

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 - 24 Sep 2017 03:55

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Day #40

Today is #40, i had BH a great Yom Tov, and we should've Poeld Ales Gits, great health, Yiddish Nachas from our kids, Yiras Vahavas Hashem, easy Parnasah, and what not, we should have only goods, a clean and easy year with no struggles at all, no falls, and a Gmar Chasimah Tova, i had you all in mind at my tefilas.

this week will be Aseres Yemei Teshivah, you should know one thing, that its not scary days, its days when Hashem is so close to us, he is calling to his children we should come home to him, he is waiting for us, we should open the door just as little as the hole of a sewing pin, its a real tiny hole, but thats what he wants from us, but it should be a real one, then he will help us opening that door like the door of a huge hall, but we have to be positive, we have to know that yes our tefilas is ?????? ?????? yes we can and we will try to be good, lets not miss this opportunity, its just this 10 day in a year, hashem is so close to us, he is just waiting we should ask him, and he will respond, its ??? ?????? ??????, so lets have in mind all of us, ?? ?????? ??? ?????? ??? ?????? ??????, and please dont estimate your self, by saying, who am i? Im full of garbage, full of wrong doing, porn, acting out, etc. no, its not true, hashem is listening to everyone, nobody will find anywhere in Shilchen Urech that if he watched porn he shouldn't come to shil and daven, he shouldn't say sliches, shouldn't blow the shofer, no, hashem is waiting for all of us, please dont under estimate your self, you should know that all tefilas are very chushiv, and none are being lost...

have an easy fast Tsoim Gedalye,

Thank you all!!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

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

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 25 Sep 2017 14:48

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## **Day #41**

**Today is my #41**, ?i just cant believe it, and yes its 41 days im clean, how im doing it? no clue, im just pushing it day by day, any time im getting in the mood of acting out, i just push it off for the next hour, i promise myself that i will act out, but not now, maybe later, maybe at night, but i , but hay, dont get excited, i still have to go many many years, and hopefully it will be clean ones... so basically, the only way to go clean is by doing it on a day-to-day minute-by-minute basis. we have to tell the YH that we will give in, but not now, now i dont have the time and energy to do it, but i promise you that one day ill do it.... lol

all of you, please dont give in at the second you have that lusty urge, just push it a little, just 5 minutes, then for another 5 minutes, go out for a walk, take a coffey, do something, and you will see results....

Thank you all!!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

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Re: My Book of Business

Posted by cordnoy - 25 Sep 2017 15:01

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[Shivisi Hashem wrote on 25 Sep 2017 14:48:](#)

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WW for you.....continued hatzlachah.

keep on pushing, and thats how i got to the lucky number of 41.....

But for me.....????? ???? ???? ???? ???? ?

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Re: My Book of Business

Posted by Shivisi\_Hashem - 26 Sep 2017 16:25

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**Day #42**

**!-!-!-! i just marked day# 42, 6 weeks clean !-!-!-!**

yes, im clean for 6 weeks now, i love my self, i did it, and i will continue doing so all my life, with the help from hashem and from all my good friends here at GYE... you are the best, im a person, i live a life, im a jew, im a human being, im not any more a double person, i can think, i can daven, i can learn, i can work, i can enjoy my family, its such a great feeling, and to my all brothers out there, if you didn't join yet, you dont know what you are loosing out, start living your real you, your real life.

sew this today **"Our greatest glory is not in never falling, but in rising every time we fall"**  
so true,

Thank you all!!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

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Re: My Book of Business

Posted by Hashem Help Me - 26 Sep 2017 20:28

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Mazel tov on your accomplishment! Continued hatzlocha. your posts are very inspiring.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 27 Sep 2017 21:00

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**Day #43**

Today is my first day in the last week of my Shivah Nekiyim, 1st day in my 7th week, its my 2nd time, and hopefully last time ill be at this stage, and im sooooo excited i made it till here.... GYE is my life saver, saved me from everything bad, marriage, yiddishkeit, and what not..... the support and chizuk one is getting here is huge.... Thank You all.....

**should we all have a Gmar Chasimah Tova, a Healthy Wealthy and sweet year, should this YH be ??? ?????? for ever, it caused already so much pain for so many people.... should this year be a completely clean and sober year, no lust and any struggle in any way or shape.....**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 28 Sep 2017 15:45

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## **Day #44**

Today is #44, im happy that hashem sent me a half a year ago to this wonderful site, he gave me Koach and support and Daas to join this wonderful chaburah, called GYE, they saved me, they saved my family, who knows where it would take me at the end of this game? BH i can say, im on the right tracks now, yes, im still struggling, but at least i know that there is help out there, in case of emergency i have where to turn, im not alone, im part of GYE!!!! and im very proud of that!!!

i think we should change the color of this site and the logo to Gold, what ever its happening here is made out of gold, each and every member has a neshamah from gold, each and every post here, is made out of gold, they saved so many jewish lives, they saved so many family's, so many marriages, ?????????? ??????????, im not a volunteer, im working all day long, but i will ask each and every one of you, please donate something, even 1 dollar will make a difference, i also donated a little, i just cant afford that much, but when hashem will help me, ill donate a lot more, we all know the great cause of it, we owe to GYE our life, our soul, we have a place to get out our problems in a safe way, we have a place where we can get the right tools and help to fix our problem, we have the right place to get tooooooons of chizuck it time of need, so please be kind donate something, every dollar counts. Thank You

May Hashem bless you with a Gmar Chasimah Tova in the Gold book!!!

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Re: My Book of Business

Posted by bb0212 - 01 Oct 2017 06:16

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[Shivisi Hashem wrote on 27 Sep 2017 21:00:](#)

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Shivisi,

Firstly, ?? ?????? ??! Your dedication to posting continuous updates is truly remarkable. Thank you for inspiring me among others!

??? ??? ?????? ??? ???

you wrote

**no lust and any struggle in any way or shape.**

Perhaps having the struggle is healthy. While I would not ask Hashem to challenge me, especially in this area, the one thing that makes us to grow stronger the most is the struggle. Picture a bodybuilder posing with weights in his hands. Are the weights in this imaginary picture 5 pound weights? No, it's probably 100 pounds. But the first time he started lifting weights, he may very well have started with 5 pounds. When that was too easy, he went up to 10 lbs. When that became too easy, he went up to 15, etc. When the weight he was lifting stopped being a challenge, it meant two things: 1) he's stronger more than he was a few weeks before, when he couldn't lift the 5 lbs without a struggle, and now 5 lbs are easy. & 2) in order to continue growing, he must keep struggling.

Il hope this makes sense, too tired to continue right now, but I think that's all I wanted to say

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Re: My Book of Business

Posted by Hashem Help Me - 01 Oct 2017 12:02

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bb, your analogy makes sense. However we do daven "v'lo li'yedei nisayon" and in the 12 step system one asks Hashem to "take it away". Just a thought.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 02 Oct 2017 15:57

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[bb0212 wrote on 01 Oct 2017 06:16:](#)

[Shivisi Hashem wrote on 27 Sep 2017 21:00:](#)



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thanks for your points, but as they so ?? ?????? ??? ?????? if i wont have this struggles i wont need to get stronger in this area, so i would wish to get rid of that completely, but since i know that this is a very sweat dream, i will continue to work on myself...

Thank You

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Re: My Book of Business

Posted by Shivisi\_Hashem - 02 Oct 2017 15:58

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[Hashem Help Me wrote on 01 Oct 2017 12:02:](#)

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Re: My Book of Business

Posted by Shivisi\_Hashem - 02 Oct 2017 16:04

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## **Day #48**

Today is #48, i had a great Yom Kipur, i was a different person then the past years, thank to you all, and i hope to continue to do so for another year.... i wish to stay clean, even its not that easy, i do struggle here and there, not to compare to last year, when i was out of control completely.

let stay strong, lets be positive, being and thinking positive, even right after a fall changes the entire mindset and attitude from a person, the Mitzvah of the lulev also shows that, we take together all kinds of people, even the Aravah, which taste and smells not the best, and we tell them that we all can be good, we are all good, and we all do Mitsvois together, we have to be and think positive.

Thank you all!!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 03 Oct 2017 16:15

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**Day #49 - 7 full weeks - Unbelievable**

Today is my 49th day, im clean for 7 weeks now, tomorrow will be day 50, my longest stretch being clean, and the credit goes to GYE..... without you, i will be at day 1.....

for me getting here was 1) Taphsic, 2) partner, 3) a lot of thinking, before it goes out of hand, as i heard once "When you can stop you don't want to, and when you want to stop, you can't", what it says is 2 things, 1) that when you are not in the mood or you just dont want to act out, you can stop it, and basically, its not even a struggle, and 2) when you are in to the lust mode and white knuckling, and you want to stop it, you just cant.... and its so true, basically it boils down to ????? at the second this lust thoughts pops in to your head, at that second you have to make this military decision, do i want to go further or i dont want, and remember, if you let it go on for just another second, usually its a done deal, its over, and even if you didnt end up at this time, but the next time it will be harder to stop it,

by the way i sew a good one: Did you ever see an unhappy horse? Did you ever see bird that had the blues? One reason why birds and horses are not unhappy is because they are not trying to impress other birds and horses.

Thank you all!!! Im still clean all because of you, your support, your posts, your messages and what not.. keep it up.

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Re: My Book of Business  
Posted by bgit - 04 Oct 2017 02:42

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Keep it going! You're energy is really inspiring:grinning:

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