

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 - 11 Aug 2009 11:53

Sorry 7Up. I really don't want to hurt you, but I have to write this song now. Don't read this post.

For everyone else except 7Up, I don't own or play guitar, so reading this will have to do. I'm not on the level of Uri.

I'm hoping for a day that may never come.

A day when I feel free.

I'm hoping to finally feel content with myself.

When my anger and sadness disappear.

May my words of chizuk that I give to others

penetrate my stone heart.

May I finally **live** up to my potential

Because just **trying to** doesn't seem to be enough.

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Re: Momo II: Another try

Posted by 7yipol - 11 Aug 2009 11:58

That went straight from your heart, into mine.

Dont worry about my feelings Momo. I hurt because I care. Nothing more, and nothing less.

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Re: Momo II: Another try

Posted by the.guard - 11 Aug 2009 12:01

Dear Momo, you're an addict and hey - that's what addicts do. Stick with Duvid Chaim's calls, keep reading the amazing advice in the daily chizuk e-mails from Dov (the past few days especially), flex those "outward-focus" muscles more and more, step by step, over time - and you will start to see a HUGE change in yourself. If Dov can do it, why can't you? Dov was much more addicted then you, and to worse things. And he's clean 11 + years.

As far as work, I liked Uri's advice. Swear to yourself (say, for 2 weeks at first) that you don't act out at work, period, not innapropriate images and not mast**. Whent he urge strikes, promise the Yetzer Hara that as soon as you leave work, you'll do whatever he wants, but NOT AT WORK, **period**.

Hopefully, by the time you leave the urge will have died down. (But don't think about that when feeling the urge, just say "later".)

Can you do this?

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Re: Momo II: Another try

Posted by Momo - 11 Aug 2009 12:03

I don't know if I can do that.

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Re: Momo II: Another try

Posted by the.guard - 11 Aug 2009 12:09

Of course YOU can't. But Hashem CAN. Don't *wonder* if you can or not, just DO IT. Jump in to the Yam suf, throw yourself onto Hashem **with complete abandon**. That's the third step. He'll do it FOR YOU.

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Re: Momo II: Another try
Posted by 7yipol - 11 Aug 2009 12:17

Momo,

Take Duvid Chaim up on his offer.

CALL HIM!

He knows *you*

He knows the *enemy*

He knows the *tricks*

CALL HIM!

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Re: Momo II: Another try
Posted by Tomim2B - 11 Aug 2009 12:31

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Re: Momo II: Another try
Posted by Dov - 11 Aug 2009 12:48

[Momo wrote on 11 Aug 2009 12:39:](#)

How did you come to that calculation? Did you work out how many clean and unclean days I've had? I'd like those figures, please. Thanks.

I've been on the forum 5.5 months. If your calculation is right and I've been clean 116 days out of $5.5 \times 30 = 165$ days, that means I fell $165 - 116 = 49$ days. $165 / 49 = 3.3$. That means I fell

To quote my rebbi the bardichever:

Fell, schmell, good, schmood!

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Re: Momo II: Another try
every 3.3 days. That's not good at all.
Posted by Tomim2B - 11 Aug 2009 13:01

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Re: Momo II: Another try
Posted by the.guard - 11 Aug 2009 13:12

Momo, I finally figured out the secret behind your name "Momo". The addiction comes from living a self-centered - "Me Me" existence. You want to start to live by focusing **O**utwards, not inwards.

You want to turn the **MeMe** into **MOMO**

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Re: Momo II: Another try

Posted by 7yipol - 11 Aug 2009 13:16

You want to turn the MeMe into MOMO

He's done that already Guard. Go read those amazing Duvid Chaim summaries!

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Re: Momo II: Another try

Posted by 7yipol - 11 Aug 2009 13:45

OOOPS

Instead of pressing reply, I accidentally pressed modify and erased your donkey post :-[:-[:-[

Now, cut it out Momo; and bring back either the winky eye or chasidishe boy. The donkey picture

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Re: Momo II: Another try

Posted by the.guard - 11 Aug 2009 14:26

That means I fell every 3.3 days.

You mean you are clean for 3.3 days at a time!! The cup is 7/8ths full, not 1/8th empty!

And anyway, that's probably still a LOT better than before you joined GYE, no? So you're on tool #7 of the handbook still... Soon you'll be ready for tool #8. Keep the faith!

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Re: Momo II: Another try

Posted by chl - 11 Aug 2009 14:39

bs"d

Momo,

i love you and i believe in you

my heart is broken reading through these last posts

but your family is here for you

just as you are always here for us

thank you for being in our lives

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