

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

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Re: Momo II: Another try

Posted by Momo - 20 Dec 2009 07:32

Thanks. I am scheduled to see him tonight. I can't imagine what he'll say.

I'd still like to continue this no surfing rule, even if he allows it. I see that regular surfing brings me to bad surfing, which brings me to acting out.

I learned that I need the extra geder of not surfing at all, and although It is hard, I CAN DO IT!

I'm so happy you're continuing with your journey. I hold my breath every time I open your thread

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Re: Momo II: Another try

Posted by habib613 - 20 Dec 2009 07:46

in the morning, and breath a sigh of relief when I read you are keeping on strong.

YOU CAN DO IT!

YOU CAN DO IT!

YOU CAN DO IT!

no surfing is hard, but surfing and not acting out may just be harder

and i really appreciate all your support.

means a lot.

thanks.

Good luck tonight!

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Re: Momo II: Another try

Posted by habaletaher - 20 Dec 2009 08:03

[Momo wrote on 16 Dec 2009 13:11:](#)

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Hey Momo,

As long as your doing your no surfing thing, you should start producing these en masse, then you can sell them as Modern art! The bar is pretty low in that area, the Tate Museum in London just paid \$10MILLION for ten bricks laid in a row a foot apart from each other, so this stuff should be worth at least a hunnert grand! Maybe you'll make into the MOMA!

Good luck with your no surfing challenge, hats off to you!

Haba

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Re: Momo II: Another try

Posted by Momo - 20 Dec 2009 08:11

Haba, LOL.

Thanks for the good wishes.

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Re: Momo II: Another try

Posted by 7yipol - 20 Dec 2009 08:18

You have every reason in the world to feel really proud Momo.

You did what you considered the 'impossible' -

and discovered that when taken one step at a time,

the skies the limit!

:D :D :D

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Re: Momo II: Another try

Posted by Momo - 20 Dec 2009 08:39

I'm not sure where to go from here. I'll ask Rav S, but he has his agenda.

On one hand, it's been easier than other times. Less struggle and more "letting go". But over the past couple of days, it's been harder not to act out.

Rav S would tell me to act out since that's not the issue. In his opinion, the issue is living and not controlling myself. But, I don't want to act out. I'm proud of the clean days I have and know I'll feel very badly if I act out.

According to Rav S, I'm supposed to not-surf in order to find other ways to live. The idea is not to not-surf in order to not act out. But I've used the opportunity of not surfing and not seeing images to also not act out.

But is my not acting out when I want to just a control method? What about self-control freeing myself from the addiction?

Agh! ???

Disclaimer: Rav S's advice to ME is just for ME, not for you. It was told to me in a private

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Re: Momo II: Another try
Posted by Momo - 20 Dec 2009 11:03

It's so quiet! I guess because it's Sunday.

Anybody there..there...there... there...there?

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therapy session. Guys, don't act out; it's bad for you.
You won't believe this...
Posted by Momo - 20 Dec 2009 12:09

So, the highlight of the GYE chanuka party for me was to finally speak with 7Up for the first time.

However 7Up, now that I've heard your voice, I've got you figured out. Your voice sounded so familiar.....

Everybody, ready to hear the big secret?

Who is 7UP?

7Up is.....

my mother-in-law!!! :o :o :o :o :o :o :o

As Uri would say

"just messing with you!" ;D ;D ;D

OK, but she DOES sound a lot like my mother in law, and that would explain how she knows SO much about me!

(now Momo runs away to avoid being walloped by 7Up's cane!) :D :D :D

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Re: Momo II: Another try

Posted by imtrying25 - 20 Dec 2009 12:28

Hey Momo whats going on here? I thought she was my mother-in-law? Oh well maybe im better off shes not. ;D

Keep it up Momo. Your doing great!! Im sure R S wont mind that your not acting out as well. As long as you dont lose focus on whats important. So keep on rocking. We are all so happy for
)

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Re: Momo II: Another try

Posted by Momo - 20 Dec 2009 12:33

[imtrying25 wrote on 20 Dec 2009 12:28:](#)

Hey Momo whats going on here? I thought she was my mother-in-law? Oh well maybe im better off shes not. ;D

LOL, I'd be proud to call her my mother-in-law, and I'm sure you would too.
you!! (And a little jealous, i must say

[imtrying25 wrote on 20 Dec 2009 12:28:](#)

Keep it up Momo. Your doing great!! Im sure R S wont mind that your not acting out as well. As long as you dont lose focus on whats important. So keep on rocking. We are all so happy for
)

Somebody jealous of me? ??? Wow!

you!! (And a little jealous, i must say

The formula is easy:

1. Don't surf
2. Don't look at women
3. When something starts to get you irritated, just let go, and believe that HaShem will take care of you as He's done in the past and then do something fun (and kosher) for yourself.

If I can do it, anybody can, really!

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Re: Momo II: Another try

Posted by Sturggle - 20 Dec 2009 12:40

and if anyone can do it,

you can do it too!!

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Re: Momo II: Another try

Posted by Momo - 20 Dec 2009 12:44

[sturggle wrote on 20 Dec 2009 12:40:](#)

and if anyone can do it,

you can do it too!!

Who's "anybody"? And who's on first, anyway? ;D

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Re: Momo II: Another try

Posted by Sturggle - 20 Dec 2009 12:49

I dunno!!

Wait,

that doesn't sound right...

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Re: Momo II: Another try

Posted by imtrying25 - 20 Dec 2009 12:54

whats on second and i dont know is on third

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