

hit a wall!!

Posted by Here 2 improve - 12 Oct 2015 22:22

I was on 40 days.

untill, ye you can imagine same old....life is not going good you feel depressed and you fall in.

At the end of the day in my opinion you can never be fully free of this urge. Its like a gun fully loaded with the trigger triggered all you do is press a button and bang! a bullet comes out....your body is always 'triggered'waiting for that shot to be released at any given moment if you look at images or clips.....bang! its to late the button of your gun is basically pushed.

The only way, I feel, to combat this monstrous urge is to be busy and happy. Life is hard and its a challenge to stay happy. The second your not happy your pulling the trigger and if then you see images the button is basically pushed.

I have to pick myself up again but i'm not sure what will change...90 days? i flipping wish!!

=====

Re: hit a wall!!

Posted by Here 2 improve - 10 Nov 2015 21:11

Nearly a month!!

WOW!!

Do I feel good?

Not really!!

Y?

Because MZL is only a tip in the iceberg of where lies the ikker problem i.e shmiras
aiyneyim/fantasies...i think i'm gonna make a 90 second chart of controlling myself in these

The day i rid myself of this i'll throw a seudas levyoson!!

=====

=====
inyonim...

Re: hit a wall!!

Posted by lomed - 10 Nov 2015 21:13

[Here 2 improve wrote:](#)

Nearly a month!!

The day i rid myself of this i'll throw a seudas levyoson!!

I am not so good with fish. Will you have Sushi there??

=====

=====

Re: hit a wall!!

Posted by Bigmoish - 10 Nov 2015 21:15

[Here 2 improve wrote:](#)

The day i rid myself of this i'll throw a seudas levyoson!!

How will you know when you are really rid of it?

=====

====

Re: hit a wall!!

Posted by Gevura Shebyesod - 10 Nov 2015 21:26

Perhaps by the big Seudas Livyoson that's when we'll know we are finally rid of it.

=====

====

Re: hit a wall!!

Posted by Here 2 improve - 10 Nov 2015 21:44

How will you know when you are really rid of it?

Trust me my friend you'll know.

When your marriage is bliss.

When you don't ave the urge to act out.

When you don't double look at a pretty women because you really haven't got a tayva 4 her.

when you can learn with a klorer kop.

The answers are simple.

=====

====

Re: hit a wall!!

Posted by Here 2 improve - 10 Nov 2015 21:46

I am not so good with fish. Will you have Sushi there??

ok ok we'll change the seuda for those non fish likers.

It'll be a seudas achashverosh...bar the women of course!!

=====

Re: hit a wall!!

Posted by Bigmoish - 10 Nov 2015 21:54

[Here 2 improve wrote:](#)

When you don't double look at a pretty women because you really haven't got a tayva 4 her.

Say it even simpler:

When you look up and all you see is dirt.

=====

Re: hit a wall!!

Posted by Here 2 improve - 11 Nov 2015 19:22

I fell-again.

The author of the marriage book 'men are from mars women are from venus' has soled millions of books.

He has been divorced twice!

Someone once asked him 'with all due respect what right have you got to write such a book if you have been divorced twice'?

His response- 'just the opposite my friend i can only do what i do because i got divorced twice. I only have the license to do what i do because i have been there done that and can tell others what to do and what not to do'.

With that intro let me share a piece of advice i have decided once and for all.

Doing a 90 day chart means nothing.

Gedarim for MZL pretty much mean nothing.

One needs to dig deep and go to the root of the problem-shmiras ainayim. That is where the monster lies. If you kill him its mission accomplished.

To keep attempting 90 days means nothing if you still have a burning desire, it'll be a matter of time b4 you fall in.

So my new goal??

Shmiras ainayim

with that and help from the almighty I'll get there.

#what works 4 me

=====

Re: hit a wall!!

Posted by lomed - 11 Nov 2015 20:40

Or what you want that it should work for you. WHAT WORKS FOR ME means what HAS worked for me, not what I WANT that it should work for me.

=====

Re: hit a wall!!

Posted by yiraishamaim - 11 Nov 2015 22:11

[Here 2 improve wrote:](#)

I fell-again.

The author of the marriage book 'men are from mars women are from venus' has soled millions of books.

He has been divorced twice!

Someone once asked him 'with all due respect what right have you got to write such a book if you have been divorced twice'?

His response- 'just the opposite my friend i can only do what i do because i got divorced twice. I only have the license to do what i do because i have been there done that and can tell others what to do and what not to do'.

Not every coach is a good player and vice versa

=====

Re: hit a wall!!

Posted by markz - 12 Nov 2015 02:26

[Here 2 improve wrote:](#)

Oct 12 2015

I was on 40 days.

untill, ye you can imagine same old....life is not going good you feel depressed and you fall in.

At the end of the day in my opinion you can never be fully free of this urge. Its like a gun fully loaded with the trigger triggered all you do is press a button and bang! a bullet comes out....your body is always 'triggered'waiting for that shot to be released at any given moment if you look at images or clips.....bang! its to late the button of your gun is basically pushed.

The only way, I feel, to combat this monstrous urge is to be busy and happy. Life is hard and its a challenge to stay happy. The second your not happy your pulling the trigger and if then you see images the button is basically pushed.

I have to pick myself up again but i'm not sure what will change...90 days? i flipping wish!!

[Here 2 improve wrote:](#)

Nov 11 2015

I fell-again....

let me share a piece of advice i have decided once and for all.

Doing a 90 day chart means nothing.

Gedarim for MZL pretty much mean nothing.

One needs to dig deep and go to the root of the problem-shmiras ainayim. That is where the monster lies. If you kill him its mission accomplished.

To keep attempting 90 days means nothing if you still have a burning desire, it'll be a matter of time b4 you fall in.

So my new goal??

Shmiras ainayim

with that and help from the almighty I'll get there.

#what works 4 me

Hi Here2I

I just wanted to comment on what you wrote regarding the

90 day chart

What's it for?

It's been mentioned that it can change the neuron pattern of addiction - if you pass 90 days.

True for some - not for me at all since I was never addicted (And by the grace of Gd I just reached there today as shared on my Post [HERE](#))

In my little mind one of the greatest benefits of the Chart is BEFORE 90 days. It keeps reminding us

"Today is day 1 - What are you gonna do to be sober today?"

As depicted here

Perhaps you meant that in your words? I don't know

Read more about about the 90-days [HERE](#)

You're invited to click on the GPS in my signature

Hatzlacha!!

=====

=====