

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 Shivisi_Hashem - 26 Apr 2017 15:09

Day #7

B"H I passed day #6

Here is my update, I had a great and clean night, I would like to thank you all for your support, especially Markz, with his great links at his signature, that saved me, not to mention my punishment, when my wife is away It used to be my **lowest** time, with no control at all, not thinking a bit what it will feel after the act, but now, as a GYE member, I had my **highest** time, I'm soooo happy for that, I feel so good.

Its day #7, a full week, its day #21, since I started 90 days, im 3 weeks old, ?????? ?????, sober, clean, im high, I feel as a new person, a new life, I got back my wife, my self. ????? ??' ??? ???.

let me finish with my biggest THANK YOU for all our great ?????? ?????? you were my support, without you, i would never be what I'm today, you will definitely share the ??? ??????".

im so excited, i feel like a million dollars.

today is #7 and **today** only, I will be on top of my soul, I'm not interested 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.

My YH is trying to bring me down about my last fall, but I'm not going to let this happen...

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Re: My Book of Business

Posted by Hashem Help Me - 27 Apr 2017 11:13

Shivisi you are BH doing super. You have trained yourself to think when the urge comes. Most of us just went without thinking into the ritual mode of acting out. Learning to stop and think is areal game changer. You were fortunate someone (in the case R' Markz) was online when you posted. It would be a good idea to have some phone numbers to call when the going gets rough. Continued hatzlocha.

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Re: My Book of Business

Posted by Shivisi_Hashem - 27 Apr 2017 18:41

[Hashem Help Me wrote on 27 Apr 2017 11:13:](#)

Shivisi you are BH doing super. You have trained yourself to think when the urge comes. Most of us just went without thinking into the ritual mode of acting out. Learning to stop and think is areal game changer. You were fortunate someone (in the case R' Markz) was online when you posted. It would be a good idea to have some phone numbers to call when the going gets rough. Continued hatzlocha.

thanks for your input, it helps pushing through the day,

I just got my new partner, will do great iy"h,

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Re: My Book of Business

Posted by Shivisi_Hashem - 27 Apr 2017 18:44

Day #8

B"H I passed day #7

finally, I passed day 7, I passed a full week, complete sober, it's a real accomplishment, I feel so good with myself, I'm proud.

today is #8 and **today** only, I will be on top of my soul, I'm not interested 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.

My YH is trying to bring me down about my last fall, but I'm not going to let this happen...

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Re: My Book of Business

Posted by Shivisi_Hashem - 28 Apr 2017 11:43

Day #9

B"H I passed day #8

finally, I passed day 8, Its only getting better and better, Thank you all and especially to my great partner, its all because of you.

yesterday night i came out from my car i saw a goita coming out from her car next to mine, she was dressed not the best way, i had a big ????? to look at her, but i had ?????? and i didnt, i was very proud of me, my yatze hora told me, look at her for just a second, but i didnt, you know, i heard saying from some of the ?????????, that when you have a big ????? and you didnt fall, you are in a ??? you can ask anything from hashem, and hashem will listen to you, i was in such a moment..

today is #9 and **today** only, I will be on top of my soul, I'm not interested 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.

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Re: My Book of Business

Posted by Shivisi_Hashem - 30 Apr 2017 20:21

Day #11

B"H I passed day #9 and day #10.

finally, I passed day 9 & 10 Its only getting better and better, Thank you all and especially to my great partner, its all because of you.

i had a very stressful shabbos, at night and afternoon, i couldn't decide, should i act out or not, was very stormy, back and forth, but i won... and i will win this battle big time, i will get to 90 days.

today is #11 and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested 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.

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Re: My Book of Business

Posted by Hashem Help Me - 30 Apr 2017 23:18

you are an inspiration for all of us. Keep it up. Thanks for sharing that Shabbos was rough. You are showing us that you are human and are still prevailing. Who knows how many people are reading your posts and getting chizuk?

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Re: My Book of Business

Posted by Shivisi_Hashem - 01 May 2017 13:46

Day #12

B"H I passed day #11

I passed day #11 Its only getting better and better, Thank you all and especially to my great partner, its all because of you.

I had a super clean day, in all aspects, Eye's, mind and hands.

today is #12 and **today** only, ???? ?? ?????? ??????, I will be on top of my soul, I'm not interested 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.

My YH is trying to bring me down about my last fall, but I'm not going to let this happen...

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Re: My Book of Business
Posted by Shivisi_Hashem - 01 May 2017 13:54

[Hashem Help Me wrote on 30 Apr 2017 23:18:](#)

you are an inspiration for all of us. Keep it up. Thanks for sharing that Shabbos was rough. You are showing us that you are human and are still prevailing. Who knows how many people are reading your posts and getting chizuk?

what id do know, that I'm getting big time chizuk from other people's posts, and that's one of the reasons of my post

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Re: My Book of Business
Posted by Shivisi_Hashem - 02 May 2017 14:53

Day #13

B"H I passed day #12

I passed day #12 what a journey, I'm almost passing my 2 week mark, Thank you all and especially to my great partner, its all because of you.

I had a super clean day, in all aspects, Eye's, thought's and hands.

I joined the 8:30 meeting, I took the courage, and its great and helpful. I realized that there are so many normal and good people out there going through the same struggles, and I'm not alone, and we will pass it together.

today is #13 and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested 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.

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Re: My Book of Business
Posted by Chaimel - 03 May 2017 03:58

Keep up the good work!

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Re: My Book of Business
Posted by Shivisi_Hashem - 03 May 2017 14:12

[Chaimel wrote on 03 May 2017 03:58:](#)

Keep up the good work!

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Thanks for your comment, you are a big supporter.

I will iy"h, I wil be a sample of Hasem's child.

I wont disappoint him,

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Re: My Book of Business

Posted by Shivisi_Hashem - 03 May 2017 14:19

Day #14

B"H I passed day #13

I passed day #13 what a journey, **Today** is #14, 2 WEEKS!!! WOW! First time ever in 30 year I'm clean completely, from looking, thinking and doing Lmaseh, what an achievement, I don't
Only because of you, Thank you all and especially
to my great partner, its all because of you. (I wonder who established, GYE, who came up the
very first with this idea, his ??? is higher we can think)

I had a super clean day, in all aspects, Eye's, thought's and hands.

today is #14 and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested 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.

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Re: My Book of Business

Posted by getthere - 03 May 2017 15:24

You are doing great Shivisi, thats the way to go - one day at a time and if thats too much then one hour at a time.

Hazloche Rabe

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