

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 imtrying25 - 24 Dec 2009 16:09

Shabbat Shalom Momo. Amen on your prayer. Cant wait to here from ya after shabbos.

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Re: Momo II: Another try

Posted by letakain - 24 Dec 2009 16:19

g'shabbos, momo! 8)

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 24 Dec 2009 16:50

Momo!

And you're not egotistical in the slightest!

I also had this issue when I really started to find myself.

People I trusted told me I was becoming arrogant.

I was confused,cause I knew myself pretty well and didn't sense arrogance.

Rav Shlachter assured me that it was just self esteem and finding my good qualities and what I have to share.

People sometimes want to control others who they feel are growing too fast without them so they try reigning them in.

Follow your heart man!

We Love You!

I love you man

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Re: Momo II: Another try

Posted by imtrying25 - 24 Dec 2009 17:09

Uri honestly i think its a little different. Its because people get so used to someone being down all the time, cuz of his low self-esteem, that when he start being upbeat and happy he sounds

arrogant. Not everyone is so deep and trying to control others. Theyre just stupid and dont realize that someones becoming more open and happy with himself and highering his self esteem so it comes out to them that hes arrogant. Whatever.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 24 Dec 2009 17:13

IT,my aged and fragile friend,

I disagree wholly and completely(if there is a difference.habib?)

Everyone IS so deep.

Read my blog to get an idea of what I mean.

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Re: Momo II: Another try

Posted by Momo - 24 Dec 2009 19:26

I'm working a bit from home, and decided to check out how my friends are doing.

I just read Steve's thread. It's quite a humbling experience.

Makes me feel like I'm just a grown up acting like a stupid kid.

Sigh

But haven't I suffered enough? Aren't I allowed to act funny and goofy and silly?

If writing stupid things makes me happy, and being happy helps me NOT act out, what's the big deal, right?

So I'm acting immature. Who cares, right?

Maybe I'm still finding my balance.

I was so depressed for so long, maybe its OK if I walk around singing and laughing and thinking of corny jokes?

What do you guys think? Can anybody relate to what I'm saying? 7Up? Guard? Uri? Dov?
Yaakov S?

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Re: Momo II: Another try
Posted by Momo - 24 Dec 2009 19:31

I don't know if this makes any sense, but I've stopped reading a lot of threads. I read the ones of my closest friends (I think you know who you are), especially since you guys know me by now, and know how to kid around.

I was always the serious one who actually complained that this forum was not serious enough!
Remember that!? :o

A lot of other threads are so serious. I'm holding somewhere else (not necessarily better, just different). I'm trying to get away from the thinking too much and being depressed. I'm trying to just live life and be happy, and have faith in HaShem like a child to a father, and be happy like a child is when he feels secure knowing his parents are there for him.

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Re: Momo II: Another try
Posted by letakain - 24 Dec 2009 20:24

exactly! let the inner child out! skip down the block/ hallway when no one's looking and smile for

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no reason

Re: Momo II: Another try
Posted by bardichev - 24 Dec 2009 20:45

[Momo wrote on 24 Dec 2009 19:31:](#)

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what does serious mean??

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Re: Momo II: Another try
Posted by the.guard - 24 Dec 2009 21:14

People sometimes want to control others who they feel are growing too fast without them so they try reigning them in.

I know just what you mean, Uri. I totally LOVE to do that. ;D ([click here](#) to hear me laughing about the thrill I get from this)

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Re: Momo II: Another try
Posted by Dov - 24 Dec 2009 22:14

[Momo with dov's blue stuff in it wrote on 24 Dec 2009 19:26:](#)

I'm working a bit from home, and decided to check out how my friends are doing.

...sounds to *me* like a rather grown up thing to do....

I just read Steve's thread. It's quite a humbling experience.

Makes me feel like I'm just a grown up acting like a stupid kid.

join the club...

Sigh

But haven't I suffered enough? Aren't I allowed to act funny and goofy and silly?

If writing stupid things makes me happy, and being happy helps me NOT act out, what's the big deal, right?

So I'm acting immature. Who cares, right?

Take a number...

Maybe I'm still finding my balance.

Try walking on the edge of a 2x4. It takes time: days, weeks, maybe even months, but you get real good at it if you keep at it....why should this balance thing be any different? ...just take a number and KOT....

I was so depressed for so long, maybe its OK if I walk around singing and laughing and thinking of corny jokes?

I do it all the time while at work, less so at home...go figure.

What do you guys think?

Think? What does 'think' mean?

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Re: Momo II: Another try

Posted by 7yipol - 25 Dec 2009 09:01

Momo, there comes a time in life when one needs to learn how to please oneself, not necessarily the world.

Keep doing what youre doing, and you'll discover that laughter is contagious and smiles spread for miles!

Next thing youll know; those 'serious' threads will be goofier than the 'Depressed Persons Chill Spot'

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Re: Momo II: Another try

Posted by Eye.nonymous - 25 Dec 2009 09:29

[7Up wrote on 25 Dec 2009 09:01:](#)

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Next thing youll know; those 'serious' threads will be goofier than the 'Depressed Persons Chill Spot'

I've noticed a funny thing.

Many Newbies come in and offer their analysis of lust, intricate Divrei Torah, dry lists of tips "just do this and stay clean!," and technical questions about this forum.

As you yourself said, who was it who hated the joking hijacking once upon a lifetime??!
We do appreciate them.

But, after a while, they all break down into heart-wrenching personal stories, and sincere cries for help.

And then, after a while, they start showing a sense of humor, too.

I think it's a sign of coming to terms with life and with realizing that we're not the center. I think it's important for recovery. After all, as John Hopkins medical center (in conjunction with Perdue university and poultry) studies have shown, "laughter IS the best medicine."

[BTW, this is a good reason for everyone to stick around.]

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Re: Momo II: Another try

Posted by imtrying25 - 25 Dec 2009 09:45

Momo Dude. How many times do i have to tell you; KEEP ROCKING THE BOAT, AND I DONT

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CARE IF WE TIP OVER, SO LONG AS WERE HAVING FUN!!! ;D :D