

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

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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 the.guard - 29 Mar 2011 20:55

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[Ano Nymous wrote on 29 Mar 2011 17:15:](#)

You've convinced me MOMO. I've been in the dumps, but I'm going to give it another shot.

Hey Ano, I've been thinking of you!

You know, it seems that there are some GYE neshamos... No matter how long they disappear, no matter how many times they fall, they'll be back here again sometime. **And they'll make it in the end.**

I've seen some of these special neshamos like Momo, Ano, Rage, Tomim... they can disappear for the longest time, but once the GYE spirit has entered them, they can never be the same.

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Re: Momo II: Another try  
Posted by 7yipol - 29 Mar 2011 20:57

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Momo, you are a GYE hero from now on!

Sorry to disagree with the heilige Guard, but I honestly think Momo is the biggest hero ALL ALONG. He never gave up, even when he thought he gave up!

As Ive said before; Momo was, and IS my inspiration for many things.

...and Ano - welcome back!

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Re: The one post I always wanted to write, but didn't know if I ever would  
Posted by Rising Up - 30 Mar 2011 06:06

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[Momo wrote on 29 Mar 2011 06:33:](#)

I have other healthier tools to deal with anxiety (what you guys might know as R.I.D.). Going for a walk. Playing with my kids. Talking to my wife. Talking to myself. Talking to my therapist.

I like how you put "talking to myself" before "talking to my therapist". :D :D

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Re: Momo II: Another try  
Posted by Momo - 30 Mar 2011 06:23

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Oops, by accident I started a new thread. I didn't mean to. Sorry.

I'll copy what is posted on the new thread here:

I'm not back. Really!  
Upping my medication dosage (just kidding, sort of).

But, first, I want to thank everyone for their nice posts (I inspire Mom, WOW!)

Next, to answer Guard's question, medication has leveled the playing field for me to grant me the feeling of a fair choice instead of waking up feeling absolutely compelled to act out. Also, I'm seeing a "new" therapist (for about 4 months).

To answer the other question, why is talking to myself important. Well, that's part of the therapy. So, how do I feel. Say I feel anxious. Why do I feel anxious? I fought with my wife this morning (not really, but just an example). What can I do to correct that? Maybe call her, ask her how's she's doing and tell her I love her.

Guard, you are absolutely right, that even though this site might not have been the LAST step that got me to this point, however, this site definitely boosted me and guided me. You all taught me never to give up. To keep on trying different things until I find what works for me. I also followed your guide book steps (site, therapy, medication). Also the friends I've met here have really helped me in times of crisis (one person in particular who'll remain unmentioned probably saved my life twice, a real shaliyach from Hashem).

Life is us putting together our puzzle. Hashem knows what the final picture looks like, and we don't. Our job is to find the correct pieces and put them together. I don't think I could have gone to the therapist I'm going to, or considered taking the medication I need to balance myself if I hadn't joined GYE. GYE is a very important piece of my life puzzle. Thank you.

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Re: Momo II: Another try

Posted by Sophomore - 30 Mar 2011 16:23

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[guardureyes wrote on 29 Mar 2011 15:22:](#)

Momo, you are a true testimony to the koach of this amazing community. [...] If Momo can do it, anyone can! **Momo, you are a GYE hero from now on!**

Momo, keep in mind that it's not just YOU who are inspiring guys like me. It's also the OTHER guys like us, the GYE chevra, who never gave up on you -- sharing chizuk, personal feelings, ahavat chinam, true grit.

And when they pour it in your direction, we're all watching. And it's proof that we're all gonna find our way, someday. I don't know if you'll be on our coattails (or us on yours) (a shoah story about jumping over a ditch of the dead), but we WILL be seeing each other on the other side of "all this."

And all your posting has done a lot for us, and hopefully for you. Thanks. Come back soon. - Soph

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Re: Momo II: Another try  
Posted by Kedusha - 30 Mar 2011 16:31

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Mazal Tov on reaching 90 days!

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Re: Momo II: Another try  
Posted by Ykv\_schwartz - 31 Mar 2011 21:25

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Hi Momo,

A big hearty Mazel Tov to you. This is great news. Keep it up.

This is definitely an occasion to resume posting on the site.

I feel bad we have not been as in touch as we should be. Last we spoke, which was a few months ago, I really felt a turing point in your life. Baruch Hashem we are seeing the fruits of your hard work. Glad to hear things with the therapist and the medication went well.

But, who's counting?

I want to let you and everyone here know how inspirational you are to me, and I mean it. Me and Momo have been in touch a lot about his (and my) struggles. I really gained a lot from our friendship. You really helped me understand a lot about myself and our struggles. I know it may not have seemed that way to you, but it is the honest truth. I feel like I could really testify to your greatness. You were not handed an easy deck of cards, but you have been doing well.

I am simply amazed at the outpour of love on this site as we all express our excitement for you. Momo, take note of the fact that so many people on this site, myself included, really believed in you.

And to repeat Guard,

Hillel Mechayev es Ha'aniyim. - Momo Mechayev es ha'addicts.

If Momo can do it, anyone can

Thanks again for the great news,

Lets stay in touch

-Yaakov

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Re: Momo II: Another try  
Posted by imtrying25 - 31 Mar 2011 22:26

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[Ano Nymous wrote on 29 Mar 2011 17:15:](#)

I've seen some of these special neshamos like Momo, Ano, Rage, Tomim... they can disappear for the longest time, but once the GYE spirit has entered them, they can never be the same.

Too bad!!!

MOMO. im so pumped for you!

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Re: Momo II: Another try

Posted by bardichev - 01 Apr 2011 06:27

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Guess i wasnt zoche to be included in this group.  
Momo!!!!!!

I am sOooooooooo proud!!!

Drink wooodoodford

Lichaim

May u continue to make us all proud

Here is a special regards from the EN

Trying and letalakin snuck in to the door of the mens shul to let me know they wish u hartzigger mazal tov

MOMO!!!!!!!KOT

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Re: Momo II: Another try  
Posted by Sturggle - 01 Apr 2011 09:00

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Hey Momo. Good to see you post here and get some well deserved attention. Knew it would happen sooner or later.

all the best!

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Re: Momo II: Another try  
Posted by Me3 - 01 Apr 2011 12:13

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Now if we can just get Uri to post a mazal tov, I think we'll have covered all the oldtimers.

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Re: Momo II: Another try  
Posted by 7yipol - 02 Apr 2011 17:38

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Kutan?

Efshar?

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Re: Momo II: Another try

Posted by Momo - 03 Apr 2011 09:16

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Thanks everyone for your kind words. We've shared so many hard times together, it's important to also share the good times.

IT25, I didn't forget about you, I just thought you got rid of your computer. Glad you're OK (you are OK, right?).

Me3, Sophomore, Anon, Kedusha: good to hear from you.

Sturggle, you've got my number if you want to chat. Call me when you reach a milestone.

Rage, you're one of a kind, and I love you just the way you are.

Eye, thanks for being in touch.

Bardie, thanks for stopping by.

Mom, you're the best!

Yaakov, thanks for stopping by. I didn't think you followed this site anymore, but I'm very glad

you saw my post.

If I forgot anyone, I'm sorry. Not intentional. It's been 8 months since I've followed this place, so my memory is a bit fuzzy.

but I'm available by PM which goes to my email.

So, Momo is only one PM/email/phone call away!

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Re: Momo II: Another try

Posted by Dov - 03 Apr 2011 15:25

Oh yeh, I have to end with "I'm NOT back here!"

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I'll talk to Uri for you....will let you know what the flake has to say.

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