

Lonely but trying (trying but lonely)

Posted by odyossefchai - 09 Sep 2024 21:55

Ok here goes.

I'm starting a new 90 day journey.

I don't know why 90 days. Maybe because I saw that other people started a 90 day trial and it worked so let's give it a shot.

I'll give my story over the next posts as I'm new here and not all together comfortable sharing my life story.

I'm already up to day 8 so I have a little wind in my sails.

IYH we'll add in the days, one by one.

=====

Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 23 Oct 2024 02:03

[redfaced wrote on 20 Oct 2024 13:57:](#)

[odyossefchai wrote on 20 Oct 2024 12:59:](#)

As we lained first two days of Yom tov, ?????? ??? ?????? ???.

I will have to find some time to write my thoughts and feelings.

Im sure that there wasn't a 50 day streak for many many years. I don't want to say for sure, but I'm pretty sure about it. I'm talking 15 years.

Hold on to this feeling of bliss. Rock on to 500, than 5,000!!!

For whatever reason (ok I know the reason. It's the person who was dressed in a white gown at our wedding) I'm feeling like a rotten bag of tomatoes (you only buy tomatoes in a bag if you want to kill turtles and wipe out the entire human species)

Did have some urges yesterday and I think that twitter (the kosher area of the site) makes me wanna fall. It really put me back into the place I was a couple of months ago. But with my new way of behaving, I didn't fall and had no plans to.

I think I'll try to block it tomorrow. That will be a nice move for Hoshana Rabah.

I don't really need twitter. I know Trump/Harris is winning.

=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 23 Oct 2024 21:00

Day 53.

How is this possible?

I don't know. Still trying to figure it out.

Have a three day Yom Tov to work on it. I'll let you know if I understand how it happened.
Chessed from Hashem, probably!

)

See you on the other side, 14lbs heavier!

Gut Yom Tov

=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 27 Oct 2024 01:03

Day 57?

Thank you Hashem.

Yom tov was so nice!

From the evergreen Shloimy Dachs leading shacharis on Hoshaana Raba to the gevaldige geshmake dancing on all days of Yom tov, spiritual heights were acheived!

Plus plenty of learning and several notches of belt loosening.

The only time I really had a hard time with my eyes was staring at the Rebbetzen of the shul wondering when she's gonna bring out those delicious world famous cholipshkes (the Hungarians will kill me for the spelling) BH she delivered!!

=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 30 Oct 2024 10:16

I'm official OLD

?? ???? ?????

Today is day 60.

Thank you Hashem for me finding this site. I'm in a good mood so I'll say thank you Hashem for giving me the challenges that led me to this journey.

I'm beginning to realize that maybe my challenges were there for a reason.

It's good to be clean.

I want to stay clean.

Please Hashem help me continue on this amazing journey and flight to freedom!

(And only one more day till my PMs open!)

Thank you to this most wonderful family for supporting me and being there through some dark dark moments.

You are all ??? ???? ???!!

=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 31 Oct 2024 21:36

It's day 61.

Urges were all over me, similar to my reaction when they bring out the overnight Kugel at the shul kiddush.

Women out there begging me for their attention.

Well, in my imagination obviously.

I realized it was just the horny and anxious me talking.

At 61 days, I'm not throwing it all away just because of a random woman in the grocery store. I woman who will not actually give me anything.

I'm calmer now. A bit!

Back to the daily grind.

And the daily grouch

And the daily joy of having many awesome things in my life.

If you have a wife, you are blessed

If you have a child or more than one, you are blessed.

If you have health, you are blessed

If you can walk and see and smell and laugh, you are blessed.

If your child called you 'daddy' (tatty or abba is included) you are VERY BLESSED.

I AM VERY BLESSED. I have a great life.

All my love

Harav hatzadik od yossef chai

=====
=====

Re: Lonely but trying (trying but lonely)
Posted by amevakesh - 01 Nov 2024 15:25

[odyossefchai wrote on 31 Oct 2024 21:36:](#)

Back to the daily grind.

And the daily grouch

And the daily joy of having many awesome things in my life.

If you have a wife, you are blessed

If you have a child or more than one, you are blessed.

If you have health, you are blessed

If you can walk and see and smell and laugh, you are blessed.

If your child called you 'daddy' (tatty or abba is included) you are VERY BLESSED.

I AM VERY BLESSED. I have a great life.

All my love

Harav hatzadik od yossef chai

This is the stuff of legends. To have the challenges you deal with and still have this outlook is honestly awe inspiring! You are a humble spiritual giant of a man that I consider myself lucky to know. The way you are able to look at your life through rose colored glasses and feel '?'s Chesed in all other areas is a lesson to anyone that knows you well. It was a privilege to meet you, and the hug was great! keep on trucking and inspiring!

=====
=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 01 Nov 2024 19:53

[amevakesh wrote on 01 Nov 2024 15:25:](#)

[odyossefchai wrote on 31 Oct 2024 21:36:](#)

Back to the daily grind.

And the daily grouch

And the daily joy of having many awesome things in my life.

If you have a wife, you are blessed

If you have a child or more than one, you are blessed.

If you have health, you are blessed

If you can walk and see and smell and laugh, you are blessed.

If your child called you 'daddy' (tatty or abba is included) you are VERY BLESSED.

I AM VERY BLESSED. I have a great life.

All my love

Harav hatzadik od yossef chai

This is the stuff of legends. To have the challenges you deal with and still have this outlook is honestly awe inspiring! You are a humble spiritual giant of a man that I consider myself lucky to know. The way you are able to look at your life through rose colored glasses and feel '?'s Chesed in all other areas is a lesson to anyone that knows you well. It was a privilege to meet you, and the hug was great! keep on trucking and inspiring!

Hatzadik Amevakesh!

Privilege is an understatement! What an honor to meet you.

You are the first person I have met in person from GYE (obviously apart from the Prime Minister himself HHM)

And why did you say 'hug'? There were 'HUGS'!

Many of them!

I cannot thank you enough for the warmth you have shown me! I am forever grateful!

I want to wish all of you a warm and wonderful shabbos. Full of peace, bracha, and love.

May HKBH bless you with true Aliya and may you all enjoy the belated chosson bereishis kiddush! Ahh the joys of being a Yid! A goy can't even imagine what he's missing with the overnight kugel, cholent, yapchik ???' ???

=====
=====

Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 04 Nov 2024 13:19

Good morning day #65.

I haven't had 65 in close to 25 years.

Thank you Hashem for guiding me to this website and to meeting the amazing family here.

=====

Re: Lonely but trying (trying but lonely)

Posted by Muttel - 04 Nov 2024 14:32

What a pleasure to see an esteemed brother reach a summit of greatness, lmy"h to be followed by higher and higher summits....

We've been gebentched, us 2 and so many more,

To have a Rebbe, an angel who's helped many many scores,

Of struggling brothers, despondent and morose,

Thinking they'll never be clean, 2 weeks at most.

Our eyes were enlightened by him,

That we can shed the layers of dirt, almost as if on a whim,

We can live higher and have great success,

Not tied down to the past or that great mess.

Living free is possible he said,

You need to look in the mirror and not be led,

By the YH that you're evil, rather see the ?????,

That's possible, now, and after you've learned to live ?????.

GYE brothers take heed! I exclaim HHM's ????? not for him or me,

He eschews praise of all kinds and doesn't need praise or acclaim on this world no matter how nice it may seem,

Rather I say this to encourage each and every one of you,

To reach out to him NOW, you can have this euphoria too!!!!!!

With the love, respect, and adoration of a ????? who owes his life to our Rebbe,

Muttel

=====

Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 05 Nov 2024 19:08

Day 66.

I'm in a different place.

I wrote the following in response to someone else but because this is my page, I'll put it here too.

"Even if you haven't yet reached 15 years clean, you can be ok.

I'm only two months in and my life is completely different.

Probably 3-4 weeks in I already started seeing huge changes in my brain.

It's not that I didn't have urges, it's that my approach to life was completely different without thinking about P and M all day.

I'm looking at my life as a regular person who has challenges in shmiras einayim (who doesn't!!) and as a person who used to have a P and M problem.

I'm now at a stage where I can have a regular married life without thinking about P in my bedroom and without non stop lusting and using my wife as my masturbation tool.

When we are together, she is much more engaged and involved. We aren't perfect but we are 10,000,000 miles ahead of where we were 3 months ago.

Am I 100% clean? No

Will I slip up? Maybe

But I don't walk around all day thinking about when the next time I can find 10 quiet minutes to watch P and M

I also don't carry the horrible weight on my shoulders and all the anxiety that comes with it.

You know how you feel right before and right after you do it. Gross.

I don't have that anymore BH"

That's my story and I'm happy with it.

Have a great day!

=====
=====

Re: Lonely but trying (trying but lonely)
Posted by rebakiva - 05 Nov 2024 19:12

Unbelievable your an inspiration to me and many others here.

Was really a great experience shmoozing with you.

Keep it up and keep us posted

With love akiva

=====

Re: Lonely but trying (trying but lonely)
Posted by chaimoigen - 06 Nov 2024 16:27

There's so much to learn from what you write, friend. And Kol Hakavod, you're an inspiration!
Keep trucking and soaring, higher and higher!

One beautiful aspect of your post, is that it can help guys see how much they have to look forward to by getting clean.

As I've written in the past, it's hard to smoke smoke because you know you ought not to smoke. Because, regardless, you **want** to smoke. But if you can develop the desire and motivation to live and love the lifestyle of a non-smoker, it becomes a different story!!

Lichayim!! Welcome to the non ~~smokers~~-porners club. Enjoy the benefits.

The benefits include experiencing real and meaningful -

Chaim

=====

=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 08 Nov 2024 17:30

Day 69.

BH still trucking along.

Marriage is in a much better place thanks to the wonderful support from my beloved friends here and careful guidance from HHM.

And of course from the One Above who guides us in everything.

I'm enjoying not caring about needing my daily fix of P and M.

The freedom feels good!

Long may it last!!

Have a great and peaceful shabbos!

=====

=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 10 Nov 2024 12:24

Day 71

Thank you Hashem for getting me here.

=====

====