

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 bb0212 - 10 Oct 2017 01:40

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

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.

Great point. I stand corrected. That said, I'd change what I wrote to: while we may not want it, having a struggle can have very positive side effects. Struggles (that don't kill us) make us stronger.

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Re: My Book of Business

Posted by LoveU,Hashem - 10 Oct 2017 03:08

Reb shivisi! Just popping by to say hello & A giten moed! There are some people in shul that never miss their daily minyan; thus whenever they don't show up it raises an eye brow (dude, I know it's sukkos now, but still..). Your post are so strong and encouraging! i hope you're doing well!

Yitz

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Re: My Book of Business

Posted by Shivisi_Hashem - 10 Oct 2017 05:17

[bb0212 wrote on 10 Oct 2017 01:40:](#)

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

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.

Great point. I stand corrected. That said, I'd change what I wrote to: while we may not want it, having a struggle can have very positive side effects. Struggles (that don't kill us) make us stronger.

Im still standing at my opinion, that if it would be in my power, i would eliminate the struggle even it makes us stronger, ?? ?????? ??? ??????

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Re: My Book of Business

Posted by Shivisi_Hashem - 10 Oct 2017 05:20

[LoveU.Hashem wrote on 10 Oct 2017 03:08:](#)

Reb shivisi! Just popping by to say hello & A giten moed! There are some people in shul that never miss their daily minyan; thus whenever they don't show up it raises an eye brow (dude, I know it's sukkos now, but still..). Your post are so strong and encouraging! i hope you're doing well!

Yitz

Hay yitz,

thanks for the kind words, it gets me going...

Yes, im still clean, and hope to continue doing so...

im currently in upstate till after Hoshana Raba, and its very tough to write, with very limited internet connection..

will be back after sukkes iy"h

thank you...

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Re: My Book of Business

Posted by LoveU,Hashem - 10 Oct 2017 23:10

Im happy for you! Your focus is keeping me sailing (at least for today)

I suppose very limited internet connection is a blessing..

May you have a blessed year!

Yitz

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Re: My Book of Business

Posted by Shivisi_Hashem - 16 Oct 2017 15:06

Day #62

Today is day #62, I'm finally back, I had a great and nice Yom Tov, and yes, I'm still clean, but

it was hell of a job, wasn't easy at all, I'll admit, I had a few "almost" falls, but I got away from it, it was crazy, I was fighting a few times with my thoughts back and forth, should I or shouldn't I, you know what I mean, but at the end, I got away clean, toughest time was, when I went with my kids to the Park Chol Hamoied, all the woman out there, it was hell not to look, what helped me was, that I knew that I'm clean for over 50 days, so why kill it, why mess with success, and also I knew I will have to admit publicly that I fell, I just couldn't take the embarrassment, what will I write, that I had a fall, it's too shameful.....

I was never ever clean for so long, its 62 x 1 day at a time, I never believed I will make it that long, I never believed that I have this strength, and I never thought that there is such a thing to stay clean such a long time..... without GYE I would never stayed clean, I would never have the right tools to stay clean, the support I get here, the community, its great, im clean only because of you, keep it on.

Lets focus on Today only, because **"The past is a ghost, the future a dream, and all we ever have is now"** and remember **"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"**

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 LoveU,Hashem - 16 Oct 2017 15:21

Wohoo!!! congrats!! I am so happy for you!! Keep the fire going and may Hashem be in your way for today!

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Re: My Book of Business

Posted by Shivisi_Hashem - 17 Oct 2017 20:09

Day #63 - Week #9

Re: My Book of Business

Posted by Shivisi_Hashem - 20 Oct 2017 05:27

Hay brother's,

im just about to fall, and i dont want it should happen, so ill write a bit, hope this crazy urge will get off my back... what the hack is triggering me?, that i dont know, no clue, and its driving me crazy, im in desperate need of it, but i wont mess with my current success.....

one of my friend told me today from the ??? "??' that hashem said to Noach he should build the ??? slowly, it shouldn't take less then 120 years, it shouldn't take faster, to give the people who sin with..... ??? a chance to do tshivah, so we can learn from that, that Tshivah helps, even on this sin, you know what it means 120 years? How many empire state buildings can be build in such time? Most of Manhattan has been build in less then 50 years, and he build a taive 120 years, probably a nail and 1 2x4 a day, just to show us that we can do teshivah... this people at that time thought that he is off his mind, there is a huge wooden box, just in middle of the street, and he knocks in just one a nail in a pc of wood a day, and in the mean time he is screaming: ????? ?????, ??? ????? ????? ????? ??? ?????, and they looked at him in sain..... but at the end he won..... and they were i sain, so lets do what its right to do, lets not sin..... (im talking to myself)

its so hard latley, even without watching porn, i dont know why im lusting, i desperately want to watch porn, i have such an urge for it, thankfully i have a great filter, so there is no chances for me, thankfully the winter is here, no more inappropriate clothed women watching on the streets, so hopfully ill get rid of this crazy lust, but latley its murder, no clue what its triggering me, im clean now for the longest time, clean of porn for over 6 months, clean of women stearing, so why im still looking to act out? No clue, but im looking for the answers, better to understand now before falling what its triggering me then after the fall, so i can watch my self not to fall..

im trying to think on a daily basis only positive, being positive defenitly helps, thinking only of the good parts of my life, i have a healthy and happy wife, so helpful to me, dinner is always ready when i get home from work, my clothes are so freshly washed and folded, she has me in mind all day and night, allways looking out for me, house is always in order and clean, i have healthy and happy kids, doing great in school and yeshivah, having good friends, they are smart and sharp, i have a beutiful house, i have a car, i have a great job, i can pay my bills, so why complain, why be negative? And why not pay back to hashem, and be clean for him??

shabbas afternoon used to be hell, thanks to this great GYE member, who gave me a grand idea, which this person got it from a therapist, that i should change pattern and not to go to bed right after the sida, and thats exactly what im doing, im playing games with my kids for an hour every shabbes afternoon, we have a grand time.... thank you for this idea, it works...

more to add but tomorrow, its getting late...

thanks for listening, BH i feel now better, this crazy urge has faded down....

thank you all...

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Re: My Book of Business

Posted by Hashem Help Me - 20 Oct 2017 11:23

Happy you BH pulled through. As long as we are physically healthy, these urges will come - sorry to disappoint you. It helps to have a written list of ideas to do when this happens. Exercise, call a friend, leave the house/office and just go for a walk, read a book/ learn a sefer/watch a video that will distract you. Personally i find having someone from the chevra here to call is my best resource - and if it is 2am i have someone in Eretz Yisroel - or at least email them and know they will see it and respond later. Continued hatzlocha! You are a daily inspiration for me.

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Re: My Book of Business

Posted by Markz - 20 Oct 2017 14:44

[Shivisi Hashem wrote on 20 Oct 2017 05:27:](#)

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Posting helps

You say you're struggling toooooo much

Thats only late night or daytime too?

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Re: My Book of Business

Posted by Shivisi_Hashem - 20 Oct 2017 15:06

Posting helps

You say you're struggling toooooo much

Thats only late night or daytime too?

PPosting helps big time, it saved me....

no problems at all daytime, only at night, too much time to think....

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Re: My Book of Business

Posted by Shivisi_Hashem - 20 Oct 2017 16:09

Day #66

today is day #66, only because of GYE, it saved me yesterday night, without GYE i would be today at day #1..... Thanks you written in golden letters..... what GYE did to me is indescribable and unbelievable.... no words, if i would have the funds, i would donate to market GYE so every jew around the globe would have the opportunity to know about and join GYE, its the best of the best..... no Yiddish Nefesh should be left out from this wonderful community...

Thank you! Thank You! Thank You!

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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