

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 Shivisi_Hashem - 14 May 2017 17:43

Day #25

B"H I passed day #23 & #24

I passed day #23 and #24, what a journey, **Today** is #25, I had a great weekend, 1st time in ages i passed shabbos with no struggle of lust at all, i didn't have not even a pinch of an urge, ?????, it really pays out to be clean, and its getting only easier, not harder, we just need to let go our ego, and let the highr power do the work, i cant wait for my first time in ages to have a clean ??????, i will stay strong all the way of my life, with Hahem's help..

Thank You hashem, thanks for my great partner, and thanks to all of you.

today is #25, and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

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Re: My Book of Business

Posted by Hashem Help Me - 15 May 2017 03:01

So happy for you. Another one of the chevra is having that first taste of breaking free. The feeling that, wow, it CAN be done. Even if we c"v slip after that, it is different. We are like the slave who tasted freedom once and wants it again. Keep on being matzliach and being an inspiration for so many.

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Re: My Book of Business
Posted by Shivisi_Hashem - 15 May 2017 15:10

Day #26

B"H I passed day #25

I passed day #25, what a journey, **Today** is #26, I had a perfect clean Sunday / Lag Boimer,

I took my wife yesterday shopping to Manhattan, before I left I placed my hand on the mezuzah, and I begged Hashem, he should stay on my side, I should be able to control my eyes and thoughts, because I can't alone, B"H I passed clean, Thank You hashem, thanks for my great partner, and thanks to all of you.

today is #26, and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

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Re: My Book of Business
Posted by Hashem Help Me - 15 May 2017 17:30

I took my wife yesterday shopping to Manhattan, before I left I placed my hand on the mezuzah, and I begged Hashem, he should stay on my side, I should be able to control my eyes and

thoughts, because I can't alone, B"H I passed clean, Thank You hashem, thanks for my great partner, and thanks to all of you.

Wow! A lesson for all of us.

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Re: My Book of Business

Posted by Shivisi_Hashem - 15 May 2017 17:43

[Hashem Help Me wrote on 15 May 2017 17:30:](#)

I took my wife yesterday shopping to Manhattan, before I left I placed my hand on the mezuzah, and I begged Hashem, he should stay on my side, I should be able to control my eyes and thoughts, because I can't alone, B"H I passed clean, Thank You hashem, thanks for my great partner, and thanks to all of you.

Wow! A lesson for all of us.

for me too, it shows that I grew a lot, and I can.

Thanks You

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Re: My Book of Business

Posted by Shivisi_Hashem - 16 May 2017 17:28

Day #27

B"H I passed day #26

I passed day #26, what a journey, **Today** is #27, I had a yesterday perfect clean day!

B"H I have a clean Neshamah for 27 days, Thank You hashem, thanks for my great partner, and thanks to all of you.

today is #26, and **today** only, ???? ?? ?????? ??????, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

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Re: My Book of Business

Posted by TzedekChaim - 17 May 2017 02:28

Shivisi!!!! Wow! fantastic attitude. Reminds me a little of bards, undefeatable simcha!! (only you
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It seems you've got the one day at a time thing going pretty swell. The repetition again and again gets it to sink in in a real way so KUTGW!!!

Hatzlacha!!!

Thank you for teaching me why that thing is on my door post...

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Re: My Book of Business
Posted by Ihavestrength - 17 May 2017 13:25

[Shivisi_Hashem wrote on 16 May 2017 17:28:](#)

Day #27

B"H I passed day #26

I passed day #26, what a journey, **Today** is #27, I had a yesterday perfect clean day!

B"H I have a clean Neshamah for 27 days, Thank You hashem, thanks for my great partner, and thanks to all of you.

today is #26, and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

@shivisi You're doing great, and it's truly wonderful to watch your progress day by day.

However, I think you've had a "clean neshama" for longer than 27 days.

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Re: My Book of Business
Posted by Shivisi_Hashem - 17 May 2017 14:21

[TzedekChaim wrote on 17 May 2017 02:28:](#)

Shivisi!!!! Wow! fantastic attitude. Reminds me a little of bards, undefeatable simcha!! (only you
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It seems you've got the one day at a time thing going pretty swell. The repetition again and again gets it to sink in in a real way so KUTGW!!!

Hatzlacha!!!

don't do the CAPS things

Thank you for teaching me why that thing is on my door post...

Thanks for your Chizuk, listen, only with the uplift attitude you can pass this kind of struggles, and even in a down day, when you talk and think in an upside & uplifted tone, even if your hearth is not there, just talking about it, things are changing dramatically.

CAPS thing? I have no clue what it is, and I don't understand it when others write it, might be some kind of a shtick, ?? ?????

Thanks again for your tremendous support....

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Re: My Book of Business

Posted by Shivisi_Hashem - 17 May 2017 14:24

[lhavestrength wrote on 17 May 2017 13:25:](#)

@shivisi You're doing great, and it's truly wonderful to watch your progress day by day.

However, I think you've had a "clean neshama" for longer than 27 days.

yes, you are 100% right, I do and will always have a "clean Neshama" I just messed around with it, and I'm in the middle of making it shining again, you will see, it will shine more than the most expensive diamond out there, and I will definitely be proud of it..

Thanks for your input.

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Re: My Book of Business

Posted by Shivisi_Hashem - 17 May 2017 14:29

Day #28

B"H I passed day #27

I passed day #27, what a journey, **Today** is #28, wow, almost a month passed clean, first time in my life,

I had a picture perfect clean yesterday! At night I had a lust struggle for a few minutes, I couldn't reach my partner, since my phone battery went dead, so I guess Hashem wanted I should manage it by myself, so I took out a drama book, and I read the book until I was part of the story, and BH I won....

Thank You Hashem, thanks for my great partner, and thanks to all of you.

today is #28, and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

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Re: My Book of Business

Posted by TzedekChaim - 17 May 2017 17:42

[Shivisi_Hashem wrote on 17 May 2017 14:21:](#)

Thanks for your Chizuk, listen, only with the uplift attitude you can pass this kind of struggles, and even in a down day, when you talk and think in an upside & uplifted tone, **even if your hearth is not there**, just talking about it, things are changing dramatically.

Thank you. (the bold section really touched me) sometimes I don't value the 'faking' part of it

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CAPS thing? I have no clue what it is, and I don't understand it when others write it, might be some kind of a shtick, ?? ??????

-Bards writes everything in CAPITAL LETTERS. Maybe he wants more black space to fill with

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Re: My Book of Business

Posted by Shivisi_Hashem - 18 May 2017 15:17

Day #29

B"H I passed day #28

I passed day #28, what a journey, **Today** is #29, wow, one more day, only another **Today**, and I'm 1/3 away of the Wall of Honor, what an achievement!!!! can someone describe for me in

I had a picture perfect clean yesterday! Thank You Hashem, thanks for my great partner, and thanks to all of you.

today is #29, and **today** only, ????? ?? ?????? ??????, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down.

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Re: My Book of Business

Posted by getthere - 18 May 2017 15:36

words my Simcha, because I can't, I'm over excited..

You are doing great Shivisi - good tattitude and it really works..

Hazloche in the future

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