

My Book of Business

Posted by Shivisi\_Hashem - 19 Apr 2017 16:41

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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 Shivisi\_Hashem - 31 Jul 2017 14:50

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### Day #35

Today is number #35, I had BH a clean week, (i cant post that often, i have very limited internet connection here in the catskills)

We are going to be ???????? tonight, but we have to learn a lesson from it, Hashem sent us away from his house, from his land, we went to a place where we are ??? ??? ??? ?????? ??????, the situation looks very bad, we really suffer big time from them, but he still loves us, we are and we allways be his only child, and he loves us as a father loves his child, and much more, we say every night ?????? ?? ?????? ?????? ????????, even we are so low, we sinn here and there, we dont watch our eyes, our thoughts, but he still likes us, he is the ?? ??????, and he loves us the most, its a real ?????, without ??????, we are still his child, and he is our father, and he will never let us fall, and he will never let us go, lets hope and pray we should still say tonight ??? ?????? ??? ??????,

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

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Ihavestrength - 31 Jul 2017 22:01

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Your attitude is freaking unbelievable. Keep it up!

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Re: My Book of Business

Posted by Shivisi\_Hashem - 02 Aug 2017 16:50

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## **Day #37**

Today is number #37, I had BH a clean yesterday, day and night, but I'm having it very tough time the last few days, im like day one, struggling every minute, but ill pass, with hashem's help.

I heard 2 great wort's, and ill share it:

1) ?????? when someone is surrendering, and says yes, I had a fall, he comes out from hiding, and takes the courage and says ?????, and now ?????, I want to be good, I want and ill do Teshivah, then ??? ?????? then there is no ???, no doubts that ?????? that he can do Teshivah...

2) There is no limit of love from parents to their children, the love is endless, so when they have their 2nd and 3rd child, how can there be more room for more love? The love from their first child filled their heart from before, so how can there be room for more love to their other

children? But that's what love from parents to their children are, they have room for love for all of them, so what about when C"V they have a sick child who is missing something physically or emotionally, their love for that particular child is dramatically big, they will do everything in their power to get for this child whatever its needed, the same goes to hashem, we are his children, he loves us the same he loves every Yid from Klal yisrael, so what happens when one of our fellows are sick with Yiddishkeit, he keeps on falling? He gives us much much more love, he will do everything he should come back, and he will guide him and stay at his sides not to fall again, we always have to remember this, and that will take us to a new level.... Who want to hurt our parents, who loves us that much? So who wants to hurt hashem who loves us much much more.....

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

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 03 Aug 2017 15:58

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## **Day #38**

Today is number #38, I had BH a clean yesterday, day and night, but I'm having it very tough time the last few days, its tough, biggest problem is on the street and at home at night, its like hell, going on the street is like walking in hell, every second another nisoyen, I hope ill get the Scahr for this, because its really not easy.

interesting, I heard in the name of R' Zishe from Hunipuly, that he was searching in shumaiyim, and he couldn't find any Malach which was created from Jewish Sinn should be a healthy

Malach, with all parts in tacked, it was all crippled Malachim, which means that when we fall, its not a fall just because we want to fall ??????, it was a fall just because ???? ?? ??? ?????, and it was full of guilt, so let's make sure and get our self's together not to fall at all.

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

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 04 Aug 2017 19:34

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Day #39

Im still clean, and hope to stay like this, BUT! Lust is skyrocketing! Im scared! I cant take it, hashem! Please! Please help me, i dont want that, you know im doing it for you! Hashem! Look so many Yiden joined GYE, look how your children want to be good, they are here only for you, they want to be good, they want to get rid of the bad, they didnt join GYE for fun, they are here to work together on our nisyoinen, so why not bringing Mushiach and done with all of this struggles, lets see the end of the tunnel, HASHEM PLEASE HELP! Hashem, Look how we will do any thing just for you, to do you will, so please help us get it through successfully, i cant by my self, its impossible, we are doing the ??? ????? ?? ??? and you show us the the ????? ?? ?????.

hope to be back after shabbes with a clean post....

may hashem bless you all with a clean and Lechtiger shabbes

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Re: My Book of Business

Posted by Markz - 04 Aug 2017 20:00

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[Shivisi Hashem wrote on 04 Aug 2017 19:34:](#)

Day #39

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hope to be back after shabbes with a clean post....

may hashem bless you all with a clean and Lechtiger shabbes

I really feel for you brother

IMHO if it happens that you fall, it's not the end of the world

If you don't make life changes that is the end of world advancement

Your world (???? ??) is waiting for you to take the next step in sobriety whenever you're ready, unless you're just gonna continue doing the same old same old same old which is fine in this democratic society

Signed

Karl Marx

#BombDemocracy

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Re: My Book of Business

Posted by Shivisi\_Hashem - 06 Aug 2017 04:26

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A good vuch. I had BH a beautiful shabbes.

Yes! I made it! Im still clean, oh, that wasnt easy at all, but im still clean, BH

thank you all..

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Re: My Book of Business

Posted by Shivisi\_Hashem - 06 Aug 2017 12:47

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Day #41

Im still clean, but struggling big time, i need to to get it over my head, but ill get there eventually, i keep on praying to hashem he should stand at my side with this nisoien, becuase i cant alone, its just impossible.

thank you all.

Stay strong and have a clean day, lets do it, together.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 07 Aug 2017 15:34

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**Day #42**

Today is number #42, I had BH a clean yesterday, day and night,

I'm having it very very hard this days, I don't know the cause, and I don't think I have to know, every day which goes by clean is a precious gift from hashem... I must take it on a daily basis, better, on a minute-to-minute basis... I'm walking this days on a thin line, the streets ae a killer, I don't know what the other minute will bring, and the only way how I survive is by thinking, thinking to what it will get me, acting out won't bring my any good, it's only a pleasurable moment, but afterwards, its horrible and bitterness.

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

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by LifneiHashem - 07 Aug 2017 17:09

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Ride out the tough times- remember that thoughts and desires are fleeting, they leave as easily as they come! It won't be rough like this forever You can do it.

Don't fall! It will be depressing for me.

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Re: My Book of Business

Posted by Shlomo24 - 07 Aug 2017 17:12

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My experience is that sobriety has it's ups and downs. Just keep riding the waves. I would be careful to avoid "musterbation" though. You're ok. Part of acceptance is also not beating oneself up.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 08 Aug 2017 19:25

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Day #43

Yes, im still clean, an i wont take the credit for myself, because for me, i would long be after a fall, i just keep on working on a minute basis, i dont know what it keeps me going, hope to finish the day clean. its tough, on the street is tough, at home is tough, where ever you turn is tough.

Hashem, please help me to get out from this darkness, how much more will i need to struggle, its like when someone goes hiking, ion a long and hot trail, he dosent see the end of it, he gets very tired and stressed, but he knows that by the end he will get some rest, he will get to a destination, he knows that there is an end to it, but here, woooo, no destination at all, its a minute-by-minute fight, no light and no end of the tunnel, its currently so so dark, i just cant, its time for Mushiach to come, because the later he comes, the less he will have at his Kabules Punim, very tough.. so Hashem, please stand at my side, dont let me have a letdown, i really dont want to fall.

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

Thank you all!!!



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Re: My Book of Business

Posted by Ihavestrength - 09 Aug 2017 00:39

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Maybe make a taphsic. May G-d be with you.

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Re: My Book of Business

Posted by Markz - 09 Aug 2017 01:06

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[Ihavestrength wrote on 09 Aug 2017 00:39:](#)

Maybe make a taphsic. May G-d be with you.

IHS have you been taking those (Taphsic) meds - Has is helped?

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