

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 - 15 Aug 2017 18:39

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[Markz wrote on 15 Aug 2017 18:22:](#)

[Shivisi\\_Hashem wrote on 15 Aug 2017 17:18:](#)

Today has to be #50 but i dont know if i should keep it as #50 or #1...

i was in the line in a store, and there was in front of me this Heimishe women, i wont be that graphic, but there was enough to get excited, (dont know what they are thinking, but who cares) so i acted out till climax..... hold it back at the last second, so my dilemma is, i need a recharge, i need something getting me going, if i will start at Day #1, it will be fresh counting, so i might save my self from falling further, but if ill stay at #50, im afraid of the fall, but its not a real fall to start from #1, so what should i do.

any idea how i should go with that?

also, do i have to be mad on this women, or on my self, or on nobody, thats life.....

Dov says 90 day chart is a gimmick

Gimmicks help

It hasn't for you or me

I hid my count now and am committing for the next few days **not to count**

You can do as you wish

i love gimmicks... i love other things too..... so i will continue counting because i love it, it keeps me going.... question is, what day is today????

**“Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing”**

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Re: My Book of Business  
Posted by yiraishamaim - 15 Aug 2017 20:32

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Counting plays a a number on our psyche and if the count should continue, or stop and begin from #1 is not something that should be flippantly dealt with. In the past I have found that throwing out the question to the chevra and starting a debate might not be the optimal way to go.

Contact smeone who knows you real well- a sponsor for example , understands what exactly you did, and gets what the consequences will be if you call it a fall and restart.

Hatzlocho

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 16 Aug 2017 00:19

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I decided to start from scratch.....

ill explain, the purpose of my 90 days counting, is not to reach a 90 day goal, my purpose is, to have some accountability and responsibility to stay clean, in case of a fall, i committed myself to publicize it here, and im not that comfortable of the embarrassment which comes along with that, so, if i keep on counting and not start from fresh then what is the purpose of counting, i have to come clean straight 90 days. And after the 90 days ill start 90 days round 2, so it will get me going.

so, today was before Day #1, tomorrow will be iy"h day #1.

thank you all for all your great assistance and comments....

**"Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing"**

**should we all stay clean forever,**

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Re: My Book of Business

Posted by Ihavestrength - 16 Aug 2017 01:14

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I think it's important to have a crystal clear sobriety definition and keep to it. X=a fall.

Keep it up u r doing great.

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Re: My Book of Business

Posted by Shlomo24 - 16 Aug 2017 02:57

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The white book says "Without a firm and clear bottom line our cunning and baffling sexaholism took over." Roy wrote that and he knew a bit about the disease. I don't have the SA sobriety definition and things were tricky for me at times. I see the value of having such a clear bottom line.

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 16 Aug 2017 03:59

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[lhavestrength wrote on 16 Aug 2017 01:14:](#)

I think it's important to have a crystal clear sobriety definition and keep to it. X=a fall.

Keep it up u r doing great.

Thats a good point, sobriety by me is clean of porn, clean thought atleast fighting it off right when it pops in, clean eyes, and of course clean hands..... anything unclean of those means a fall... and thats why im at day #1, i was clean for 50 days, that means very lot to me, huge accomplishment.

thank you all for your support...

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Re: My Book of Business  
Posted by bb0212 - 16 Aug 2017 05:44

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[Shivisi Hashem wrote on 16 Aug 2017 03:59:](#)

[lhavestrength wrote on 16 Aug 2017 01:14:](#)

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thank you all for your support...

Shivisi, Congrats on making it 50 days clean. It may help to keep in mind (if it doesn't, please don't keep it in mind) that no matter what happens today or tomorrow, those 50 are not lost. That success is still a success, no matter what today will be.

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Re: My Book of Business

Posted by Workingguy - 16 Aug 2017 15:05

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Shivisi,

A few things. First, even though you are restarting your count, don't forget that you DID stop yourself at the last minute. That's very big. Of course it would be better not to be in that situation, but once you were you could've said "Oh, the heck with it, it's all down the drain anyway" and you didn't.

That's real growth that a fall or slip or re-count can't take a way. And of course, you did make fifty so keep on going!

And who's the author of that amazing quote about failure in your signature?

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Re: My Book of Business

Posted by Hashem Help Me - 16 Aug 2017 17:01

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Shivisi, you are an amazing person. Stopping at the last minute is real gevura. Starting from zero displays great responsibility and honesty. This being despite GYE policy that you did not need to restart. As was written, those 50 days remain yours forever. In the future are you comfortable removing your glasses if you see a triggering matzav?

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Re: My Book of Business

Posted by Shivisi\_Hashem - 16 Aug 2017 17:28

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[bb0212 wrote on 16 Aug 2017 05:44:](#)

[Shivisi Hashem wrote on 16 Aug 2017 03:59:](#)

[lhavestrength wrote on 16 Aug 2017 01:14:](#)

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tell me about it, i worked on that 50 days very hard, its not 50 days, its 50 x TODAYS....

Thank you

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Re: My Book of Business

Posted by Shivisi\_Hashem - 16 Aug 2017 17:33

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[Workingguy wrote on 16 Aug 2017 15:05:](#)

Shivisi,

A few things. First, even though you are restarting your count, don't forget that you DID stop yourself at the last minute. That's very big. Of course it would be better not to be in that situation, but once you were you could've said "Oh, the heck with it, it's all down the drain anyway" and you didn't.

i take this for credit, and you guy's can also take credit, without your courage and support, i wouldn't get to that step ever.... in my old days, i would be long in the dumb's.

That's real growth that a fall or slip or re-count can't take a way. And of course, you did make fifty so keep on going!

i will do it again, thank you for your support.

And who's the author of that amazing quote about failure in your signature?

no clue, someone sent it to me a while ago. its true and good.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 16 Aug 2017 17:36

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[Hashem Help Me wrote on 16 Aug 2017 17:01:](#)

Shivisi, you are an amazing person. Stopping at the last minute is real gevura. Starting from zero displays great responsibility and honesty. This being despite GYE policy that you did not need to restart. As was written, those 50 days remain yours forever. In the future are you comfortable removing your glasses if you see a triggering matzav?

i dont have glasses, and now i understand the Chazal

(??? ??? ?????: ????? ??? ??? ????? ???" (????? ?? ?

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Re: My Book of Business

Posted by Gevura Shebyesod - 16 Aug 2017 17:57

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Sheev, I just want to say that your honesty and commitment to growth are awesome. KUTGW  
) And KOMT!!

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Re: My Book of Business

Posted by Shivisi\_Hashem - 16 Aug 2017 18:11

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Day #1

Yes, im at Day #1, with new energy, and old way of thinking, one day at a time, and **I will not give up**.... Ever, and only with hashems and your help, I can't alone.

dont get me wrong, i hate to get to this Matsev, but now im full of energy and Koach to move forward, and i will do it all the way, and Today only....

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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