

David26fr starts for 90 days

Posted by David26fr - 12 Nov 2013 22:47

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For today, I am clean since 12 days.

I think I can try a new attempt to reach the 90 days...

I had difficult moments in wednesday and thursday of the past week, but I hung and it passed.

I need to stay vigilant, I pray to Hashem that He helps me to stay clean !

Three things that help me a lot :

- I take one day at a time, one moment at a time. If I think to tomorrow or to the next hour, especially when I have a lust attack, things begin to be worse very quickly.

So : today I am clean. Tomorrow ? Not my problem actually.

- When I have an attack, I think about the moment AFTER a fall. The yetser hara tells me that this "little moment" will help me, but I know and I have to remember to me that is a LIE.

After the fall, all will be worse. Nothing will be resolved. And this very very very little moment of pleasure will crush all, and after, all what I will feel is SUFFERING. A BIG SUFFERING.

- I have a new phone since 3 weeks, a little Android phone. I managed to install a filter in it with a strong password, and I blocked many applications (Youtube for example). I wrote the password on a paper, and my wife has hidden the paper.

This filter is Funamo.

I had many falls in the past with my old Nokia phone because I couldn't install a filter in it... I understand now what I was in error, and I should change my phone earlier.

May Hashem helps us all to stay clean. And to always remain lucid.

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Re: David26fr starts for 90 days  
Posted by David26fr - 24 Dec 2013 22:30

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Falls agains...

I am trying to remotivate but the actual period is very difficult, I don't see the end...

I am trying to think how to do the things better, what I have to improve, what are my mistakes...  
but it's very difficult when you are falling again and again !

I am battling during hours to not fall, and just do multiple falls just after.

Very confusing, I am empty of hope for the moment

Only Hashem can get me our of this...

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Re: David26fr starts for 90 days  
Posted by Pidaini - 24 Dec 2013 23:58

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Sorry to hear about your situation.....there is an end to this, there is!!

You say only Hashem can get you out, have you mentioned that to Him yet? Have you told Him  
everything that is on your mind?

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Re: David26fr starts for 90 days  
Posted by David26fr - 25 Dec 2013 03:09

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Even if it so difficult, I know that I have to continue to believe in it...

I didn't speak to Hashem because I didn't find the courage to do it. I will take a moment to do it tonight, even little will be better than nothing

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Re: David26fr starts for 90 days

Posted by Machshovo Tova - 25 Dec 2013 03:48

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R' Nachman says we must always remember the posuk that Yonah said when he was swallowed by a fish:

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From the belly of hell I cried out to You - You heard my voice.

Yes, even from the belly of hell we can cry out to Hashem and He will be hearing our voice.  
Ashreinu - How fortunate are we!

Hatzlacha

MT

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Re: David26fr starts for 90 days

Posted by David26fr - 26 Dec 2013 14:23

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Machshovo Tova, your message touch me, it awaked me to take a moment to open my heart to Hashem.

So, yesterday, I awaited a moment of calm when I could be alone, and I cried a lot, telling all to Hashem about my sitation, and asking Him to help me...

I felt better after this, and after a moment of reflexion, I took upon myself new measures against lust, and to take a moment every to read GYE manuels and stories, and to call more frequently my partner...

And, I think that is the most important thing, I am better integrating that I am dependant : I know that I am dependant, but I am not sure that I integrated well this point, with all the consequences...

Cleary, when you integrate this, all the way to manage the problem changes...

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Re: David26fr starts for 90 days  
Posted by Machshovo Tova - 27 Dec 2013 03:59

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(see next post)

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Re: David26fr starts for 90 days  
Posted by Machshovo Tova - 27 Dec 2013 04:00

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That's gevaldig! Thanks for sharing.

B"H you reached out to Hashem - don't let go of Him. As the possuk says:

?????? ??? ?????

I grabbed hold of Him, and I will not leave go of Him.

Tzadikim said, "With Hashem, we can move mountains. Without Him, we cannot even pass over the threshold of our house."

Hatzlacha

MT

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Re: David26fr starts for 90 days  
Posted by Pidaini - 27 Dec 2013 07:58

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YES!!!

By talking to Hashem we remind ourselves that He is the only one who can really truly help! It is

KOMT!!!! KUTGW!!!

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Re: David26fr starts for 90 days  
Posted by David26fr - 03 Jan 2014 17:43

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Barukh Hashem, I am clean since this last fall

I talked to some people, and that helped me a lot to have 'Hizuk to continue the battle.

I wasn't at work in the last days, so the things were a little calmer, with no computer with Internet at hand.

But the last night, I dreamed a porn dream who was very realistic, with many sensations... It was very strange.

I awoke with a zav, but I know that a zav is not a fall because it's not our will to have this.

But, since this morning, I have many sensations from this dream that the Y'R is bringing again and again into my mind, and many thoughts about it...

I am wondering why I dreamed of this ?

Thursday was clean, and I managed to guard my eyes clean.

And the scenario of the dream was terrible, but I don't want to analyse it deeper.

It's not easy, fortunately Shabbos is in a few hours, and I hope that will help to make disappear all these remembering of the dream !

Good Shabbos to all

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Re: David26fr starts for 90 days  
Posted by Pidaini - 04 Jan 2014 23:33

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Don't you worry about that dream, they still come visit me every once in a while, it's only another

trick of the YH.

You just forget about it, if you are doing everything you can. One day at a time....one foot in front of the other, it doesn't make a difference what happened yesterday or what happened a few steps back, right now all I need to do is take the next step...and then the next....

KOMT!!

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Re: David26fr starts for 90 days

Posted by David26fr - 05 Feb 2014 18:13

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I was away from GYE for a moment because I had many personal problems, and they literally absorbed me :

- My mother was very ill : she has passed very close to death, and a morning I had to run to her home to bring her to the hospital instead of going to work because she was in strong danger... Baruch Hashem she is better now, and she is going in a nursing home.

- Many problems at work : a company wanted to seduce me, with many money... Interesting.

But this company is entirely guided by a principal : "money above all"... It's like a shark cart, with many liars, and some risks for my family (not about lust, but about being entirely for the work and to beginning to desert the family).

Many pressure about this, many hesitations, and finally I didn't signed to this company : ok, money is important, but at what cost ?! The cost of my family ? The cost of my neshama ?

I am back

- I was very ill for an entire week, staying for 2 days into the bed, and I was weak for some days after this.

I was happy that I succeeded to pass these nisayon without major fall.

I had just one fall when I was ill and very weak : the Y'H twisted me up to see "some interesting things"... Boom.

I meditate many about this fall, and the same day of my fall, the 'Hizuk mail of GYE was saying a thing that hit me : a teaching of Rabban Yochanan ben Zakai.

His students said, "Our Master, bless us!"

Rabban Yochanan ben Zakai replied, "May G-d grant that your fear of Heaven equal your fear of beings of flesh and blood!"

Surprised by this response, the students asked him, "That's all? Nothing more?"

Rabban Yochanan ben Zakai said to them, "If only you reach that level. Know this: When a man commits a sin, he tells himself, 'I hope no one saw me!'"

Clearly, if I had this midoh when I had my fall, the fall didn't happen...

So I am working actually a much to get this midoh ; and to have Hashem in my mind all the day, and to internalize that he sees all my actions, all my thoughts, and nothing is forgotten.

I am clean for 12 days today.



May Hashem helps us all !

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Re: David26fr starts for 90 days

Posted by simontechouva - 23 Mar 2014 09:23

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hello David

May Hashem help you.

How are you? Have you taken a decision for work ?

To make the good choice, think with Hashem's regard and your Emunah: is it really good for you, for your sobriety, for your family, your Torah.

We always choose the things because "I can't refuse" or "It's an opportunity...". Money and YH speak to us. Sometimes it's true that this is the good choice, but we must choose without the weight of money which decides for us.

Have a good Mazal, friend!

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Re: David26fr starts for 90 days

Posted by David26fr - 20 Oct 2014 20:30

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Hello all,

I am continuing the battle : I manage to stay sober about 30-40 days, but I don't manage to stay sober longer.

For work, finally I stayed at my place and didn't change, for this it's ok now.

But I have a little question to ask...

I began since a few weeks the Taphsic method. Since then, I fell two times, but the result is globally that I am reinforced into my determination to stay sober : I hope that I will manage to reach the 90 days !

My question is that after a fall, I taken upon me to execute the normal Knas into the next 36 hours. But, after one of my two falls, I forgot this part of the shvouah and I executed the knas only after 4 days.

I am very disappointed about this... Is there a big problem about this, did I transgressed a lav in shvouah laws ? Do I have a tikkun to make ?

Thank you !

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