

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 - 22 Oct 2017 16:01

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[Markz wrote on 22 Oct 2017 00:50:](#)

[Shivisi\\_Hashem wrote on 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....

Me too

I try to be productive at night and when it gets late (past my bedtime) I turn on records of Dov calls - they're fun and inspirational and highly insightful and a little more

[guardyoureyes.com/kosher-isle/shiurim/category/dov-s-recovery-talks/2](http://guardyoureyes.com/kosher-isle/shiurim/category/dov-s-recovery-talks/2)

Thank you for your advice, it wont work, its not me being in bed with headphones.... i try to read, it helps most of the time, but for that few instances... mmmm its tough... posting worked so far best, because it needs some thinking what to write aboit, so it distract..

thank you anyway, you are my life saver..

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Re: My Book of Business

Posted by Shivisi\_Hashem - 22 Oct 2017 16:10

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## Day #68

Today is day #68, BH im doing great, some obstacles here and there, but working in myself to overcome it, using many tools, but definitely not by muself, because im realy powerless, i have no doubts about it.

just a question, did ????? ????? had our nisayon too, or he had only his 10, from this week parsha we see that he said: ??? ?? ????? ?? ??? ??? ????? ?? so it looks like he never had a nisayon to look at her, or maybe thats the Chidish here, that he had this nisayon till here, but now he didnt had another choice and he had to look at her, so why isnt it counted as another nisayon, why is ther only 10 nisyonis there?

Or is this nisayon a realy tiny one so its not worthed to be counted as a nisayon? Mmmmm i dont think so, its so huge, so hashem killed everything at the Mabel, so it is a huge nisayon,

any one with an answer???

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Re: My Book of Business

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Posted by Shivisi\_Hashem - 23 Oct 2017 17:15

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**Day #69**

today is another day, another day of success, i will make it as a clean one, with help from Hashem, will definitely get there, so many of us tried in the past to get sober, and they did, and i will do it too, yes i can, and i want and i will, its tough, but that's life, everything is tough, ???  
???? ???? we just need to have the will power, and basically its in our mind, we have to set our mind at a positive way, that we can do everything, then we will have success, if we will think negative, then everything will go negative. so let start thinking that yes, its possible to overcome this lust struggle, even after a fall we have to think that we can do it another time, its a mind set, we can manage our thoughts, and we have to be on top of it, and we will do it, and we will stay sober the rest of our lifes.. lets be happy, positive...

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 - 24 Oct 2017 16:17

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**Day #70 – 10 weeks clean**

Today ill mark the 70th day of One Day at A Time, unbelievable, 70 days, which multiplies to many many more times of throwing off my back this monstrous YH.... Yes, he is a monster, and yes its not an easy one, and yes I can do it, and yes, you all can do it..... just buckle up and start riding this ride, just hop up and let go..... Time is flying by, the later you hop up the more you are missing out, joy of acting out is a few minutes and the cry afterwards is a long and painful, pain of not acting on a lust urge is a few minutes, but the joy is a life time, on this world and definitely at the coming and continuous world. So who is in, ill take along everyone, just come..... im talking from experience.... No regret.

Remember: **a day at a time**, why mess up the day when most of the day is almost over, **stay positive**, think and talk positive then everything will go your way, only with Simcha.

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Re: My Book of Business  
Posted by Markz - 24 Oct 2017 17:17

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Shvisi,

I rejoice in your 70 days too ;-)

Just guardyourwords, cos if you're able to throw the monster off your back you can't call yourself powerless, it's 1 or the other

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 25 Oct 2017 17:38

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## **Day #71**

Today is Day #71, and yes, ill take credit for my self today, (mmmm is it really me or is it only because of you???) i walked on the street in the morning on my way to work, and i sew (should i be graphic?? mmm no, i wont) something which got me excited, and i can sure you, that there was what to look at, after a blink of my eye, i just looked away, for the next few minutes we walked parallel, and i just couldn't decide should i look at her or not, and at the end i won, i have to admit, it was very hard not to look, it was hell, it was the nisayon of the day.... i couldnt cross

because of the upcoming cars, and it was hurting me that i cant look at her, i really wanted to look, but i didnt, and now im really happy with myself that i didnt looked at her... im proud of my self.....

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Re: My Book of Business  
Posted by LoveU,Hashem - 25 Oct 2017 21:12

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Wow! Real gevura!

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Re: My Book of Business  
Posted by Markz - 25 Oct 2017 21:38

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Shvisi

Saying it like it is, is the way to go

"ill take credit for my self today"

Tomorrow I'll add 1 detail to the equation, Keep On Trucking till then (and on...)

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Re: My Book of Business

Posted by Hashem Help Me - 25 Oct 2017 21:56

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[Shivisi\\_Hashem wrote on 25 Oct 2017 17:38:](#)

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What you did, and it was for a sustained amount of time, is incredible. It is something the typical guy in the street would not believe possible. One can only imagine Hashem calling together the malochim and saying, "Chazu Chazu Bonei Chavivei"! (or in this case b'nee chavveevee)

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Re: My Book of Business

Posted by Shivisi\_Hashem - 25 Oct 2017 22:01

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[Hashem Help Me wrote on 25 Oct 2017 21:56:](#)

[Shivisi\\_Hashem wrote on 25 Oct 2017 17:38:](#)

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Thank you for all of your chizuk and support, you will all share in my schar, with out you, i would never be at this stage.

Thank you all

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Re: My Book of Business

Posted by Shivisi\_Hashem - 26 Oct 2017 17:33

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## Day #72

Today is #72, and im doing B"H well, im just getting better and better by the day, even ill always have a YH, but that's my mission here, and i know it, and i know that with out the help from other i will never survive, and that's exactly what i'm doing, and that's what keeps me alive,

Every day at Shmoine Esra 3 times a day, by Moidim, i thank hashem for directing me to GYE, my life has been completely changed, my relationship with my wife, with my children, i have the worlds time for them, studying and playing together, helping out at home, and what not, i have time to learn, my head is fully there and not on the street, its just a pitty on the others who are suffering and have no clue about this wonderful community.

i sew this line today: **Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible..** and thats exactly what i did, i start what it was necessary, stoped all this garbage, installed filters, hooked up with great people, then i did whats possible, and now its happening what i thought thats impossible....

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 27 Oct 2017 15:18

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## Day #73

Today its my 73rd clean day.... i wish to continue that route the rest of my life, but im not fooling my self, that this struggle is not in my control, not in my hands, and this is my mission in life, to be very vigilant for upcoming obstacles, and to make sure not to fall, by reaching out for help,



via Tefilah and via fellow GYers, only that works, support and help from others. and by knowing that, 50% of the problem is solved.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 30 Oct 2017 19:31

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## **Day #76**

Today is Day #76, 76 days!!!! is a number..... i have been in mud for over 30 years, none stop, and here im clean for 76 days..... wowowow, and by the way, im sooooo busy at work, i just dont have time to get myself in to trouble.... i love that, hashem loves me, and he makes me extremely busy.....

im very thankful to hashem that i dont have to post some sad posts, im clean, and i hope to stay clean, being clean is the best thing ever, and those who never tried it, you should better try it ASAP, its best..... you will get yourself as a new person ???? ???? ?????, you have no idea what you are missing out....

Hay Brother!!!! Remember: One day at a time, why mess up the day when most of the day is almost over, stay positive, think and talk positive then everything will go your way, only with Simcha.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 31 Oct 2017 19:30

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## **Day #77**

Today ill mark it as Day #77, slowly slowly im getting there, getting there? where? am i heading somewhere? isn't it One day at a time? oh, yes, thats right, what i mean is 77 times separate days, and yes, look at it that way, 77 times single days, every day knowing that today is my day, like the Seffrim saying, ?????? ??? ?? ??????, that all of his days were full days, he also had Nisyonois, and ye also worked one day at a time..... ?????? ?????? ??????.....

?in a different note, i had a huge fall today, in terms of my diet..... i cheated today the first time since last year February, and im sad, and guess what, i cheated on a stupid Tuna Sandwich..... am i crazy or what? so! ill handle it as if i had a fall in our area..... and should that be the fall if i needed to fall....

Hay Brother!!!! Remember: **One day at a time**, why mess up the day when most of the day is almost over, **stay positive**, think and talk positive then everything will go your way, only with Simcha.

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