

True Cheirus to 90 and beyond

Posted by doingtshuva - 21 Apr 2024 01:17

Its **erev pessach 5784** (2024) and all I can wish myself is to live a life of **True Cheirus**.

My hope and prayers are to reach 90 and beyond and to live a productive life.

I want to be a better Yid, father, husband and businessman.

My addiction and struggles are here to destroy me and depress me. I may not give in.

I have added some extra personal rules to the basic Gye rules which would be considered for me as a fall.

Yes I'm machmir, because I have to avoid my triggers that lead me to fall.

Hashem, I beg you, please give me the **koach, moach and the means** to do what's right and what's needed in order for me to heal myself.

I must not be ashamed to seek help.

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Re: True Cheirus to 90 and beyond

Posted by doingtshuva - 24 Apr 2024 22:45

Just to be clear, according to Gye watching porn or masturbation are considered a fall.

I have seen that for me its the triggers that lead to P&M, therefore I set up a list of triggers to avoid.

If I fall with my new rules I consider it a fall. Otherwise its a waste of time.

A **slip** will be on my own rules and a **fall** would be for P&M

Slipped, back to 0

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Re: True Cheirus to 90 and beyond

Posted by doingtshuva - 01 May 2024 01:49

Pessach was great.

Had time to daven, learn and spend time with my family.

Working on my anger, its causing me to feel depressed.

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Re: True Cheirus to 90 and beyond
Posted by 5770 - 07 May 2024 00:16

Working on my anger, its causing me to feel depressed.

oh yeah, anger is a big one - well for me, anyway. In the heat of the moment everything fades into the background.. and the sweet bliss of anger takes over!

And then of course there's the low grade, everyday anger. Smouldering away, just waiting.

Doesnt feel like a regular addiction like porn/mast'n but i think maybe it is?

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Re: True Cheirus to 90 and beyond
Posted by foolie - 07 May 2024 00:24

[5770 wrote on 07 May 2024 00:16:](#)

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oh yeah, anger is a big one - well for me, anyway. In the heat of the moment everything fades into the background.. and the sweet bliss of anger takes over!

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Ah sweet sweet anger thy name is well thy name is actually anger so let's call a spade a spade for those of us who live life with a smoldering rage living beneath the surface, anger is the be all and end all of everything even when you're not actively angry everyone thinks you're angry, life lived to its fullest

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Re: True Cheirus to 90 and beyond
Posted by doingtshuva - 09 Jun 2024 23:53

Its 3 days to Shavuot

Started to count again

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Re: True Cheirus to 90 and beyond
Posted by doingtshuva - 07 Jul 2024 23:02

Its 90 days to rosh hashana

I hope it will give me a push

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Re: True Cheirus to 90 and beyond
Posted by doingtshuva - 08 Jul 2024 21:49

Day 1

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Re: True Cheirus to 90 and beyond
Posted by doingtshuva - 11 Jul 2024 11:55

Day 4

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It looks like the current strike isn't working properly