

Ninety days one minute at a time-Sircleans journey

Posted by sirclean - 17 Nov 2013 10:31

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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 - 10 Jan 2014 20:23

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What I don't understand is that when i'm living with Hashem and constantly thinking about how everything comes from him it's smooth sailing. But how about on a down day? How do we stop the Y"h from taking control?

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

Posted by gibbor120 - 10 Jan 2014 20:31

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call a friend and ask him to remind you.

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

Posted by sirclean - 17 Jan 2014 19:58

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I can't believe it. I fell again. I'm so disappointed. Why can't I get any momentum. It's so disappointing. More details to follow.

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

Posted by gibbor120 - 17 Jan 2014 22:27

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Don't worry about momentum. Worry about today. No amount of "momentum" will help you in a weak moment. I once had a "streak" of over 200 days as a bachur. In one weak moment it all came crashing down even though I was so proud of my "momentum". Even though I knew that by acting out I was giving up my "streak".

Really, "streaks" and "momentum" do not help when it counts.

I wish you all the best. Keep on Truckin! Have a good Shabbos!

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Re: Ninety days one minute at a time-Sircleans journey  
Posted by yehoshua - 20 Jan 2014 12:32

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Momentum schmentum. 15 minutes of being sober... Just 15 minutes.

This day by day is really important, because of the nature of this sickness. I mean I have it, I am not saying you do. But I do have it. And one day at a time seems the only way to go.

Gibbor can do so many lifts only cos he starts new every time. Actually he is doing just the one

All the best to you sirclean.

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Re: Ninety days one minute at a time-Sircleans journey  
Posted by sirclean - 10 Feb 2014 03:14

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I wanted to quit. But I didn't.

I wanted to just give up. But I got up.

The last month has been a deep bottomless pit of depression. I was accosted by regrets from the past. I utilized every means of escape possible to free myself. Obviously that doesn't work and pulls you deeper into the abyss. It is time to instead of hiding in the pleasure room of the house of pain I have created with my actions, to simply walk out of it instead. The big question of course is, Ma NishtanA?

Pragmatically speaking I really am throwing myself into the steps this time. Also, even though the site is called guard your eyes and I don't want to stray from that theme, I really think my just "freeing myself" of lust while continuing all the other reality escaping behavior I use is pointless. I want to focus on the root.

It's great to be back! Thanks everyone for your continuing support!

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Re: Ninety days one minute at a time-Sircleans journey  
Posted by Pidaini - 10 Feb 2014 07:19

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Welcome Back!!!

It's great that you had the courage to come back!!

What's it mean "throwing myself into the steps"? What are you going to be doing?

Keep us posted by KOP!!!

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