

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 - 30 Dec 2009 16:04

[habib613 wrote on 30 Dec 2009 16:00:](#)

you know him?

Not yet. But hopefully i will get to know him. Im sure ill have lots of things to learn from My leader!

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Re: Momo II: Another try

Posted by letakain - 30 Dec 2009 16:42

davened! for you, for me, for G Y E!

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Re: Momo II: Another try

Posted by Dov - 30 Dec 2009 17:54

Thanks, reb Rage, I needed that.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 30 Dec 2009 20:35

[guardureyes wrote on 29 Dec 2009 22:01:](#)

and i couldn't agree with rage more

What exactly is your shitta on the 90 days,guard,once and for all?

I love you Uri, but I don't know if I have Koach to explain it again, because I've explained it so many times before and I don't seem to get anywhere... Maybe ask Reb Shlachter what my *shitah* is on the 90 days... I shmoozed with him today for a while, and we were in full agreement

Hint: See the GYE handbook. Notice that tool #6 - (finding alternate fulfillment) and tool #7 (cutting down slowly) come **before** tool #8 - (the 90 days).

We put it in the welcoming e-mail because it's a great motivator to get people started (after all,) Once they get on the 90 day train, they start to learn the **real** secrets of letting go (and all that kind of stuff) from the forum... Over time, their 90 day journey becomes a whole different ball-game... They learn that it's not a goal in itself, they learn how to let go, they try to find inner serenity, how to live one day at a time, etc... and hopefully the tricks they learn here can take "root" because they are not acting out... (all under the pretense of). Cuz if an addict is in **active addiction**, they can't learn how to "let go and

And like Momo always says, "Restricting yourself frees yourself to be the real you"... so hopefully they'll get to 90 days with a whole new attitude. Oh, and then the scientific study will kick in too - and not only will they have a better attitude - they'll **also** have managed to hopefully change the neuron pathways of the addiction! :D

And BTW, I also spoke to Battleworn today, and we agreed that if a person is succeeding to slowly cut down (through tools #6 and #7), then even if he's not making it all the way to 90 days (tool #8), he **still** may end up succeeding in the end. It is only if a person sees that neither tools 6, 7 nor 8 are working for them, and they are simply falling completely back into the addictive pattern again and again, then at **that** point they need to move on to the next tools, and addicts love control, no? ultimately go for therapy and the 12-Steps - to get a whole "attitude make-over" from those with the real experience...

I'm sorry for ruffling your feathers guard. I do it purely out of confusion. I get emails and gchats asking what's the difference between our approaches and I have a hard time understanding exactly what yours is. One on hand it sounds like you're saying it's just to get people to join. But on the other you sound like you're saying it's a solution. let G-d" or all the other beautiful truths we learn in recovery. As they say in AA, "Do it Sober" Whatever. As long as it makes sense to you, it's fine I guess.

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Re: Momo II: Another try

Posted by 7yipol - 30 Dec 2009 20:52

[Rage ATM wrote on 30 Dec 2009 15:39:](#)

my boss' daughter is taking a class in college in philosophy and she is going over the debate of whether we really have free choice in this world or whether our lives are completely dictated by the circumstances we are presented...in other words, if you take any person and out them through the exact circumstances they will b ethe same way...she came into my office and said "rage, what do you think about this topic"...i said, "how did you know my name was rage?" no, just joking...i said that i strongly believe that we have the inner power to make ourselves anything, our surrounding notwithstanding" and she said why (philoosphers can get away with saying why to everything you say...philosophers and my 6 year old)...i said, "momo"...she said "why"...i said i have met people that the odds were stacked up against them..this guy that the world was stacked up against him, every atom in the universe declared, "this person is condemned to be unhappy" and this person did not let it happen...he revolted...and he changed the course of the universe...momo, i know the road ahead is long but what you have already accomplished is nothing short of ???? ??????....you have brought to life this amazing person that moves each and every person on this forum and can in fact move mountains...and for that YOU ARE TRULY SOMEONE SPECIAL

There is a Tatty in shamayim Who is shepping suuuuuch nachas from His sons Rage and Momo.

You guys are way beyond awesome!

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Re: Momo II: Another try

Posted by the.guard - 30 Dec 2009 21:57

I was out this afternoon, but I suddenly heard a paradigm-shift in the space time-continuum. The universe, as we know it, was trying to fold back into itself. It was really weird. But then I came to the forum and saw that Rage had used big fonts and colors. That would pretty much explain it, I guess.

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Re: Momo II: Another try

Posted by the.guard - 30 Dec 2009 23:17

Rage, stop trying to destroy the universe. I'm serious man. If you post one more post like that, it's **gonna** happen.

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Re: Momo II: Another try

Posted by Kedusha - 30 Dec 2009 23:30

Thanks, Rage, for welcoming that new member to GYE. Gosh, his name sounds familiar! ;D

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Re: Momo II: Another try

Posted by imtrying25 - 30 Dec 2009 23:30

[Rage ATM wrote on 30 Dec 2009 22:58:](#)

:D ;D > :o 8) ??? : :-[:-X
:-\ :-* :'(

Can i say it too?? Or i have already so many times! :D :D :D :D

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Re: momo

Posted by loi-misyaeish - 30 Dec 2009 23:47

RAAAAAAAGGGGGEEEEEE!! Well done!!

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Re: Momo II: Another try

Posted by letakain - 31 Dec 2009 03:49

rage!!!!!!!!!!!!!!

u da man!!!!!!!!!!

ROTFL!!!!!!!!!!!!!! :D :D :D

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Re: Momo II: Another try

Posted by Momo - 31 Dec 2009 07:18

Wow, Rage unleashed is certainly a forced to be reckoned with!

I think yesterday you had a real spiritual experience, and I'm not joking. Thanks for sharing it

So, today is day 24 for me, which is VERY significant. Why? My longest streak of clean days while living in a non-Yeshiva environment is... 24 days. That was my first and longest streak when I joined GYE, 10 months ago. So, this is a milestone for me.

No one pays today, because according to Kedusha's rules it's not match double 90 for me, but rather 30-50-90, but that's OK. This day still has special meaning for me.

Wishing everyone a wonderful day!

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Re: Momo II: Another try

Posted by habib613 - 31 Dec 2009 07:20

wow!

i'm so proud of you!

so so proud!

may this be your last 24th day... (in a good way)

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Re: Momo II: Another try

Posted by habaletaher - 31 Dec 2009 08:33

AWESOME MOMO!!!! That is incredible! From this point on in, you are beating records every second, climbing higher than you've ever climbed!

KUTGW!!!! and Keep on Trukking!

Eeech gishelpt mein truk a sach, unn eich vill gishlept mein trukke nuch a sach!!!

(I don' speak yiddish at all, so I'm gonna have to check with Bardi and see if it makes any sense!!!)

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