

Ninety days one minute at a time-Sircleans journey

Posted by sirclean - 17 Nov 2013 10:31

So my journey starts. This is where I'll be chronicling my journey to 90 glorious shmutz free days. I will l"yh post my full story soon but I didn't want to push off starting. One minute at a time! Thank you in advance for any chizuk you give me may Hashem pay tout back manifold!

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Re: Ninety days one minute at a time-Sircleans journey

Posted by sirclean - 18 Dec 2013 20:14

Thanks Pidiani. The thing I'm trying to focus on is that until now I've been trying to recapture the magic of not lusting, guarding my eyes and the like. So I tried to abstain and be careful to no avail. The point isn't to try to stop lusting; it's to change yourself and thereby enabling yourself to stop. I think that's a important component that I was overlooking.

Agav I find that u have less and less time to post. With the full Kollel schedule and the Chaburos and the like it's just very hard to find time. U Ned to make it more regularly but usually at night u just have time to slim the chizuk emails and that's it. Right now I'm borrowing one yungemans (filtered) phone but I can't do it every day. Does anyone else have this problem.

Ok, Chazak Rabbosai!

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Re: Ninety days one minute at a time-Sircleans journey

Posted by cordnoy - 18 Dec 2013 20:25

can you send your chaburah please?

which sugya?

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Re: Ninety days one minute at a time-Sircleans journey
Posted by gibbor120 - 19 Dec 2013 03:13

[sirclean wrote:](#)

Agav I find that u have less and less time to post. With the full Kollel schedule and the Chaburos and the like it's just very hard to find time.
That is often a good thing. It should leave less time for lusting. When I'm busy, I also feel more productive and fulfilled which also reduces lusting.

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Re: Ninety days one minute at a time-Sircleans journey
Posted by sirclean - 19 Dec 2013 22:17

Nesrafim mutarim and gibbor you're right it was so much easier when I was crazy busy. Actually the last few days were pretty good, b"h wishing everyone a sober day!

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Re: Ninety days one minute at a time-Sircleans journey
Posted by sirclean - 24 Dec 2013 22:38

Ok b"h were in a little groove. Once I got my h head sober for three days I was really able to get things clearer on how to attack it. Also being very busy has been very helpful. Also hopefully I will be trying to help out other people with chizuk. Chazak Rabbosai!

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Re: Ninety days one minute at a time-Sircleans journey
Posted by Pidaini - 25 Dec 2013 00:00

Great to hear!!

So now, what's the plan? How are you going to attack it?

Being busy is extremely helpful, but.....not something that can really be relied on, so what's the plan for when you're not busy?

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Re: Ninety days one minute at a time-Sircleans journey
Posted by sirclean - 31 Dec 2013 21:08

I'm sorry I haven't posted on awhile I didn't have internet access for awhile. The crazy thing is that I was under the illusion that I was safe but if course I wasn't.I stopped working hard and I fell. It's terrible. How do I prevent that? No passive stimulation at all. another question; I feel that the days I fall my dw has this animosity towards me almost as if she knows. It's uncanny.Does anyone else experience this?

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Re: Ninety days one minute at a time-Sircleans journey
Posted by Pidaini - 01 Jan 2014 00:19

Fell Shmell!!! Look at it as a learning experience.....and LEARN FROM IT!!

What exactly was the illusion, why did you think you were safe?

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Re: Ninety days one minute at a time-Sircleans journey
Posted by gibbor120 - 01 Jan 2014 01:34

[sirclean wrote:](#)

another question; I feel that the days I fall my dw has this animosity towards me almost as if she knows. It's uncanny.Does anyone else experience this?
dw = dear wife? I think R Arush writes about it in garden of peace.

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Re: Ninety days one minute at a time-Sircleans journey
Posted by Machshovo Tova - 01 Jan 2014 21:33

[sirclean wrote:](#)

... I feel that the days I fall my dw has this animosity towards me almost as if she knows. It's uncanny. Does anyone else experience this?

Yup! I just mentioned it to someone this week. That in the past, whenever I would fall, the next thing I knew was that my sholom bayis went downhill. But the good news is that B"H now that I manage to stay clean for much longer periods, my sholom bayis is B"H great.

As the possuk says: ??? ????? ????? ?????

Hatzlacha

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Re: Ninety days one minute at a time-Sircleans journey
Posted by sirclean - 03 Jan 2014 01:34

I thought I was to stop working hard because I had no access to internet. I let my guard down and the yeyzer chapped me so shark. Until when will I be this foolish!

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Re: Ninety days one minute at a time-Sircleans journey

Posted by sirclean - 03 Jan 2014 01:37

Pdiani I think the above answers what I meant, machshava and gibbor I can't tell you how uncanny this is! I can't believe u never realized it before! Actually yes i can I was drunk! Who's R' Arush?

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Re: Ninety days one minute at a time-Sircleans journey

Posted by Pidaini - 03 Jan 2014 07:56

R' Arush is the author of "The Garden of Peace"

We all have our foolish moments, THAT is the only self knowledge that really makes me do anything. If I have foolish moments, what can I do to stop myself from acting out then?

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Re: Ninety days one minute at a time-Sircleans journey

Posted by sirclean - 08 Jan 2014 09:56

Life is so funny. Today I spent a lot of the day really "living with Hashem", realizing everything came from him and that everything was for the good. What a great day! Even though with the wrong attitude this could have been a terrible day ending with a fall. I've day ay a time!

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