange?

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Re: Steve C's Journey

Posted by stevec613 - 30 Oct 2009 19:08

Quick Update - I broke the 70 day barrier. Good shabbos and Hatzlocho to all.

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Re: Steve C's Journey
Posted by Noorah BAmram - 30 Oct 2009 21:00

Chazak Chazak Achi!!

Noorah

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Re: Steve C's Journey
Posted by the.guard - 31 Oct 2009 20:33

I broke the 70 day barrier.

Mazal tov, keep up the great work! The shock reverberated around the world!

Was [this](#) you?

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Re: Steve C's Journey
Posted by levite - 31 Oct 2009 21:09

keep up the good work!

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Re: Steve C's Journey

Posted by G38 - 02 Nov 2009 11:40

Well done, ly"n by the 700th day!

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Re: Steve C's Journey

Posted by the.guard - 22 Nov 2009 14:12

Seems Steve reached 90 days and no one even noticed. Steve?

If yes, MAZAL TOV. Maybe this be the first big step in a life-time of sobriety and closeness to Hashem!

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