

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....
Posted by laughingman - 13 Apr 2015 02:03

Its very funnyi started this thread 2 years ago.....thinking "sure ill beat this "2 years later
....i have only made it to 90 days oncemost of the time i make it to about a month and a half
before i start spiraling out of control giving in to addictive behavior

And i still have difficulty defining for myself what my real goal here is ...sobriety? I should hope
sobut im still fighting the same punchi feel like Hashem also sees my progress/non
progress

It has been a long time and i still feel like i dont fully even understand myselfbut at the same
time i have started to really see where i am and where years of pharmacueticals beginmy
entire personality is at least partly manufacturedi feel like an escaped experiment
sometimes

Its all very confusing

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Re: laughingman tries to count to 90.....
Posted by laughingman - 14 Apr 2015 10:19

im trying to take it easy so that I am not as frustrated and also coming to terms with the fact that
I am only capable of so much

soft matza rocks!

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Re: laughingman tries to count to 90.....

Posted by newaction - 14 Apr 2015 18:36

we are all in your exact position , we do within our capabilities ... and try a bit harder every time.
Thanks for sharing . Hatzlacha !

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Re: laughingman tries to count to 90.....

Posted by laughingman - 24 Apr 2015 09:33

For a while nowas i seem to be less and less involved in tuma ideas and the likei am also more clearly messed up in other wayssuch a interpersonal relationships and sometimes just my thoughts in generali would really like to join one of the phone conferences but i simply dont know how with the tkme differencd

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Re: laughingman tries to count to 90.....

Posted by serenity - 24 Apr 2015 15:02

Many of the phone conferences have been recorded.

Good Shabboss!

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Re: laughingman tries to count to 90.....

Posted by Mr A Sample - 26 Apr 2015 00:00

I have gained unexplainably from these forums, from people writing their personal chizzuk and thoughts. So I'll try and write you my thoughts too.

Every year before Rosh Hashanah, people are busy taking upon themselves 'new year resolutions'; everyone to their own. But how long do these actually last? A week? Maybe a

month? So why bother every year?

This question bothered me for many years. Last year I didn't manage to keep up for very long what i'd taken upon myself, nor have I ever managed to keep it up, so why should I bother.

Until I heard a speech from a rabbi in Israel. And this is what he explained:

'New year resolutions' are all about making this year better than last. If last year my resolution lasted 3 weeks, this year i'll aim to beat that! And even if I didn't manage, the next year I'll try again.

Hashem gave us all nisyoins so that we can grow and climb the ladder. He doesn't want us to start the '90 days' and be cured; He wants us to work hard!

Each month you managed, is another step up your personal ladder. And like on a ladder, in order to climb to the next level, one has to push down on the rung to lift the other foot onto the next rung, so to in life: sometimes we have falls and we have to make that fall into a ?????
????? ?????.

Wishing you lots of hatzlochoh; one step at a time.

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Re: laughingman tries to count to 90.....

Posted by dd - 26 Apr 2015 05:39

Welcome Mr A Sample!!!

Thank for your input. I just read both of posts very nice and to the point. Maybe you should start your own thread and share with us whats going on in your life.

Posting and being in touch with guys is one of best tools for sobriety.

Keep On Posting KOP!!!!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 29 Apr 2015 18:38

Im soo busy lately ...and tiredand frutratedand im trying to trust in HashemHe has brought me to this point and i cant have complaints

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Re: laughingman tries to count to 90.....
Posted by pischoshelmachat - 29 Apr 2015 18:45

Congratulations on 57 days. I have a problem with time but time never seems to be a problem when I spend 5 hours engrossed in porn.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 30 Apr 2015 09:53

I can relatethere were times ...when i could lose a whole night looking at womenwho in real life i probably wouldnt want anything to really do with....

When i finally started to simply refocus my thoughtsone at a timewhen I saw through Hashems help whers my mind was goingand for what?

....and you start to realize how much one can accomplish just sitting and unknown to anyone on the buswaging world war 10 in his mind

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Re: laughingman tries to count to 90.....
Posted by laughingman - 18 May 2015 11:37

Some progress that i have thought of recently.....listening to my wife suggestionsparticularly about not blaming anyone ...even myselfwhen a problem can arises and deal with it at the same time

Taking one day at a time as much literally as possible

not being critical when it can be avoided....

In the past i would avoid these kinds of posts for fear of "jinxing" myself out of any real improvementalthough i still feel very self pitying if i dont learn enough during the day or make it to minyan

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Re: laughingman tries to count to 90.....
Posted by serenity - 18 May 2015 17:30

One day at a time is completely possible. If there is something I can do today to make my future better, for example clean the house, then I should do it. But that's living for today! Hatzlacha!

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Re: laughingman tries to count to 90.....
Posted by shomer bro - 18 May 2015 22:58

Laughingman: you rock! Your words are so true, and very genuine. KOMT!! YTC!!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 25 May 2015 05:36

Sothings are not going wellmy wife has decided that religion is not for her ...also my oldest daughterand now when my other children get older we are letting them decide for themselves if they believe in judaism or notalso i was sick on shavuosi barely learned anything shavios night

I kinda feel like giving upi mean whats the point?i probably have 0 chelek anywayall of these things happened because i pushed my family too far with my own problemsi have anger issues and all kinds of selfish behaviors too say the leastand frankly we seem to attract the worst kinds of people

I dont know where to begin even if i wanted to "stay the course" and improvei feel pointless and hopelessusually i would ask about teffilot.....but what miracle would He be willing to confer on a nobody like mei am sorry i have let soo many downi just wish i coulda figured all this out on time

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