

90 one day units - ENY

Posted by eny - 06 Sep 2015 11:59

I have to take this seriously, will try to post progress and link it to my chart.

The following was written after a fall:

Had another fall!

I look back and see exactly how it happened:

1. met a vulnerable point in my day: having a work deadline and sat down to work on it late at night (tried extremely hard to finish earlier today)
2. We got a new filter (VCF) but didn't fine tune it properly yet (default block and allow particular sites) - I'm too crafty and persistent at getting around it.
3. Should have got on GYE!
4. Was not persistent on getting a sponsor or partner

took the following steps:

- A. sent request to change filter settings
- B. sent request for sponsor
- C. went on to GYE
- D. going to sleep so I can not mess up tomorrow

I have to catch this stuff early before the slippery slope begins

B'hatzlacha to all

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Re: 90 one day units - ENY

Posted by eny - 15 Oct 2015 03:13

You are 50% correct - Al Hatzadikim is certainly the place, but every bracha is fair game

Ata Chonen - Give us the wisdom to look at the world in a truthful way, not warped

Hashiveinu - let us truly transform ourselves, become a totally different person - for You are mechadesh bechol yom maaseh bereishis - please recreate me so my person here on earth fits my holy Neshama

Selach - Please forgive us because we truly want to move on to true Avodas Hashem

Re'ei na - Riva Riveinu - we are powerless ourselves - we need true redemption

Refaeinu - Please heal us both physically and spiritually

I've got to go to davening now!

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Re: 90 one day units - ENY

Posted by markz - 15 Oct 2015 03:48

Eny what you wrote is beautiful! have us in mind pls

I meant regarding sex addiction;

from what i understand is a natural condition that has no cure (?????) to remove it. Our task is to live great lives as ?????? despite our SA

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Re: 90 one day units - ENY

Posted by Shlomo24 - 15 Oct 2015 19:03

In SA i have learnt that I have a disease and I am getting better. If hashem wanted to take it

away completely of course he could. However, I do not know his plans. Obviously Hashem wants me to serve him WITH my SA, not despite my SA. Hashem loves me so much he would never do anything bad to me and obviously he understands that SA is supposed to part of my life and my avodas hashem.

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Re: 90 one day units - ENY
Posted by eny - 19 Oct 2015 11:05

Bareich Aleinu - I've heard there's a connection between tahara and bracha

Teka Beshofar Gadol - some siddurim here have a tefilla about the scattered nitzotot caused by sz"l being gathered together

Hashiva Shofteinu - Who knows how many potential leaders are lost to this yetzer hara and SA? Bring them back because we as a people need their kochos

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Re: 90 one day units - ENY
Posted by eny - 21 Oct 2015 03:54

Next steps in plan:

- * Second of 12 steps
- * avoid more triggers by more intense shmiras einayim - windows to soul style
- * don't get complacent
- * look again at Dr Sorotzkin's article
- * healthy living in all realms
- * decrease worry triggers by taking steps to improve parnassa situation
- * daven daven daven
- * help someone on the forum

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Re: 90 one day units - ENY

Posted by eny - 08 Nov 2015 13:39

*Started anew with a sponsor - who is great (asks me the right questions & writes back)

*Joined the chat room - it took me weeks to actually call the phone number to get approved

*One of the biggest deals in my life: more or less keeping to a schedule

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Re: 90 one day units - ENY

Posted by markz - 08 Nov 2015 14:39

Eny your three *** deserves you Five stars

Could you explain to me the benefit of joining the chat room over the forum? Also, is joking permitted there?

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Re: 90 one day units - ENY

Posted by eny - 09 Nov 2015 13:55

Thanks for the stars!

I was interested in the chat room because I wanted a place where I can communicate with someone directly when I catch myself in a nisayon and have the presence of mind to talk to someone. That can sometimes happen on the forum.

I don't know about joking because I just went to the chatroom once to check how it works & I had nothing particular to say.

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Re: 90 one day units - ENY

Posted by Shlomo24 - 09 Nov 2015 19:25

[eny wrote:](#)

Thanks for the stars!

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if I know mark at all, he was asking abt joking b/c he likes to make jokes himself and he was

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Re: 90 one day units - ENY

Posted by eny - 10 Nov 2015 01:05

Jokes are welcome - as long as they shave off the nonsense of life or bring people to real joy

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Re: 90 one day units - ENY

Posted by eny - 11 Nov 2015 03:45

Day 6 - Be aware of problem areas:

*commute

*triggers that get through filter

*frustration

*lack of structured time

Think of living more begadol - not just to avoid falling (though there is great worth in not falling, but too much focus on it creates a life of tension without positive direction)

Do something great today

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Re: 90 one day units - ENY

Posted by eny - 13 Nov 2015 04:10

Day 8

* First daven to Hashem about the day, then try to live it

* Be consistent about the new life skills habits that make life more livable:

keeping a schedule, not staying up late at night by myself in front of the computer (what was I ever thinking??)

* Learn to deal with things (work projects especially) not working out as planned so frustration doesn't click me back into old habits

* Think of others' struggles

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Re: 90 one day units - ENY

Posted by eny - 25 Nov 2015 06:00

Day 20

Baruch Hashem

* Keep focusing on one day at a time

* Don't let thoughts go unchecked - the broken glass approach that worked in NYC (I think) - knock off small strayings - seemingly innocent looking or thinking or searching

* keep in touch with my sponsor - G-d bless him.

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Re: 90 one day units - ENY

Posted by eny - 27 Nov 2015 06:08

Day 22

Yesterday - two challenging situations - thank G-d for allowing me to cut out and move away.

See my perspective on people changing for the positive - less superficial.

Check in with sponsor

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