

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 Markz - 18 Jun 2017 16:59

You ask

"so what is going on with me? why? Why? And again why? Anyone with a good answer"

The daily rhetoric gives an impression of turbulent waters

Your situation as described today sounds like you've been doing some easy white knuckling

Maybe you want to share what tools you've been using? Maybe one of them fell into the engine and that's why there's so much rattling...

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Re: My Book of Business

Posted by Shivisi_Hashem - 18 Jun 2017 17:14

[Markz wrote on 18 Jun 2017 16:59:](#)

You ask

"so what is going on with me? why? Why? And again why? Anyone with a good answer"

The daily rhetoric gives an impression of turbulent waters

Your situation as described today sounds like you've been doing some easy white knuckling

Maybe you want to share what tools you've been using? Maybe one of them fell into the engine and that's why there's so much rattling...

My tools? Communicating daily with partner, which is great, morning conference 12 step call, which is great, reading and posting on GYE, which is great, reading the GYE hand book, which is great, whatching my eyes and brain, which is great, so i have no clue, whats wrong..... probably just one of the questions of the road test!

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Re: My Book of Business

Posted by MayanHamisgaber - 18 Jun 2017 17:28

maybe a partner/sponser for shabbos is needed?

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Re: My Book of Business

Posted by Shivisi_Hashem - 18 Jun 2017 18:57

[Shivisi Hashem wrote on 18 Jun 2017 15:59:](#)

Day #14 - 2 Weeks

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the only reason for me being here in this rollercoaster world is only because

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so, yes, thats exactly why im here, to get this difficult nisoyon, and not why im getting this nisoyon when im here on this world, its the opposite, im here, just to get this nisyonis so i can do a ??? ??? for hashem with every milisecond i survive and not surrender.

hashem, ill try to stand strong, but dont let me struggle alone, stand with me at my side always.

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Re: My Book of Business

Posted by Markz - 18 Jun 2017 19:06

"Laamod Benisayon" doesn't mean to stay in the mud, to stay in the test

It means; stand up to the test and take the right actions

I'm just saying...

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Re: My Book of Business

Posted by Shivisi_Hashem - 18 Jun 2017 19:10

[Markz wrote on 18 Jun 2017 19:06:](#)

"Laamod Benisayon" doesn't mean to stay in the mud, to stay in the test

It means; stand up to the test and take the right actions

I'm just saying...

Thank you for your input its appreciated, i agree 100%.

Markz, you are one of the great supporters in our battle.

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Re: My Book of Business

Posted by Markz - 18 Jun 2017 19:17

[Shivisi Hashem wrote on 18 Jun 2017 19:10:](#)

[Markz wrote on 18 Jun 2017 19:06:](#)

"Laamod Benisayon" doesn't mean to stay in the mud, to stay in the test

It means; stand up to the test and take the right actions

I'm just saying...

Thank you for your input its appreciated, i agree 100%.

Markz, you are one of the great supporters in our **battle**.

Sweet guy, I "wage"r the last word was not "war"ranted

When you hit the "recover" button the battle is over

I don't believe Dov is in battle, nor DC...

Question is, where's the button?????

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Re: My Book of Business

Posted by MayanHamisgaber - 18 Jun 2017 19:18

Battle?

nah everytime I battle I barely make it back and with ALOT of broken bones

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Re: My Book of Business

Posted by Shivisi_Hashem - 19 Jun 2017 13:53

Day #15

B"H I passed **Day #14**, and **Today** is **Day #15**, Porn-clean **Day #74**

Yes, I'm still clean, **Today** is number #15, and I'm very grateful and thankful to Hashem for helping me to get at this stage, I had yesterday a very very tough day, but I managed, it was hot and humid, the streets were full, I had tons of questions, why it has to be that tough, but I prefer to let Hashem battle for me while I surrender.

on top of my issues, I was yesterday at a Hacnuses Sefer Torah, and there were lots of dressed up women, it was murder not to look, glimpse on them, but I managed not to look, not even once, and not even for a second, the following tools were used: 1) I will really be embarrassed to tell my partner that I cheat, and also, I didn't want to hurt him, 2) what will I write the other

day on GYE? That I had a fall? Id dint want to be in that place, 3) I didn't want to mess up my days, 4) I remember how I felt when I fall 2 weeks ago, it was horrible, 4) I was thinking that **today** has to finish clean, no matter what, ill look tomorrow on another woman, there is lots of them on the street.

No, im not keeping the credit for me, im not that Gibor, and not that Tzadik, it has nothing to do with me, I for myself, without your help, I would still be in the mud, its only because of you, we can do it only together, only because we work together,

So, Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, im clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, im very happy that im part of this chevrah, without you, I wouldn't be where im today

Today is Day #15, and **Today** only, I really want to stay clean, and I will stay clean for the rest of my life, I realized that I'm Powerless, I can't help myself by myself, I need upper power, assistance and guidance, the **Today** is not long at all, it's a matter of just a few hours, I won't mess up the few moments left in Today, and Hashem, please stay on my 2 sides, please don't let me down, I want to stay clean, and help me, my partner, all GYE members and all Klal Yisroel stay clean.

Lets Stay Strong! Lets Stay Clean! Yes! We can! And Together!

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Re: My Book of Business

Posted by Shivisi_Hashem - 19 Jun 2017 17:17

i know that this article doesn't belong here, but i figured ill still post it here.. its a great one.. it might help someone!

Ask Not Whether, But How!

YY Jacobson Author and International Speaker

Kill the messenger?

Why were the spies condemned for reporting the facts?

Link to this great article at: <http://bit.ly/2siPqYR>

"The difficult we do immediately; the impossible takes a little longer". -- General Montgomery

The Hole in the Roof

A rabbi stands before his congregation and reports to them that a massive hole has been found in the roof of the synagogue

"Now I have good news and bad news for you," the Rabbi continues. "The good news is that we have the money to repair it; the bad news is that the money is in your pockets."

If We Win?

The story is told that the Israeli parliament, or Knesset, recently convened an emergency session to figure out a solution for the devastated Israeli economy.

One brilliant minister said, "Let's declare war on the U.S., and then, in the wake of the utter destruction America will bring upon us, we will receive billions of dollars for reconstruction, like Germany and Japan

"Sounds great," responded another member of the Knesset. "One problem: What will we do if we win the war?"

Twelve Jews on a Mission

This week's portion, Shlach, tells the story of 12 men who were dispatched by Moses from the desert to go and survey the Land of Israel and its inhabitants. The purpose of their journey was to prepare the Jewish people for the subsequent conquest and settlement of the Land

Upon discharging the spies on their mission, Moses presented them with a list of questions they needed to answer. "See the Land," Moses said to them. "How is it? And the nations that dwell in it—are they strong or weak? Are they few or numerous? And how is the land in which they dwell—is it good or bad? And how are the cities in which they dwell—are they open or are they fortified?"

When the 12 spies returned from their 40-day tour of Israel they presented to the people a report of their findings

"We arrived at the Land to which you sent us," the spies said, "and indeed it flows with milk and honey and this is its fruit. But the people that dwells in the land is powerful, the cities are greatly fortified and we also saw the offspring of the giant

"We cannot ascend to that people for it is too strong for us," the spies proclaimed

The report that the spies brought back demoralized the Jewish nation and drained it from the motivation to enter the Land. As a result, the spies were severely punished and the entire generation ultimately died in the desert, never making it into the Land. Only 39 years later, in the year 1276 B.C.E., did the children and grandchildren of this generation cross the borders of Israel and settle the Promised Land

Kill the Messenger?

One of the many questions raised by biblical commentators concerns the reason for the spies receiving punishment. Moses gave them a detailed list of questions about the Land; he instructed them to make their own observations as to what will await the people upon their arrival

This is exactly what the spies did. They came back with an answer to all of Moses' questions and reported what they perceived to be the reality of the situation. If Moses expected them to cover up their observations -- that the Land was inhabited by mighty men and its cities were greatly fortified -- he should have never sent them in the first place!

Why were the men faulted for relating what they had seen?

Introducing Paralysis

The answer is that if the spies had merely related to the people the reality of the situation as they saw it, everything would have been fine. But they did more than that. They used the difficulties they observed as an incentive to introduce the option of surrender and capitulation in the face of crisis

Had the spies returned and said, "Hey guys, we have seen a mighty people and well-protected cities in the Land, so now we need to devise an effective strategy of how to go about our challenging mission," they would have fulfilled their task splendidly. The moment they responded to the obstacles by saying "We cannot do it anymore," they swayed an entire people to abandon their G-d-given destiny

The spies are condemned in Jewish tradition for substituting the "how will we do it" with the "can we do it?"

Conquering Your Darkness

Each of us has a domain in our life that needs to be conquered, a terrain that needs to be transformed into a "holy land." Some of us need to battle fear, temptation, addiction, or shame. Since the challenges that lay in recovery's path are at times frightening, we are naturally tempted to believe that we are incapable of overcoming our darkness and we thus surrender to our demons

Though this feeling is understandable, it is a sad mistake that must be fought tenaciously, for it robs us of the opportunity to liberate our souls and arrive at our personal "Promised Land."

The option of resignation compels us to remain stuck for the rest of our lives in a barren desert made up of shame, insecurity and weakness

The question ought never to be, "Can I do it?" The resources to repair the hole in our personal roof are always present. Every problem can be dealt with. The only legitimate question is, "How do I do it?"

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Re: My Book of Business

Posted by Shivisi_Hashem - 20 Jun 2017 14:48

Day #16

B"H I passed **Day #15**, and **Today** is **Day #16**, Porn-clean**Day #75**

Yes, I'm still clean, **Today** is number #16, and I'm very grateful and thankful to Hashem for helping me to get at this stage, I had yesterday a great and clean day.

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Re: My Book of Business

Posted by Markz - 21 Jun 2017 02:18

If this is relevant, read on, otherwise keep on keep on keep on doing what you're doing

[Markz wrote on 13 Jul 2016 02:57:](#)

In my humble gye mechanical experience there actually are quick fixes. Not overnight, but in short term.

The real question is how serious are we in actually fixing the specific mechanical failure we each uniquely have

Many of us that see the letter E flash on the dashboard next to the gas gauge, are quick to take a hammer and smash the light, instead of realizing our emotional tank is EMPTY. Yes that aggravating light doesn't bother is for a short while, until... That's like [example removed to inhibit disputations] for many of us

I think the bigger issue is being committed to go to the right mechanic and get the quick fix that is needed.

WE ARE NOT SUPPOSED TO BE STRUGGLING DAILY

Is it a new steering wheel? Transmission? I feel like relative to other dear friends here that I only had a blowout in my tire and got a new one 11 months ago on gye

I wish each one of you a safe trip

TOGETHER

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TOGETHER

Markz, you are the best, this is relevant, and that's my way of the mechanical fix, to update daily how I'm trucking, that's pushing me forward,

thanks as always.

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Re: My Book of Business

Posted by Shivisi_Hashem - 21 Jun 2017 17:43

sorry, but my daily update will come tomorrow, I'm in the hospital with a family member, my head is spinning, but I'm clean, Day #17

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