

Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 21 Nov 2009 23:43

Hi Guys,

I have (stupidly) neglected this forum because I was simply overwhelmed by the amount of new material on here on a consistent basis. I started my 90 day trip last year on November 20th, and I'm doing the same this year. I've set up my cell phone in such a way that I will be able to send and receive calls for free so I can call my partner and call the phone conferences for free.

Today, Shabbos, was day 2. Let the chizuk flow, because this will NOT be easy. I'm reaching for a new plateau compared to last year. I fully believe that when faced head on with temptation, I am completely powerless. I become a shell of myself, completely out of control. I know though, that if I never give up and I take the right steps, I will win the war despite the lost battles. Signing off,

Ano

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 25 Nov 2009 04:30

[imtrying25 wrote on 24 Nov 2009 22:59:](#)

I love when people comment in my thread, even with criticism, so feel free to sling mud my way!!

Im really sorry if i came across that way. Didnt mean it in a bad way. Now im married and i fully understand what this does to a marriage. What im saying is that if we make our goals too high and then not reach them sometimes it turns out for the worse. Now im not saying that you cant make it. Im just saying to be careful. But it seems youve got a lot of determination so Kol Hakavod. Hatzlacha. Im also real happy that you got yourself a partner. I sent an email ages ago and havent received one yet. I can see how it can really help.

Oh no...

I'm SO sorry I came across that way. When I said I appreciate criticism, I was NOT referring to your comment at all. I was just saying that I like receiving constructive criticism in my thread. Intelligent debate is one of the greatest ways to learn and grow. Please continue to post here, and have no fear; nothing anyone says (including you) will offend me. :D

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by imtrying25 - 25 Nov 2009 11:02

What **MY** words dont offend you??? Why thats totally offensive!!!! Do you realize who i am????
:D :D ;D ;D :D ;D

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Ano Nymous - 26 Nov 2009 08:19

This post is for Wednesday the 25th (day 6), even though it's already the 26th (3AM) here. I don't have too much to report, as the day was pretty uneventful. I felt bad that I slept in so late that I missed the phone conference, but I guess that's what happens when you go to sleep at 4AM. On another note, it's been about a year since I missed putting on tefillin! I find it hard to believe that I so often deliberately skipped something which takes so little effort. Shame on me...

Anyway, I will attempt to make a new post here every day (except shabbos and yom tov), even if I have nothing new to say, because it keeps me connected to you guys. Enjoy your turkey if that's your thing, and if not, enjoy not eating turkey. Whatever floats your boat... :D

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by imtrying25 - 26 Nov 2009 11:33

I think thats a great idea. I can safely say that my posting here **definitely** keeps me from doing or

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
thinking things that i shouldnt. And like i always say....whatever tops your turvy. Get it?
Posted by the.guard - 26 Nov 2009 12:23

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Eye.nonymous - 26 Nov 2009 18:22

[guardureyes wrote on 26 Nov 2009 12:23:](#)

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Ano, you da bomb! (Or shall I say "cannon ball"?)

Guard, your English surprises me sometimes. Have you had supplementary courses in Ebonics as a second language?

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Phillip - 26 Nov 2009 18:37

Welcome back Any Nymous.

I just got back on to the forum a day after you. I went through a similar break.

But its good to be back and today I am going to sign up for a partner.

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 26 Nov 2009 21:13

Welcome back StrivingJew! Your name says it all. With a name like that, how can you NOT succeed? I just want to make clear that even though I wasn't on the forum, it's not like I was watching porn every day. I was still VERY VERY good (I would say I watched porn between 5 and 10 times in those 5 months, and never masturbated outside of those times). I just realized that I wanted to switch from the fighting method to the surrender and connect to god method, because I don't want to live a life of "only" watching porn here or there. It is unacceptable for a civilized human being (which I consider myself to be), even if you completely leave aside the religious issues, and it will wreak havoc on a marriage (lots of proof to that here). And if I am doing something- which I DO NOT want to do- on a somewhat regular basis, it means I am not in control of myself at all. This is not the way a person (again, forget being Jewish; it's irrelevant) is supposed to live. So I'm here, and I'm going to attempt to work God into my life and let him help me out (you just have to LET him in!). I'm surprised that Duvid Chaim doesn't have more people on the calls (there were 14 the first time I called in and 10 today). The calls are GREAT, and leave me feeling so inspired. I believe that the reason more people don't call in because "only addicts call in, and I am certainly NOT an addict." I myself am not an "out of control" addict, but according to Rabbi Twersky's definition of an addict, if on a regular basis you find yourself doing things which you KNOW you should not do, and do NOT want to do, you ARE an addict. Anyone who fits this definition (which probably includes almost visiting this website) will most likely benefit from applying all or part of the 12 steps in their daily lives.

P.S. Today is day 7. Happy thanksgiving everyone!! Enjoy your turkey :D

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Phillip - 26 Nov 2009 21:57

I would like to join the call. But the timing usually doesnt work well with my schedule.

I would like to add an marshall to what you posted earlier.

When someone like you or anyone who strives and succeeds in keeping his sobriety for an extended period of time and then has a fall, is like a person who climes a mountain and falls, so the only thing the person has to do is get up before he falls down the mountain even further. So this person is much higher on the moiuntain than he was when he started. We all are in essence in the same situation when we fall and get up right away.

We shouldnt care how many times we fall as long as pick ourselves up right away to carry on with the climbing.

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 26 Nov 2009 22:12

[StrivingJew wrote on 26 Nov 2009 21:57:](#)

I would like to join the call. But the timing usually doesnt work well with my schedule.

I would like to add an marshall to what you posted earlier.

When someone like you or anyone who strives and succeeds in keeping his sobriety for an extended period of time and then has a fall, is like a person who climes a mountain and falls, so the only thing the person has to do is get up before he falls down the mountain even further. So this person is much higher on the moiuntain than he was when he started. We all are in essence in the same situation when we fall and get up right away.

We shouldnt care how many times we fall as long as pick ourselves up right away to carry on with the climbing.

100% agreed. You NEVER go back to square one just because you have a fall (although the YH would certainly have you believe that you do).

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by the.guard - 26 Nov 2009 22:21

Have you had supplementary courses in Ebonics as a second language?

Why you aks?

Heh Heh

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Ano Nymous - 26 Nov 2009 22:54

[guardureyes wrote on 26 Nov 2009 22:21:](#)

Have you had supplementary courses in Ebonics as a second language?

Why you aks?

Heh Heh

Guard, it's properly spelled "why you axe?"

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Ano Nymous - 27 Nov 2009 20:54

Today is day 8. I spoke with Duvid Chaim on the phone a few minutes ago. He's quite something. Have a great Shabbos everyone!!

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Ano Nymous - 29 Nov 2009 05:31

Today (Shabbos) was day 9. Nothing interesting to report, except that I'm looking forward to Duvid Chaim's phone conferences. No serious challenges yet, but that's because I rarely get the urges anymore the way I used to (all thanks to this site, of course). So I just realized that 10x9 is 90, which means I'm already 10% of the way there!! That sure happened fast! I'm going to start posting in as many other people's threads as I can, because then maybe they'll then post in my thread. Reading your posts is the biggest inspiration you guys, so PLEASE, if you're reading this, post something! I'm dying here :D

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