

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 Markz - 09 Aug 2017 01:30

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[lhavestrength wrote on 09 Aug 2017 01:18:](#)

Yes it has. Usually never did. Made things worse. However, today it worked and it worked big time. I wanted to look at things and I couldn't get it out of my head. I made a taphsic covering all the things that were tempting me. I swore in the name of G-d that I'd tell a close friend (within the next hour) and give 20 bucks to the municipality if I fell. I made this for a week. It worked. Period.

Making one saying I'd do things before falling never worked. This very simple one worked. I tailor made it to exactly what's tempting me. Sometimes we have all the deep reasons to stop. Maybe we are even living life a bit healthier. But we started lusting. Here taphsic can put out the fire. Maybe. It did for me anyways.

P.S Markz, I love you.

Brother I love you too and since I care that's why I inquired about your health

Im worried Taphsic meds can cause depression

I would prescribe anti depressants and you can kill 2 birds with 1 stone(drunk)

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Re: My Book of Business

Posted by Ihavestrength - 09 Aug 2017 02:32

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Could be I'm missing your drift. So apologies in advance. No depression caused so far by my taphsic. Also, not sure how anti depressants can solve the problem that taphsic does/may/can.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 09 Aug 2017 03:49

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

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

I do have a taphsic, and thats one of the reasons i didnt fall untill now, but like marks says, that this meds dosent help always..... being in a drug rehab dosent mean staying clean....

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Re: My Book of Business

Posted by Shivisi\_Hashem - 09 Aug 2017 05:07

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[Ihavestrength wrote on 09 Aug 2017 01:18:](#)

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P.S Markz, I love you.

For me, the taphsic works wonders, but the last fall was with the taphsic, but it helps me on a daily basis, but its not a security, its just a fence.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 09 Aug 2017 17:22

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## **Day #44**

Today is day #44, tomorrow will be 45, which was my longest clean streak, and i hope to pass it.... for many more clean days..

Last night was a bit easier then the other days, but its still not easy, im just wondering why i have such an urge to act out when there is no porn around, no steering on the street on inappropriate sightings, so why is the lust so strung? Ill leave it for hashem, its his Chesben, and i have to do what he is expecting from me.

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 - 10 Aug 2017 15:42

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## **Day #45**

Today is day #45, 45 days was my longest clean cycle ever, so today I'm matching it for the first time, and yes, I will pass that, and I hope not to fail, **I will not give up**.... Ever, and only with your help, I can't alone.

had a tough night, but I didn't want to mess with my success, so I didn't fall, I keep on praying to hashem not to let me down, and he don't, he loves me, and im very thankful to him, im his only child, im his Ben Yuchid, so why should I hurt him, he is just testing me with this struggles, lust is a good thing, but only when we use it in the right way, and I will not give in for it in the wrong way, Lust! Lust! I love you, but please understand me, you are disturbing me in the wrong time, Lust, if you want I shouldn't let you go, then don't mess with me, and don't bother me, otherwise, I won't have another choice, ill have to drop you..

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 - 10 Aug 2017 17:54

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i sew a good one!

"Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives and it puts itself in our hands. It hopes we've learned something from yesterday."

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Re: My Book of Business

Posted by New Person - 10 Aug 2017 18:12

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Nu, what did you learn from yesterday? share with us.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 10 Aug 2017 19:05

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[New Person wrote on 10 Aug 2017 18:12:](#)

Nu, what did you learn from yesterday? share with us.

i learned big time, that everything is about control, and when there is control, there is everything, Control our thoughts, our doings, our eyes, and our will power, we should have the ???? to have a ????..... and thats what keeps me out of the mud, day-by-day,

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Re: My Book of Business

Posted by Markz - 10 Aug 2017 19:19

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[Shivisi Hashem wrote on 10 Aug 2017 19:05:](#)

[New Person wrote on 10 Aug 2017 18:12:](#)

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Apikorsus - Man!!

You mean to say you managed without gye, and only control?

I don't believe you - sorry bro

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Re: My Book of Business

Posted by Shivisi\_Hashem - 10 Aug 2017 20:00

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[Markz wrote on 10 Aug 2017 19:19:](#)

[Shivisi Hashem wrote on 10 Aug 2017 19:05:](#)

[New Person wrote on 10 Aug 2017 18:12:](#)

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Are you nuts??? how did i learn how to control myself, other then from GYE???? other then

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Re: My Book of Business

Posted by Hashem Help Me - 10 Aug 2017 20:04

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Shivisi, you sound BH great. You are feeling what its like b'ezras Hashem to be able to be in control and stand up to the monster. The term being in control is not contradictory with surrendering to Hashem. Keep up the great work.

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from you???

Re: My Book of Business

Posted by MayanHamisgaber - 10 Aug 2017 20:07

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Thank you

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Re: My Book of Business

Posted by GrowStrong - 10 Aug 2017 20:15

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[Shivisi\\_Hashem wrote on 10 Aug 2017 20:00:](#)

[Markz wrote on 10 Aug 2017 19:19:](#)

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Good luck with control.

I gave up all control to Hashem.

I just take the next right action.

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