

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 cordnoy - 30 Sep 2015 11:29

[yehoshua wrote:](#)

Yesterday, this helped me. It is all for the future, not now. But now it gave me hope. All the best to you brother

The Twelve Promises

We are going to know a new freedom & a new happiness.

We will not regret the past, nor wish to shut the door on it.

We will comprehend the word Serenity &

We will know peace.

*No matter how far down the scale we've gone,
we'll see how our experiences can benefit others.*

That feeling of uselessness & self-pity will disappear.

We will lose interest in selfish things & gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude & outlook on life will change.

Fear of people & economic insecurity will leave us.

We will intuitively know how to handle situations which use to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not.

They're being fulfilled among us - sometimes quickly, sometimes slowly.

They'll always materialize if we work for them.

As they say....If we work for them.

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

Posted by laughingman - 12 Oct 2015 12:42

Incredible how much can happen in no timeeven though i am exhausted all the time and busy..

Like i read here no problem soo difficult that alittle lust cant make worse....

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Re: laughingman tries to count to 90.....
Posted by laughingman - 25 Oct 2015 08:21

I have had soo much happen in my life, i miss the days when i was new here

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 25 Oct 2015 14:29

[laughingman wrote:](#)

I have had soo much happen in my life, i miss the days when i was new here

Sorry

You have my number

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Re: laughingman tries to count to 90.....
Posted by Break Addiction - 26 Oct 2015 01:22

Hi Laughingman,

This is actually the first time I'm writing on this forum and when I came upon your messages I was amazed to see someone that is going through exactly what I went through.

My story is more less the same line, I try and I fail try again and fail, I promise to myself with all my heart that I wont do it but the next day comes and it comes again.

I felt like I'm cursed and I felt like there is not a single person on the planet that can help me and I tried to convince myself that it's good, it's healthy for the blood, blah blah blah.

Truth was, this killed me from the inside, I couldn't love my kids and my wife because of this addiction, it made be deeply depressed and it may life a living hell to the point where I lost my job. My mood changed my personality and that messed me up.

Long story short, I one day looked through my spam emails and found something about Guard Your Eyes in the subject, so I opened it thinking that maybe it's a scam to get my money or whatever.

It happens to be that this day was a day before Rosh Hashana and I was seeking inspiration.

So I started looking through the site to see what they offer. First I started with the intro video and that video led me into listening the TaPHSIC method for about 40 minutes which instantly opened a spark for me. Could it be that it works? I thought to myself. This makes so much sense.

I jumped right into it, wrote the shvuah word by word from the recording and started right then and there to work on myself.

I also jumped right in to the 90 day challenge because I thought why wait if I'm starting it now.

My chart was just updated and low and behold it's already 43 days!!!! It's unbelievable!!! Since I was 15 years old there hasn't been a month or even a week that I kept myself back from doing "IT" and now I'm actually doing it. This is amazing, there's magic here and when I say this I'm literally crying because this has changed me soooooo much.

Yes, I did have a near fall in the middle where I had a "friend" that sent me some bad pics but I did not swear on something like that, my wife saw it and she made me add to my shvuah not to even look at that or else I'd have to pay the amount I promised and no excuses. So I added it.

I have crazy urges to a point where I want to go to bad places but every day is a struggle and I feel that hashem is with me and as they say "Just try to do a little and hashem will do the rest".

Laughingman, did you try the TaPHSIC method?

If not then this is what I strongly recommend. It really works!!

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Re: laughingman tries to count to 90.....
Posted by Shlomo24 - 26 Oct 2015 18:55

[Break Addiction wrote:](#)

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Welcome! why don't u start ur own thread?

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

Posted by laughingman - 28 Oct 2015 06:01

[Break Addiction wrote:](#)

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I think that the fact that your wife is aware of your problem and wants to help you in this is one of the most incredible thingsit means she loves you very muchdont take that for grantedkeep trying and let her know that she inspires you and others

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

Posted by laughingman - 28 Oct 2015 06:21

I have been putting myself through what seems like the 90 day chart in reversenow i again see that there are no mistakes in the reactions of life ...doing the wrong thing yields immediate damage ...even if you dont think its related .

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Re: laughingman tries to count to 90.....
Posted by laughingman - 29 Oct 2015 12:12

I keep tryingeven though i feel like giving up on any controli feel like soo much has happened that i couldnt possibly get better or feel bettermy life simply doesnt go that waybut i try anyway

I wish for G-ds mercy but i dont onow what that means for me really

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Re: laughingman tries to count to 90.....
Posted by Break Addiction - 08 Nov 2015 21:02

Fell last night.

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Re: laughingman tries to count to 90.....
Posted by Shlomo24 - 09 Nov 2015 01:23

and you fell right into gods hands

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Re: laughingman tries to count to 90.....
Posted by serenity - 09 Nov 2015 06:48

Welcome back!

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

Posted by yehoshua - 09 Nov 2015 09:21

Break Addiction, laughingman

You got honesty and that is important!!! One minute at a time, Hashem will help you get up. Now the avatar of Dov is really great, cos God really is the only one who can hold us and help us walk upright all the time, even the guys with zillion days and not like us with a few days. Actually there ain't much of a difference between the zillion days and one minute, this minute is what counts and He is helping me walk this minute.

Thanks chaver, I feel like falling too. This is why I am here. Thanks for your shares, it helps, you guys helped me be sober this minutes.

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

Posted by Dov - 10 Nov 2015 13:19

[Break Addiction wrote:](#)

Fell last night.

Shlomo24 is right, you fell right into G-d's hands.

Can I ask please, what happened w the TaPhsic tactic u were using till now? Thanks for sharing your experience, bro

- Dov

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