

Posted by Shivisi_Hashem - 19 Apr 2017 16:41

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

Posted by Shivisi_Hashem - 16 Nov 2017 18:19

Today is day #3, im doing great, no lust whats so ever the last few days, i know its just a matter of time, till ill get them back, but im happy and thankful for every second i don't have them, and for every second im clean, Hashem love when we are thankful, and we should be thankful, after all, he does with us so many thing we just dont deserve, he is our father and he loves us, he will never ever trow us away, even we keep on failing, so lets be positive and lets try to give back, so we will deserve what ever he gives us.

i sew today this piece in Mesilas Yeshorim, and he is so right, basically, that the YH is smart, and he wont let us stop and think, what we have done until now, and where we are heading, and thats one of his big tricks..... and he says that ??? ???? ???? ???? ??? ????? ???? ????? ???? ?

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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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Re: My Book of Business
Posted by cordnoy - 16 Nov 2017 18:40

[Trouble wrote on 15 Nov 2017 22:44:](#)

Good afternoon ladies and gentlemen, this is Hymie reporting live from the MGM Grand in beautiful, starry, magnificent, sultry, Las Vegas, Nevada.

Here we are with the rematch that fans all over the world have anxiously been waiting for. I cannot believe it's finally here!

Introducing first, in the red corner..... He has an uncanny instinct for sensing when to make the move, when to make the cut. He can kill you with a headfake, he can kill you with the swiftness of his legs and the ability to be in a direction at any single second. He also kills you with his variation of speed...

His opponent, in the blue corner, fighting outta Hell, Gehinoma.... arrogant, pompous, obnoxious, vain, cruel, verbose, a showoff. I have been called all of these. Of course, I am.

This will be 12 (steps) rounds (or more) of wall to wall fighting, to settle once and for all who the true champion is in the heaviest of heavy divisions, and after it's settled, we will fight some more!

Unlike any other sport, the objective in boxing is chillingly simple: One man purposefully endeavors to inflict bodily harm on another man, and that, in truth, is the purpose of this struggle and life and of all mankind.

The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give. So, let the games begin. When your enemy cunningly feints to the right, hit him with a left, knock him unconscious with a vicious uppercut. If he lands first and you spill some seed, have your trainer wipe it off, and proceed cautiously to the middle of the ring.

Your eye might be closed shut, your cheeks are bloody, your chest is badly bruised, your shorts are stained, but you possess the courage to fight on. Then there is a still higher type of courage - the courage to brave pain, to live with it, to never let others know of it and to still find joy in life; to wake up in the morning with an enthusiasm for the day ahead (although your head is in a fog and you can't even see the pretty little thing hardly dressed, walking three feet in front of you).

Holy cow! Down goes Frazier! Down goes Frazier! Down goes Frazier!

That's all she wrote. You wanna keep fighting your entire life, then take off that damn robe, tie on the gloves, knot your shorts, climb the steps into the ring, and be ready to get the bloody Hell beaten outta you. You wanna live, stay the Hell outta Las Vegas; focus on your haughtiness, immaturity, spontaneous reactions, jealousy, egotistic desires - perfect them, and then you can live comfortably in Boise.

Ladies and Gentleman, the Bronx is burning.

Trouble, care to explain at all? I think I understand some of it, but I don't think I get it all.

Do you do Howard's voice as well?

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Re: My Book of Business

Posted by Trouble - 16 Nov 2017 19:01

I was wondering if anyone would catch on that it was Cosell, at his very best.

Can't get anything past that Cordnoy guy.

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Re: My Book of Business

Posted by Shivisi_Hashem - 16 Nov 2017 19:05

[Trouble wrote on 16 Nov 2017 19:01:](#)

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One word: Clueless,

cant google this stuff, its blocked, thanks to my filter... and i dont have an extra minute, thanks any way..

and Cordnoy..... yes, he is the guy...

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Re: My Book of Business

Posted by cordnoy - 16 Nov 2017 19:13

[Trouble wrote on 16 Nov 2017 19:01:](#)

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Truth is that I didn't chap until I got to the "down goes Frazier!" My goodness; that brings back memories. I remember where I was at that moment - the winter of '73, watchin' in my grandparents' apartment on the old black n' white. Foreman was one cool character. Who woulda' thought that someone else on this forum dates that far back?

And then, I scrolled back up and saw the other references. O.J. was great!

?Ok, enough reminiscin'; care for some explainin'?

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Re: My Book of Business

Posted by Trouble - 16 Nov 2017 19:36

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When I read that shivisi was going to fight a rematch, and he survived the second round, I couldn't help but hear the words of Howard Cosell, as the fighters entered the ring for round #3.

It then conjured images of o.j. Simpson escaping would be tacklers, or even fleeing in his black Bronco.

Sorry, Mr. Shivisi, keep up the good work, but reading your posts, I sense that you're running bare-chested around the house in your red trunks, with the devil and his long pitchfork poking at your legs. He draws blood and you smile and tell him, "imbecile what you are, most of the day is gone already, so I'm not falling now!" And similar to the shofar in elul except erev r"h (which fools him every year), satan might be smart, shrewd and conniving, but he's too stupid to show up in the beginning of the day (round), when most of the day has not passed.

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Re: My Book of Business

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im sorry but i have to....

Warning: Spoiler!

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Re: My Book of Business
Posted by Trouble - 16 Nov 2017 19:56
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Ok.

Blue trunks.

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Re: My Book of Business
Posted by GrowStrong - 16 Nov 2017 23:16

i think trouble is being a bit harsh on shivisi.

He is admitting to having a lot less lust.

The issue is that I dont think you have many tools of recovery.

And thats where it can get tricky

Filters are great, until you get to an unfiltered computer.

What that means is that you are going to continue to white knuckle whenever you are near an open device.

Lust is cunning deceiving and baffling and whats critical is having real tools of recovery.

What will happen if several things go wrong all at once...

What will happen if one day looking out of your window you see something you have no control over seeing and it sparks up the lust.

You can't filter life.

I wish you lots of hatzlacha but as I have posted several times, including on this thread I am no longer fighting anything. I ceased fighting.

I surrendered the fight to Hashem.

He does the fighting for me, and all i do is let him in.

I do that through real tools of recovery that i have learnt and gained from a structured program of recovery.

You have done amazing so far but this isnt round 2 of 90.

This is one day , the only day of your life - and you happen to have 92 days since you last acted out with lust.

Today I am celebrating 11 months of sobriety.

Its a miracle.

GYE kick started it but filters didn't save me.

I dont have filters.

Because if lust is in charge i can go buy an unfiltered device in a matter of minutes.

Anyways I am happy to talk with you anytime... please pm me or email me you should still have my email!

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Re: My Book of Business

Posted by LoveU,Hashem - 16 Nov 2017 23:27

Well said.

So that means that there is no true recovery outside of the 12 steps program? Don't you think that many people (I really mean myself) can do without it? Like filtering, staying connected, avoiding anything that leads to a fall and dealing with what brings me to run away from reality in a healthier an effective way? Are there no tools for recovery other than SA?

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Re: My Book of Business

Posted by Workingguy - 17 Nov 2017 00:12

There are obviously many tools of recovery besides SA. Markz, Cordnoy, and many people whose stories are in Markz signature can attest to that.

For some, SA is a gift. For others, it's not. For some, CBT is the answer. For others, it's not.

There are are so many possibilities and combinations, and believe it or not, some people just stop acting out and that's it. Perhaps after many falls and tries, but they do.

And it doesn't matter if you're an addict or not, because there are people here who aren't addicts and can't stop, and people here who would say they are and have stopped with SA.

You have to learn from everyone and see what they did, but then tweak that and take what works for you.

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Re: My Book of Business

Posted by cordnoy - 17 Nov 2017 02:05

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You have to learn from everyone and see what they did, but then tweak that and take what works for you.

Markz, stop wastin' your time on you know what and dedicate some effort to gettin' the "five star" system for each post into place.

This is gold.

I wish everyone (includin' me) would write like this.

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Re: My Book of Business

Posted by Hashem Help Me - 17 Nov 2017 03:43

In response to your comments:

Having a filter, besides the obvious benefits (accidental typos don't mistakenly access inappropriate sites.....) , is something Gedolei Yisroel have instructed us to do. This brings along with it added syatta d'shmaya we all can use. Of course some individuals may have been advised by rabbonim or professionals that in their specific case this policy does not apply.

Staying connected is one of the strongest forces in breaking addictive bad habits.

There are many people who have recovered without SA. Those who are successful in SA should continue, for that is the path working for them. And those who are successful through other means should continue with their mehalech. I am BH clean a little over 11 months. Back in the beginning I was ready to join a SA meeting and already met with a local sponsor. During one of my many calls to Dov during those beginning days I mentioned i was joining SA. He surprisingly told me "You don't belong in SA. Its not meant for guys like you. Your job is to work and fight the yetzer hora. For you SA will just be an easy way out when you can get really cured." Bli ayin hora the rest is history, and we daven for continued success.

Here at GYE we respect the various opinions of all the people who graciously take out the time to post. We may sometimes disagree on method and approach. But we are all in this together to help each other successfully stay clean and live better healthier happier holier lives. Hatzlocha to all my brothers here.

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Re: My Book of Business

Posted by GrowStrong - 17 Nov 2017 07:16

Just to clarify

I was not saying he should join SA nor was i saying he should not have a filter.

I cant have a filter for my work. But he is not me.

I was saying that he should stop white knuckling.

Having said all that, I wonder if he ever spoke to Dov and heard Dov's opinion for himself.

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