

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 tzomah - 01 Nov 2017 11:19

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[Shivisi\\_Hashem wrote on 31 Oct 2017 19:30:](#)

?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

you didn't cheat,

you ate a tuna sandwich (and i assume with a brocha and birchas hamozon)

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Re: My Book of Business

Posted by dz703 - 01 Nov 2017 19:28

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WOW WOW

i just finish reading your story and 90 days way to the path ,

looking for the story I'm ??? the same story from beginning till the end.

but why can't I stay clean more than 20 days and I fall, and u can stay clean for 77 days clean?  
what is the secret?

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Re: My Book of Business

Posted by Markz - 01 Nov 2017 19:39

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[dz703 wrote on 01 Nov 2017 19:28:](#)

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Shhhhhh

**Warning: Spoiler!**

So, get on the bandwagon - start your own personal thread today and keep at it

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Re: My Book of Business

Posted by dz703 - 01 Nov 2017 20:11

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my English is not the best and is very hard to write

btw what is the meaning of "**Warning: Spoiler!**"

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Re: My Book of Business

Posted by Markz - 01 Nov 2017 20:15

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[dz703 wrote:](#)

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Apparently you managed :-)

[dz703 wrote on 01 Nov 2017 20:11:](#)

btw what is the meaning of "**Warning: Spoiler!**"

Don't worry it won't blow up in your face, you can click on it

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Re: My Book of Business

Posted by Shivisi\_Hashem - 01 Nov 2017 20:33

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[dz703 wrote on 01 Nov 2017 19:28:](#)

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Welcome Brother, you are in the right place, we will help and support you, just start using this great tools provided here, handbook, taphsic, partner, 12 steps, they all work, one better than the other, just try them out, figure out which works best for you..

Number one, and that's the main, anything else comes afterwards, its called:

????

after that there is many tricks which will help you continue staying clean...

yes, it's really tough, i never believed that I'll be successful, but here i am, but, you may never know, never believe in yourself, the YH is always out there to get you... in he is smart....

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Re: My Book of Business

Posted by Hashem Help Me - 01 Nov 2017 21:54

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Welcome dz. The secret of most of the success stories is staying connected. Post and post and post. Speak, even anonymously, to other GYE chevra.

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Re: My Book of Business

Posted by cordnoy - 01 Nov 2017 23:04

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[Shivisi\\_Hashem wrote on 01 Nov 2017 20:33:](#)

[dz703 wrote on 01 Nov 2017 19:28:](#)

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I actually think it's called "action," not "ratzon."

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Re: My Book of Business

Posted by Shivisi\_Hashem - 01 Nov 2017 23:35

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[cordnoy wrote on 01 Nov 2017 23:04:](#)

[Shivisi Hashem wrote on 01 Nov 2017 20:33:](#)

[dz703 wrote on 01 Nov 2017 19:28:](#)

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In order to get to action, you must have first a ratzon to do that action, so ratzon is first

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Re: My Book of Business

Posted by cordnoy - 02 Nov 2017 01:52

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No, as a matter of fact, those, sometimes, that spend a lot of time on ratzon and thinkin', never get to action.

B'hatzlachah on takin' action

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Re: My Book of Business

Posted by MayanHamisgaber - 02 Nov 2017 06:50

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[Markz wrote on 01 Nov 2017 19:39:](#)

[dz703 wrote on 01 Nov 2017 19:28:](#)

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Ah ha so that is the trick why didn't anyone tell me that sooner now I'll post so much I'll be so busy I won't have time to do anything else

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Re: My Book of Business

Posted by Markz - 02 Nov 2017 12:40

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[MayanHamisgaber wrote on 02 Nov 2017 06:50:](#)

[Markz wrote on 01 Nov 2017 19:39:](#)

[dz703 wrote on 01 Nov 2017 19:28:](#)

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4 posts doesn't take up the whole day, and as I said it only works for some. There are many old timers with hundreds of posts and no relief from their porn / mast customs...

If a tool works for you, great

If not, Keep On Tooling

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Re: My Book of Business

Posted by Shivisi\_Hashem - 02 Nov 2017 15:00

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[MayanHamisgaber wrote on 02 Nov 2017 06:50:](#)

[Markz wrote on 01 Nov 2017 19:39:](#)

[dz703 wrote on 01 Nov 2017 19:28:](#)

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yes, for me works posting, many times at high peaks, i started thinking, so now ill act out, and then ill have to admit it on a public forum? no i cant, and that actually stopped me,

also, posting helps, in case i have an urge, and im posting just for the purpose to fade out the lust....

so, yes, posting helps big time, but its a tool, what works for me, wont work for you..

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Re: My Book of Business

Posted by Shivisi\_Hashem - 02 Nov 2017 15:20

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**Day #79**

Today is Day #79, the feeling of being clean so long is amazing, and when ever i get some stupid thoughts im getting very upset, why in the world are they still coming to me? why? but i treat them as a great reminder, i shouldn't get comfortable, i still can fall, i have to know it very clear, and live with that, that the YH is a smart cookie, he has his way to get me back on his side, so basically, this small reminders are just to give me the tickle, yes, you are not over yet.... just watch out, and ill try to get around him, and of course it will work, but only with tefila and with the great support at GYE.... Thank You All !!!!!

i started a new Kabalah, everyday before entering to shil, im Mekabel on myself not to talk when the Tsibur are davening, even if im not davening at that minyan, i cant talk when people are davening, i have to go outside, and it should be Lezchus i shouldn't fall from this tefila till the end of the next tefilah... just mentioning here, so you can do it too, and ill have some share in that zchus...

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.

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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