

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

Posted by loi-misyaeish - 29 Dec 2009 22:45

Oh no, i'm sorry, i really didn't mean it that way. I just found it amusing.

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

Posted by bardichev - 29 Dec 2009 22:47

MASKIMMM100%

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Re: ano

Posted by loi-misyaeish - 29 Dec 2009 22:51

See it25, b"h bardy was mochel me, and i hope momo is too!

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

Posted by habib613 - 30 Dec 2009 03:57

ano, i'm so sorry you fell.

but,

minor setback.

doctors orders: you need to keep those muscles moving or else they'll get stiff.

and you really should have someone to call. and a back-up person to call.

maybe when uri comes to the US?

i know, i'm totally offering my brother's services without asking him if he minds, but he'll forgive

another thing- i basically chat/text/call trying and/or letakain every day, which makes it way easier for me to call the second i start having a hard time.

think you can find someone to talk to every day?

good luck!

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

Posted by silentbattle - 30 Dec 2009 05:03

Ano - please remember that this fall does NOT make you any less special. And you can use it as a "yeridah l'tzorech aliyah" - if you figure out a way to grow more from it, it'll be a GOOD thing! No matter what, though, you're incredible, and no one and nothing can ever take your victories away from you.

I've never done this before, but ano - if you want to be in touch, let me know, maybe we can work something out. I think I have google voice, which can help...

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

Posted by imtrying25 - 30 Dec 2009 11:32

ANO IM WAITING TO HEAR YOU ROAR.....
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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!

Posted by Ano Nymous - 30 Dec 2009 17:38

Roar?

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

Posted by imtrying25 - 30 Dec 2009 18:21

[Ano Nymous wrote on 30 Dec 2009 17:38:](#)

Roar?

Yeah like the olden days when you were a cannon!

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

Posted by habaletaher - 31 Dec 2009 03:51

The warrior takes an arrow in the arm,

keeps on moving,

there's still a world for the taking

ignoring the stinging

the bruising the aching

The warrior looks up toward heaven and roars

MI LASHM EILAY!!!

and rushes back into battle

Welcome to Day #1, the most important day of your life, the day you can break free....

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

Posted by Ano Nymous - 31 Dec 2009 05:17

Don't worry, I haven't gone anywhere :D

Rage, I will shoot you an email. I'm still here, as much as I ever was. :D

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

Posted by habib613 - 31 Dec 2009 06:36

hi ano!

seriously worried there for a bit.

you fall then stop posting...bad sign.

i'm glad ur doing ok now, though.

gn!

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

Posted by Momo - 31 Dec 2009 07:08

[Ano Nymous wrote on 29 Dec 2009 18:57:](#)

From right now, I'm not going to resume counting the days; I'm going to try to make the days count.

This line is pure gold. That is Rav S's approach exactly!

My advise (what works for me so far) based on this site, DC's calls, reading a lot of literature, and therapy: (and this applies to everyone, not just you)

1. Stop focusing on acting our or not acting out, on counting days! Instead, focus on living each day to the fullest, being happy, and trying to make the right decisions each moment (that includes not leering or surfing where you shouldn't). Live one day at a time, to the fullest! If you do this, you won't feel the need to act out.

2. When you do get irritated (and we all do), immediately either post, or if you can, call somebody (I have a list of a few guys to call), or do something fun for yourself (I listen music, or sing...).

Falling is human. What you do after you lick your wounds is what separates the men from the boys. Getting back up and truckin' or staying down and spiraling into a depression? Which option sounds better to you?

We love you and you ARE special, just for being here and trying while the rest of the world acts out and doesn't give a damn.

GO ANO GO!

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by silentbattle - 31 Dec 2009 07:25

Like Momo said.

And I love the Sealphones, though I feel embarrassed that I didn't notice them immediately.

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Re: Ano Nymous Part 2 - A new year and a new 90 day journey!
Posted by Ano Nymous - 31 Dec 2009 22:53

Hi guys,

So I made myself a neder after the fall, which lasts for a week. I think I needed that because I'm always very scared of getting sucked back into that pattern where porn is an every day thing. Thankfully, it's not, and I would like it to stay that way. Somehow, amazingly, even when I've fallen my mind is still in the right place the next day. I can daven and learn and not have my mind fill up with disgusting images. On another note, I got to speak to silentbattle on the phone last night, and it was great. Every person I open up to is one more piece of my personal puzzle coming into place (thanks dude!). Life is good :D

Ano

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