

My Book of Business

Posted by Shivisi_Hashem - 19 Apr 2017 16:41

Hi all ?????? ????? ?????,

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ?????? ?????? ?????, you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

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Re: My Book of Business

Posted by cordnoy - 04 Jun 2017 17:24

Definition of insanity.

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Re: My Book of Business

Posted by Hashem Help Me - 04 Jun 2017 17:46

Sorry to hear about your fall. As mentioned by bb you had an incredible accomplishment of 7 weeks. That is extraordinary and deserving of CELEBRATION. Secondly, your gevura is beyond belief. No sexual thoughts?!?! In 2017 with the street around us the horrible way it is. We should be asking you for brochos! It appears you acted out due to stress as opposed to lust. You have to find a Shabbos appropriate way of relieving stress. Or at least a way to distract yourself Shabbos afternoon. Shake off the dust and keep going. This time around you know you can do it for a sustained amount of time by focusing on one day at a time. Believe in yourself and ask Hashem for His help.

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Re: My Book of Business

Posted by bb0212 - 04 Jun 2017 18:00

[Shivisi_Hashem wrote on 04 Jun 2017 14:10:](#)

....you feel like how in the world did that happen, i didnt watch porn, for 7 weeks, i didnt had any fantasies, i didnt look at any inappropriate places, so why, why did it happen? And it happen in such a sudden way, no warnings, i just find my self doing this act, and in no time i was over, im crying, i cant think any more straight, 2) this shabbos afternoon time, i hate, i dont know how to manage that, but ill come up with a strategy, i dont know yet how.. i hate it with a passion, every single week i had a struggle, i dont know how to handle it...

Shivisi_Hashem, to me it sounds like this battle was a new battle for you. It happened on Shabbos afternoon when you lay down, that has happened in the last, but this time it came without you bringing on the thoughts with fantasies and porn, etc. If that's the case, realize what else it means. The old battles that you had lost so many times, you finally won them. That's not to say you never have to fight those fights again, but you're definitely a lot stronger now than you were two months ago.

Look at it like a video game. Until now, you were stuck on level 1 (or 2, or 10, doesn't matter, I'm just using this number for an example). Every time that you got up to the end of the first level, you kept getting out and you have to start all over. But this time you skipped through a few levels after winning the first level. Now that you slipped, you have to restart and work on level 3, but that's much better than where your previous battle began - way back on level 1.

Good luck brother

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Re: My Book of Business

Posted by GrowStrong - 04 Jun 2017 18:29

My sponsor has more than 13 years clean now.

He related to me that very early on in his early sobriety he would wake up in the mornings with his hand around his eiver. This was not something he had control over or could stop just by thinking about, he had been in active addiction for many years.

So he wore trousers to bed for the first year or so until it had dissipated.

My point here is that after being a chronic masturbator for many years like according to your story you were, sometimes theres no reason at all why in a half awake state you will find yourself masturbating again. Whether its trousers or a sefer, understand that your body and mind is healing and this takes time.

You are taking the actions of sobriety with shmirat eynayim, dont let that slip for a second and you are going to be fine.

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Re: My Book of Business

Posted by Shivisi_Hashem - 04 Jun 2017 19:40

[Gevura Shebyesod wrote on 04 Jun 2017 16:59:](#)

[Shivisi_Hashem wrote on 04 Jun 2017 16:39:](#)

[Markz wrote on 04 Jun 2017 14:22:](#)

When I sleep on any afternoon (usually only happens on Shabbos) I have lustful dreams, although wet dreams are not too common. Those dreams can drive someone mad (if they're interested in recovery as you are)

I therefore try to put my head down on the table or lean to on my couch, but no bed time

Shabbos your phone goes on airplane mode

Shabbos afternoon should be airplane seating sleep mode

I know we all deserve 1st class, but when you're a Trucker in the drivers seat / cockpit, a comfortable chair suffices for a doze. That's what I try to do ;-)

I will try what you do, sleeping after an hour learning and amybe on the couch or on the table.

you cant be more right about trucking, hope we will get the 1st class seat on our upcoming world ?????? ?? ?????? ?????? ?????

Having a Sefer open on the table in front of you is a Segula to fall asleep. ???? ??????

Yeh, telling me..

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Re: My Book of Business

Posted by Shivisi_Hashem - 04 Jun 2017 19:43

[lionking wrote on 04 Jun 2017 17:01:](#)

[Shivisi_Hashem wrote on 04 Jun 2017 13:48:](#)

[lionking wrote on 04 Jun 2017 10:54:](#)

Hi Shvisi,

Don't lose the war by fretting over the battle. After a fall is a war zone, JUST KEEP ON MARCHING, do not over analyze why you fell.

Warning: Spoiler!

I've had similar experiences in the past, it feels like you masturbate on autopilot. Zero thought involved. It always would happen right upon awaking. Personally I consider it like a wet dream, I am not fully cognizant of my actions at that time. Don't worry so much about this fall. Just start fresh and move forward, you are doing so great!

Now for the analysis...

You write that you felt so relaxed, however your post doesn't reflect that. Is it possible you have been white-knuckling these few days/weeks? That can explain the relaxed feeling of releasing the sexual tension. Afterwards depression/guilt would normally kick in, as evident by your post. Depression is anger without any action. Beat the YH, with a positive reaction. I also thought I'm clean for a while. Lately I've been noticing small lust periods, a peek here, a fleeting thought there. It used to be heavier things that got me sexual tense, now it is these small, not counted, under 3 seconds, slips.

Regarding the nap, I can only write what works for me. I'd be a zombie without it. Perhaps learn a while before getting into bed, for 2 reasons. 1, you shouldn't sleep right after a full meal. 2, by thinking in Torah, that should be a Shmira.

Hatzlacha Rabba, KOT!

Thanks a million for your reply, it means a lot to me.

you bet I will keep on marching, but the let down is terrible, but ill try to walk the walk.

What i meant to say relaxed is, that after so many years of acting out, then being clean for 7 weeks, and then having a fall, the fall is like woooooo, i stoped fighting for a minute, it's like running 10 miles none stop, and finally you stop, to catch your breath, its a very relaxing feeling.

Regatding the depressed feeling, im not depressed, im borked, ???????, ?? ??? ?????? ???, i cant describe it.

Yes this small lust thing, is horrible, but isn't that our continues fight? thats exactly what it will be

the rest of our life, those small lust thing.

thank you anyway, you post will keep me going ahead.

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Sorry, I didn't mean depressed as defined by the Diagnostic Manual. I meant the feeling down, ??????? feeling.

Maybe trying learning to not run all the time. You are bound to get out of breath. That is what I meant with white-knuckling.

You have a real positive attitude. Keep it up!

I got that before, but i have to be on top of it every second, i cant let this fight go, i think there is a problem of thinking to much about it, i call it THINKADIC, but i survived 7 weeks clean, 7 clean weeks ever, it was a huge achievement for me, even with much thinking, so ill continue that way,

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Re: My Book of Business

Posted by Shivisi_Hashem - 04 Jun 2017 19:45

[cordnoy wrote on 04 Jun 2017 17:24:](#)

Definition of insanity.

cordnoy "current streak 800 days" wowwowwowwowwowowowowo what a pro, 800 x todays!!!! Im jealous, no falls? I will get ther too, you will see... im committed fully....

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Re: My Book of Business

Posted by Shivisi_Hashem - 04 Jun 2017 19:53

Sorry to hear about your fall. As mentioned by bb you had an incredible accomplishment of 7 weeks. That is extraordinary and deserving of CELEBRATION. Secondly, your gevura is beyond belief. No sexual thoughts?!?! In 2017 with the street around us the horrible way it is. We should be asking you for brochos! It appears you acted out due to stress as opposed to lust. You have to find a Shabbos appropriate way of relieving stress. Or at least a way to distract yourself Shabbos afternoon. Shake off the dust and keep going. This time around you know you can do it for a sustained amount of time by focusing on one day at a time. Believe in yourself and ask Hashem for His help.

Thanks for celebrating, it is a celebration, and as hours are passing, im crawling out from my fall, im starting to think and to see how good and brave i am, i did it until here, and i will succeed forward too...

i can definitely say, not looking on the street is a gevrurah, and i didnt fall even once the last 7 weeks, i didnt look at any inappropriate thing, and thats why im so shattered, why this fall had happen, for no good reason, i wasnt stressful at all, as a matter of fact i was in the catskills for shabbes, and i was relaxed at most, i had a long vacation since shviois, i didnt work on friday...

i do pray, and i will continue hashem he should stay at my 2 sides, he personal, no maluchim,
our nisyoines are like in mitsraim, the yeshiah has to come only through him self, ?? ?? ??? ????
??? ?? ??? ????? ????? ????? ??? ?????? ???????...

thank you for your support

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Posted by Shivisi Hashem - 04 Jun 2017 19:56

Shivisi Hashem wrote on 04 Jun 2017 14:10:

....you feel like how in the world did that happen, i didnt watch porn, for 7 weeks, i didnt had any fantasies, i didnt look at any inappropriate places, so why, why did it happen? And it happen in such a sudden way, no warnings, i just find my self doing this act, and in no time i was over, im crying, i cant think any more straight, 2) this shabbos afternoon time, i hate, i dont know how to manage that, but ill come up with a strategy, i dont know yet how.. i hate it with a passion, every single week i had a struggle, i dont know how to handle it...

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Good luck brother

BB, you made a tear fall on my cheek, on of the best support post in the last 12 hours, you really touched me, and you are so right, to the point, what a great push forward.

thanks a million, you made my day...

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Re: My Book of Business

Posted by cordnoy - 04 Jun 2017 20:02

[Shivisi Hashem wrote on 04 Jun 2017 19:45:](#)

[cordnoy wrote on 04 Jun 2017 17:24:](#)

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cordnoy "current streak 800 days" wowowowowowowowowowowo what a pro, 800 x
todays!!!! Im jealous, no falls? I will get ther too, you will see... im committed fully....

I'm talkin' to myself here:

Il came here four years ago, was committed and promptly "did" over 100 days, then fell. That's
ok, but I was told and I felt that I needed to do more. Why? Because I was still runnin' away. So
over the next two years, I added therapy, phone conferences, meetings, sponsors, book readin',
step workin' and more. I fell after 90, 150 and other times. Each time, I added somethin' else.
Why? Because I was still runnin' away.

I still lust nowadays, but I am not runnin', strugglin' and fightin'.

(In the right/wrong set of circumstances, I still see myself fallin' in the future (and that would be
loads of fun), but that thought doesn't bother me now.)

B'hatzlachah

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Re: My Book of Business

Posted by Shivisi_Hashem - 04 Jun 2017 20:12

Hi all GYE community,

First of all, i would like to thank you all, for your great chizzuk and support, dont estimate it, its

huge, you have no idea how i felt last night and today in the morning, but later on i started to get tons of emails and private messages, beside the post here on the forum, people asked me if i want to talk to them over the phone, you have no idea how it reflected on me, im 75% relieved, i never thought that all this replies and emails has such an impact on someone who had a fall, i have a completely new vision on this, THANKS A MILLION ALL OF YOU, its really appreciated.

Yesterday after the nefilah, i was thinking to myself, why coming out to the public and shaming myself, i was very hesitant, i couldnt daven mincha, i was all over the place, i was broke, but then i was thinking that i has to come out publicly, 1) because part of being clean is becuae GYE memebrrs, so i have to share the bad shares same as the good ones, and 2) becuae the support and the chizzuk will be tremendous, so to all of you, in case of a fall, please be open, it can only be a healing, not the opposite.

Second, i didnt know how much people are following my daily post, and how it affects them, thank you for giving me this opportunity to be someones support, im really thankful for that, and i wont let you disappointed, i will start tomorrow again as day #1...

Now today i neex to do my taphsic knas, a very hard one, 10 ????? ????? ??? ?????? ??????, i have done 3 already, hope to be done by tomorrow night, and i hope it will be a ?????? ????? for what i have done...

and least but not last, i would like to Thank hashem, ?????, thank you for taking me till here, im convinced that with out the help from hashem, i wouldn't be clean for 7 weeks, i have no doubts in that, and i think if i may say, that the fall was a ?????? ?????? ?????, i shouldn't get comfortable that im good to go, just the opposite, i should be very vigilant on my self, and also, when i see someone else has a fall, first i shouldn't look down on him, i should feel for him, i should feel his pain, i should pray for him, i should send him a supportive email, and i will.

THANK YOU ????"? FOR GIVING ME THE OPPORTUNITY TO BE CLEAN FOR 7 WEEKS, AND TO GET MORE CLOSER TO YOU..... I PROMISE THAT I WONT LET YOU DOWN, I WILL CONTINUE FIGHTING FOR YOU..... AND PLEASE DONT LET ME DOWN AND ANYONE OF OUR COMMUNITY AND ANY FELLOW JEW.

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Re: My Book of Business

Posted by Markz - 05 Jun 2017 00:24

[Shivisi Hashem wrote on 04 Jun 2017 16:39:](#)

[Markz wrote on 04 Jun 2017 14:22:](#)

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I therefore try to put my head down on the table or lean to on my couch, but no bed time

Shabbos your phone goes on airplane mode

Shabbos afternoon should be airplane seating sleep mode

I know we all deserve 1st class, but when you're a Trucker in the drivers seat / cockpit, a comfortable chair suffices for a doze. That's what I try to do ;-)

I will try what you do, sleeping after an hour learning and amybe on the couch or on the table.

you cant be more right about trucking, hope we will get the 1st class seat on our upcoming world ?????? ?? ?????? ?????? ?????

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Re: My Book of Business

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Thank you markz, my first smile in the last 24 hours, you made it.....

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Re: My Book of Business

Posted by Shivisi_Hashem - 05 Jun 2017 17:29

Day #1

B"H I passed **45 clean days**, what a journey, and (not "but") **Today** is #1.

I'm very happy, that today is number #1, I have a choice to look at it as a sad thing, I'm back at the beginning at Day #1, but I won't do that, I'm looking at it as, YAH I'm on Day #1, I'm not going to let myself to fall on that, I fell enough, (let's not call it fall, it's a uplift) now I'm accepting only the bright part of it, and I'm very happy I'm back on track, and I promise to prevail, yes, it's my **DAY #1**. As someone wrote to me yesterday, that Hashem wants we should fall and get broke afterwards, but in his way, in his terms, not in the way the YH wants, the YH wants we should get broken forever, and to get lost with it, to get completely Meyiash, and play around in the mud of sadness, he loves that, but hashem want we should get broke in his way and his terms, which is, to be broken for just a few minutes only, to get the message not to do it again, just learn from the outcome, and take the lesson for the rest of the journey, and not to stay there, just in and out, take the lesson and run, I was wondering all day, why this fall happened to me, I didn't do anything wrong the last 7 weeks, but now I know what happened, it was just part of the healing process, hashem is fully on my side, and he sent me this fall with a purpose, TO GROW, TO LEARN, and I will take this lesson along with me forever...

I had a clean yesterday! I feel now B"H great, I recovered from my fall, and now and forever, I won't fool myself, I'm still an addict, and I need to be constantly fully aware of that. I'm still on top of the hill, one slip and booms, even after 7 clean weeks, and as someone told me he had a fall after 690 clean days, please I beg everyone, don't fool yourself, this monster is behind you..

I would like to thank all of you, for the support and chizzuk I received in the last 24 hours was tremendous, its unbelievable how people came forward, I got so much emails, so many offers to talk to me, to guide me, I don't know anyone of this people, ,?? ???? ????? I was amazed, Thank You Hashem for sending me this great message, ill learn from it, and ill take it along wherever I go, ant most of all, thanks for my great partner, my 7 clean weeks goes to him...

Im marching forward like a pro, lige a major general, not looking from behind, only forward,

today is #1, and **today** only, ???? ?? ????? ?????, I will be on top of my soul, I'm not interested what happened in the past, and what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down, I want to stay clean, and help me and all *Klal Yisroel* stay clean.

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