

My Story, the second first day

Posted by OneLife - 24 Nov 2009 07:22

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Hi, friends.

The first time I started my 90 days journey I thought i will succeed.

My problem to stay clean is the triggers that i can see everyday.

everyday i'm going by rail to my work, 7 years already. there are a lot of triggers i can do efforts to get my head down, but its not simple at all, to do that for two hours everyday for years.

the second trigger is in my work, i sit near two weman that come to work with very provocative clothes.

I don't know how to struggle with this daily triggers.

moreover , I connet to Internet "Rimon", and this is the worst filter i have ever seen before. but i disappointed.

their filter crashed when i start to challenge it. it miss a lot of inappropriate web pages, i spoke with them about that, but they didn't fixed their breaches, just a little.

i submit a request to rav Sherlo to do something with that, since it could be that a lot of males fall when thay surf through internet "Rimon".

I havn't got an answer yet.

today i started my first day clean, I wish with your help to succeed.

Thank you, friends.

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Re: My Story, the second first day

Posted by imtrying25 - 05 Jan 2010 20:46

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[OneLife wrote on 05 Jan 2010 20:45:](#)

[imtrying25 wrote on 05 Jan 2010 20:35:](#)

Check out my post on this page. Especially the last couple of lines. Its right along the lines of what you wrote.

[rehab-my-site.com/guardureyes/forum/index.php?topic=477.870](http://rehab-my-site.com/guardureyes/forum/index.php?topic=477.870)

WOW!! 8)

if you and me think the same we have *chazaka* that thinking about our children is a positive

i got a seal to my words now!

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Re: My Story, the second first day  
Posted by OneLife - 06 Jan 2010 16:31

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23 days clean so far.

The winter is the key player now.

i wish it will be lasted forever. :-\

thought. specially if we think about sweet babies.

Who knows..

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IMTRYING and me agreed that our weapon for bad thought is positive thoughts about our little and sweet children.

just imagine them and those women in your head immediately go out from.

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Re: My Story, the second first day  
Posted by imtrying25 - 06 Jan 2010 16:34

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[OneLife wrote on 06 Jan 2010 16:31:](#)

i wish it will be lasted forever. :-\

Who knows..

I would go with the 2nd choice. It doesnt seem to me that the yh takes a break in the winter. :-\

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Re: My Story, the second first day  
Posted by habaletaher - 07 Jan 2010 04:39

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Go ONELIFE,

I haven't checked in for a while, but I'm glad to see that you me and Steve (That could totally be the name of a movie, "You, me, and Steve") are still holding on!!!

and if you can actually get thoughts of your kids and wife in, that should come a long way....

KUPTGW

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Re: My Story, the second first day  
Posted by silentbattle - 07 Jan 2010 23:37

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You guys rock! Keep it up! I have an image of you all walking down the street together, dark trenchcoats billowing out behind you...

Dramatic, right?

Maybe that image really *would* represent just  
how amazing and impressive and awe-inspiring you guys are...

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Re: My Story, the second first day  
Posted by habaletaher - 08 Jan 2010 10:55

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[silentbattle wrote on 07 Jan 2010 23:37:](#)

You guys rock! Keep it up! I have an image of you all walking down the street together, dark trenchcoats billowing out behind you...

Dramatic, right?

But maybe life is more dramatic than we realize. Maybe that image really *would* represent just  
how amazing and impressive and awe-inspiring you guys are...

I LOOOOOOVE THE VISUAL!!!!

I can just see it, it's dark outside, it's a seedy part of town, filled with shmutz shops, drug dealers, alkie walking around with anonymous bottles in paper bags... Suddenly a wind picks up.... even the alkie sense something is coming, and then they turn the corner... three guys, dressed in leather trenchcoats, motorcycle boots, strong shades (we can't be staring..), massive RPG connected to our right arms, and tefillin to our left arms, walking down the street in slow motion, pausing just long enough to smoke every shmutzy shop on the way... and just before the credits roll, we come striding out of a wall of fire, walking slowly and deliberately, under a big sign that says I-90 ENTRANCE here....

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Re: My Story, the second first day  
Posted by OneLife - 08 Jan 2010 12:52

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LOL!!!

silent & HABA you are really amazing 8) 8)

have you checked an option to be an authors?? i'll buy your books... :D :D :D

i've just found a little time to post here,

so keep up the good work guys, we are just at the beginning.

Shabat Shalom !!

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Re: My Story, the second first day  
Posted by imtrying25 - 08 Jan 2010 13:08

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Shabbat Shalom. KOTNMW!!!!

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Re: My Story, the second first day  
Posted by Steve - 08 Jan 2010 18:43

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have a GREAT Shabbos!!

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Re: My Story, the second first day  
Posted by imtrying25 - 09 Jan 2010 17:40

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[Steve wrote on 08 Jan 2010 18:43:](#)

have a GREAT Shabbos!!

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Keep smiling.....

Dude i really think youve gotta brush em teeth. Maybe give up the grin for now and stay with the smile! :D :D :D :D :D :D

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Re: My Story, the second first day  
Posted by habaletaher - 10 Jan 2010 08:16

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Gut Voch One Life,

How u been? We aint't almos no heerd from you in a Mississippi week by now!!!

KOT!!

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Re: My Story, the second first day  
Posted by OneLife - 10 Jan 2010 16:30

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hi, HABA.

im OK so far, i didn't have enough time in privacy to post here, so i post just few.

as i told you before in my work, 4 rooms near my office ~10 meters , there is a girl that her

she always so.

i try not to get there but sometimes i must.

My little *nechama* (comfort) is that she works here part time job. (week - she's here and the next she doesn't etc, alternately)

this week she's here,

i need you to strengthen me till the weekend.

she's really disturbance for the journey.

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Re: My Story, the second first day  
Posted by silentbattle - 10 Jan 2010 20:38

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Glad you like the visuals, OneLife - remember, we're just writing the script - it's based on the true sotry of YOUR life. On a psiritual leve, that really is what it looks like.

Think of that the next time you look away, and don't let thingsd trigger you - remember that you ARE a hero.

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Re: My Story, the second first day  
Posted by habaletaher - 11 Jan 2010 05:28

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Dear ONELIFE,

I hear you, my friend, I really do. Does she work on the same projects as you, or is more of a "I see her when I pass her office and smell her zonah perfume..." Either way, every time you pass her office, think of your wife and kids, visualize them!!!

You can do it, me and Steve are counting on you!!

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