

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 - 09 May 2018 00:33

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### Day #30

And yes, 1 3dr had passed clean and holy, BH, now im heading to my second 3rd, which will in fact be much harder since its the summer days, and its tough out there, but when i keep on thinking that im working just for today, im getting it easier, basically Machshavah is the key here, just think, why am i on this world? what am i doing here? If not just to pass it, just to give some joy to my father hashem, and as a side note, every single time we have a nisayon, even an easy one, and we dont give in, the entire ?????? ?? ????? are going out in a dance ??? ??? ?????? ?????????? ?????? ?????????? ?????????? ?????????? ?????? wowow what a ????? not everyone is ????? to that..

**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 lionking - 03 Jun 2018 19:16

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Shvisi,

I miss my daily inspirational message which you used to sign off with. Also the Tehillim group.

How's everything going on?

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Re: My Book of Business

Posted by Shivisi\_Hashem - 03 Jun 2018 22:40

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[lionking wrote on 03 Jun 2018 19:16:](#)

Shvisi,

I miss my daily inspirational message which you used to sign off with. Also the Tehillim group.

How's everything going on?

Thank you lionking of thinking about me, i would love to be back every day, but im very busy, and the truth is, that i need the support from you guys, every day is a separate struggle, so i do need to come back... i must get myself doing it...

thilim? It didn't looked to me that i have more then 5 followers, so i stopped it

thanks again to all of you..

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Re: My Book of Business

Posted by Shivisi\_Hashem - 04 Jun 2018 21:53

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**Day #57**

3 day more to go and i passed 2/3 clean, major accomplishment, at this time of the year, when the streets are really messy, even that nobody is responsible on my eyes (ill argue about this when ill be cured, but for now ill agree) but its still messy, they walk on the streets like fresh born people, almost undressed, and its very tough there, especilly when driving, when i have to look around, but with help from Hashem ill get there.. and i wont fall again, i hat to fall, (do i hate to act out too? i wish....) so i dont want to feel miserable so ill continue with my march... and i wont let me self into a sinkhole...

as always: On Day At A Time, thinking like this helps, its not a dream, its reality..... just lets support each other, and we will win this fight together...

Thank You All, Thank You Hashem...

**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 - 06 Jun 2018 20:46

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Enjoy it...

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 07 Jun 2018 18:36

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**Day #60**

WoW, it means so much to me..... yes im clean, and if i can do it, i promise you can too... you just need a bit of thought and wiling power... yes, everything is in our head, we just need to sit down, and THINK, Think where are we heading to, what do we want from our life, from our wife, from our kids, and what does our parents want from us, and the MAIN thing, what does Hashem want from us.... when we keep on thinking and talking, we will get to the realization that we dont need this garbage and we can fight this off, the only struggle will be from the beginning of the lust, entering to our brain, till fighting off which is a few first seconds.... and hopeful with help from Hashem it wont last more then this few seconds....

Thank You All, Thank You Hashem...

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Posted by Shivisi\_Hashem - 08 Jun 2018 02:49

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Re: My Book of Business

Posted by Shivisi\_Hashem - 10 Jun 2018 16:46

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### **Day #63**

hay chevra, im clean now for 63 days, 63 days of wining the YH, 63 days of having him in my pocket, 63 days he is not winning me, is it easy? No, not at all, but im still going for it, thats my life, thats why im here in this world, thats what will bring me to a better place in the next and forever world, thats what will keep me close to hashem in this world and in the next world, and i would love to keep it on forever...

Hashem pls help me, Hashem please support me, please dont let me fall, please help me stay clean today and everyday.

Hashem, im sending in camp my 16 year old son and my 14 year old daughter, please help me and them, they sould come back holy and healthy the same way and better then they go, they shouldnt be harmed in any Kedisha things, nobody should bother them... please i beg you, i need your Malachim to be on thier sides every second...

Thank You All, for your great support, Thank You Hashem for everything you do to me....

**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

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Posted by Shivisi\_Hashem - 21 Jun 2018 16:31

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**Day #74**

im clean for 74 days round 2, which means tons for me, and i hope to continue this way for ever, its the best way of living.... no, its not easy, but when ever i bump into a good looking lady, and im not looking at her, i feel so good, and im taking full credit for it, i say to my self: ?????? ??????.... just to have the strength not to look is a relly big deal, and im proud of my self...

now in the summer being all week by my self, when family are upstate, i will need tons of chizuk to continue, and in case of a weak minute, i will post here...

i saw a good and useful wort last week, that as soon someone is watching on his Kedisha, it will start getting to him in a very fast pace everything he needs, see it by yourself

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i printed that out, and its on my desk all day so i can see it, and i say it right when i sit down at my desk, and i say it every night when i go to bed, so its saving me big time, i dont want to exchange garbage with my Hashpuas.....

Thank You All, for your great support, Thank You Hashem for everything you do to me....

**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 - 31 Aug 2018 22:06

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Hi Chevra, Chabirusu kadishusu Hudein...

i was away from this group for along time, i just popped in for a bit here and there but not for real, i am clean for a long time, i have no clue how many days, i stopped counting it, but thats for sure, im clean and i have the drive to stay clean because of you, the memebbers of this great and holy group... you help me getting out from this horrible addiction. I just take it one day at a time, and it works wonders...

i do have some tough days and some easy days, but i push it through, B"H.. only with the help of hashem i am where i am, i cant do it alone, impossible, its just impossible.

Question is, i would love to give back for this wonderful group, money i cant give, i dont have that much, but i an give back by writing (at least try) a daily post, so my question, is, if you guys will have anything from it, or will it be just for me, and if its just for me, then im fine without it... so far.. will you guys have a boost from my postings or not...

please share with me your thoughts....

thank you all and have a wonderful and clean shabbes....

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Re: My Book of Business

Posted by lionking - 31 Aug 2018 22:29

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Welcome back,

I personally appreciate when people post. Especially when they share their personal successes.

We all can give, even if we are not financially well off. Give a smile to your close ones. Give an encouraging word to someone. Reach out to people here that are struggling and give some of your time to speak to them and encourage them.

Keep on giving!

May you be blessed with a lot of Parnossah B'Reivach.

Git Shabbos!

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Re: My Book of Business

Posted by i-man - 31 Aug 2018 22:59

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Like ??? ??? said posting ???? gives chizuk to many people and ???? giving people chizuk via chat, email, phone ,or whatever can be a gamechanger as I've experienced as many others here did .

Thank you for your service

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Re: My Book of Business

Posted by Hashem Help Me - 02 Sep 2018 12:22

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Please continue posting. Every individual adds tremendously to the entire GYE experience. Sharing your challenges helps give courage for others to do the same. Sharing success shows others that "it can be done". Without realizing it, those who post, end up advising so many people with concepts that to them may seem simple, yet for someone else is a chiddush he needed to hear. And in the metaphysical sense, the greater the tzibbur is, the more hashroas haShechina, and the more hatzlocha b'ezras Hashem.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 03 Sep 2018 03:06

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B"H im clean today, and im clean now for a very long time, no clue how many days, but i know its for a long time, and BH for that.



Before i became a GYE memeber last year, a week befor pesach, which is now 1 1/2 years, i was in a Matzev of no control whats so ever, and it didnt bother me at all, i knew im wrong, but i was sooooo cold, freezing cold to everything and anything so it just didnt touch me, and just the opposite, i loved to act out, i did it as often i could, i looked out for the minute i can act out, but since im on GYE, i probably act out maybe 6 or 7 times, dont know exactly, but its between 5 and 10 times, which is a huge milstone for me, i acted out since im 8 years, none stop, and here i am, clean for the longest time, and even when i fell the last 1 1/2 year, i call it a fall, and not acting out.. falling and acting out is totally different things....

To all of my brothers out there, let me tell you, if there is a will there is a way, i was there, and i know what im talking about, but even when you really want to get out of this mud, there has to be with a "mehalach", my approach was 2 things, Taphsic and partner, after 6 months, i was able to get rid of the Taphsic, now im staying clean, by taking one day at a time, every morning, first thing after Modeh Ani, im telling to myself, that today only, i want to stay clean, and hashem is soo good to me, and i must give back to him, and that will be my Mesiras Nefesh of today, i will give him over all my Reiyas on the street, ill look only on the floor, and thats what keeps me going the entire day, in one word, i cant be a Kufi Tova for hashem when he is soooo good to me.. another thing is tefila, i ask Hashem at every shmona esre that i CANT do it alone by my self, he must help me, with out him, im like a fly, im nothing... and he helps me.... i see it on a daily basis...

so guys, i know its very tough, but at the end you will feel a million dollars, it pays to suffer in the beginning, just start... there has to be a beginning.

so, thank you hashem for giving me the opportunity to give you back, and in the same time helping me to stay clean, and thank you hashem for guiding me to this wonderful group GYE, you, all memebers are part of my success THANK YOU ALL

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