

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 jerusalemsexaddict - 06 Aug 2009 14:38

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Re: Momo II: Another try

Posted by hoping - 06 Aug 2009 17:07

Wow!

You spoke right to my heart.

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Re: Poem for today

Posted by Dov - 06 Aug 2009 17:42

[Momo wrote on 06 Aug 2009 09:34:](#)

Feeling HaShem's presence is such a difficult task.

Yet it seems to be the only answer to the questions that I ask.

How can I do it? How can I even try?

I have no other option but to learn how, until I die.

Dear sweet Momo - please see my post to a new guy, "maalin bakodesh" in a section called "vechatosi negdi tomid". I don't know how to create the link for you, tzadik. Please let me know what you think if you'd like...

I love you so much.

Dov

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Re: Momo II: Another try

Posted by the.guard - 06 Aug 2009 22:54

Hi Momo, I took all your beautiful posts of summaries from Duvid Chaim's phone calls and made you a new thread on the "Breaking Free" board [over here](#). I made it "sticky" so it stays on top of the board always...

Please keep summarizing for us on the new thread. Your summaries are very inspiring!

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Re: Poem for today

Posted by Momo - 10 Aug 2009 11:28

[dov wrote on 06 Aug 2009 17:42:](#)

Dear sweet Momo - please see my post to a new guy, "maalin bakodesh" in a section called "vechatosi negdi tomid". I don't know how to create the link for you, tzadik. Please let me know what you think if you'd like...

I love you so much.

Dov

Hey Dov,

Here's the link: rehab-my-site.com/guardureyes/forum/index.php?topic=722.msg11088#msg11088

I wish I knew how to do your advice. I feel so selfish and lustful.

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Re: Momo II: Another try

Posted by Dov - 10 Aug 2009 17:27

) is certainly: **slowly** and in **very little steps**. You will *still* feel selfish along the way, because we compare our *behavior* with our *goal*. Nu, that's a mistake, but we *do* need to keep the goal in mind all along the way somehow, so what do we expect. We are not geniuses and get confused sometimes. The ikkar for progress is to **hang onto faith that these little tiny (still mostly selfish) steps will, in fact, lead us straight to that goal.**

Hope this was and will continue to be helpful to u.

"Easy, *does* it"

Dov
Dear Momo - The way to do it (though you didn't ask

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Re: Momo II: Another try

Posted by chl - 10 Aug 2009 19:29

bs"d

Momo,

your poem broke my heart :(, and thank you for posting it.

Dov,

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Posted by Momo - 11 Aug 2009 08:53

I can't believe it. I received a triggering email that set me off to 3 hours of surfing soft p*rn, mast*** and acting out, all at work! And I'm so far behind in my work, it's really pathetic.

I am completely powerless over my addiction.

AAAAAAAAAAAAAAHHHHHHHHHHHHHHH!!!!!!!!!!!!!!

:'(

I'm thinking of quitting my job. I simply can't handle it anymore. I'm so far behind in my work, and can't get motivated to doing it. Of course since I have no other source of income and a family, that would not be such a good idea. But then again, I'm not acting very responsibly now.

I hope I'm a "role model" to the young guys here (Uri and anyone else in their 20s). See what happens when you don't work on your addiction when you're young? You can end up like me, at work with a family but fighting the urge to surf instead of working.

I'm aware that one of the bus stops to hitting bottom is losing one's job. I think the next one is losing one's family. HaShem Yirachem!

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 11 Aug 2009 09:59

Powerless?

Ive rarely heard something so off!!

Impulsive sometimes?maybe.but powerless?im offended that you could say such a thing about yourself

is this the momo we all know???the man whose thoughtful ponderings keep me thinking for hours???

what shtus!

so you fell

and you get up

over and over....

make a deal with yourself that you will most definitely not act out at work at least.that maybe u can do.draw a line between work and home.then youll feel you have a little more control.

were all impulsive rebbe.and youre going through the internal changes and becoming less impulsive,even if right now you dont feel that way.

six days of cleanliness!!

i dont want to hear such shtus again from you,please.

aggravation you can express.but hopelessness??be careful.

With a powerful love-uri

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Re: Completely powerless

Posted by Tomim2B - 11 Aug 2009 10:03

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Re: Momo II: Another try

Posted by 7yipol - 11 Aug 2009 10:12

My heart hurts so much for you Momo.

You have so much on your plate, and without simcha, the strength to change is like having to drain the ocean single handedly.

Have you tried looking for another job? True, the market is not ideal right now, but if its meant to be, Hashem can send the perfect job k'heref eiyn.

We're with you Momo. Always and forever.

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Re: Momo II: Another try

Posted by 7yipol - 11 Aug 2009 10:23

7Up, actually, I feel that I have too much on my plate to seriously look for another job. The thought of interviewing gives me the heebey jeebies! Also, I have less on my plate than I thought. The visit from my guest is going a lot better than I expected, and hasn't been emotionally straining as I expected.

Why not look, then we'll deal with the interview. Keep in mind, interviews last 1/2 hour, while unhappy jobs last 8 each day!

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Re: Momo II: Another try

Posted by chl - 11 Aug 2009 10:36

bs"d

[7Up wrote on 11 Aug 2009 10:12:](#)

We're with you Momo. Always and forever.

i second that!

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Re: Completely powerless

Posted by Ykv_schwartz - 11 Aug 2009 11:27

[Tomim2B wrote on 11 Aug 2009 10:03:](#)

Before you put this behind you and continue in your climb, try to freeze the moment. Capture these strong thoughts and feelings and store them away for later use. The next time you are tempted and teased by the "pleasures" the y"h so deceitfully tries to depict, these thoughts and feelings - your "moment of truth" will come to your aid.

[Reminds me of what I wrote to Momo back in March:](#)

If anyone here ever has a thought, Chas V'Shalom, of enetering into the bad zones of life again, he will quickly remind himself that Momo did it and he did not like it. It is not worth it. Momo jumped back up. Momo regretted and felt remorse(not guilt Smiley) for falling. If that is how Momo felt, it is not worth it. You stand as a reminder how bad it really it is. Our brains make us forget how bad it really it is. But you reminded all of us here: **DON"T EVEN THINK OF IT!!!! REMEMBER WHAT HAPPENED TO MOMO!!!** Momo, in your great zechus, many souls can be saved from falling again.

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