

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 Elya K - 10 Sep 2009 23:47

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Momo,

I don't know if you've been following my diary of the 10 day emotional sobriety intensive. I've spent the last 2 years every Monday morning in group therapy where we relive emotional episodes of our past. Yes, it is painful, yet enlightening. But like Duvid says, we have to trust the process. And the process is getting it out of our system takes away the shame and guilt and

lets us realize that what happened to us in the past, is not our fault and not our parents or teachers fault. They have their own baggage, past and history. BUT we will mourn the fact that we've grown up with this situation and why didn't we grow up somewhat different without all these problems.

I spent over \$3,000 going to this 10 day intensive, borrowed money I didn't have. The week after the intensive I felt sad, not depressed, but mourning the fact that I had to go through this again. Yet today, 2 weeks later, I'm serene, calm and living day to day. Something which has been impossible in my past.

Momo, trust the process. The promises work. I and many others are a testimony to that.

It takes time to perfect your middos. But let me tell you something. A Rabbi once told me that people really don't change. They go year after year, RH & YK, year after year and after Yom Kippur they're still the same. The same rushing, mumbling through davening, giving lip service to real trust in Hashem. But you've made great progress. You've just made a Cheshbon Hanefesh that 99.9% of Jews today DO NOT TAKE 5 MINUTES A YEAR TO DO. You should be proud of yourself.

Regret and sorrow are part of the Teshuva process. It is Elul, isn't it? Imagine what its going to be like going into RH & YK with CLARITY in your life. When you say Viduy you'll remember HEY, THAT ONE WAS ON MY 4TH STEP and you'll resolve to do better next year. G-d does not ask us for perfection, only progress. Only a willingness to do better.

It's a lifelong job for all of us, and we're the silent minority that the Mussar movement always hoped would be taking time out to do a reckoning of our life.

Tachlis: Start writing in a daily journal, 3 pages each morning, about whatever comes up. Just let it out. It will change your life. Pick one thing this season to work on. Don't tackle every facet of your personality all at once. Write a list every night of what you're grateful for, what your strengths are, what you accomplished good today and you'll begin to believe it.

We all over intellectualize the process, why, what, who. We have to know everything. It's an addict thing, really. Just relax, know that the process is working for you and reap the rewards.

Asking a hundred of us for more details and ideas is just going to increase your TO-DO list and that leads to procrastination and you know the rest.

Have a KSiva V'Chasimah Tovah.

elya

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Re: Momo II: Another try  
Posted by Momo - 13 Sep 2009 09:02

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Duvid Chaim, Dov, Elya, the GYE 12 step experts,

Thank all of you for responding. I'm honored to have all 3 of you write on my thread, and and all on the same page.

It's almost like having the 3 tenors sing for me at the same concert. ;D

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Re: Momo II: Another try  
Posted by Sturggle - 13 Sep 2009 11:11

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MOMO!! YAY MOMO!!

Beautiful post and inspirational!

At least that? At least that?

What you did was huge!!!

I can do it too? Great! Well, as you see, so can you! And don't forget it!

Sturggle

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Re: Momo II: Another try

Posted by Sturggle - 13 Sep 2009 11:14

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Anytime man.

Loneliness is a good friend of mine too. Maybe one day we can all hang out!

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Re: Momo II: Another try

Posted by Sturggle - 13 Sep 2009 11:15

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On second thought, let's not tell him that we're getting together...

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Re: Momo II: Another try

Posted by Someone - 13 Sep 2009 12:48

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Good job Momo!! Be very careful the next three days. You surely do not think like this, but just in case: don?t let the YH trick you into thinking you can do it again.... next time he might win completely!

You are shaking the heavens!

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 13 Sep 2009 12:55

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Momo u did a great job today

im very impressed

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Re: Momo II: Another try

Posted by the.guard - 13 Sep 2009 12:56

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Where's that SUPER MOMO logo you used to have? I think you deserve it back!

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Re: Momo II: Another try

Posted by chl - 13 Sep 2009 19:00

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bs"d

stay strong man  
yes her Roach, momo!

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Re: Momo II: Another try

Posted by the.guard - 16 Sep 2009 12:38

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Momo, can you make yourself a red line for 90 days not to browse anything inappropriate on the web? Take it one step at a time. Because once you take that first drink, the game is basically over. How you manage to sometimes stop yourself at the edge of the cliff is beyond amazing. But that's NOT the way to go. It can't last long term. I will quote something Dov said recently in today's chizuk e-mail, in your honor. The only way to succeed long term is **not to take the first drink**. If you stay far from the edge of the cliff and a hole opens up in the ground under you suddenly, and you fall, well, at least you didn't bring it about by walking at the edge. But make a commitment now, before Rosh hashana, for one month, that you won't browse inappropriate stuff. Can you do that? For the sake of all of us here, your brothers and sisters of GYE? We'll throw a party for you if you do!

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Re: Momo II: Another try

Posted by Momo - 16 Sep 2009 13:00

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[guardureyes wrote on 16 Sep 2009 12:38:](#)

Momo, can you make yourself a red line for 90 days not to browse anything inappropriate on the web? .... But make a commitment now, before Rosh hashana, for one month, that you won't browse inappropriate stuff. Can you do that? For the sake of all of us here, your brothers and sisters of GYE? We'll throw a party for you if you do!

It will be hard for me to do, since that's my drug when I'm feeling irritable, but I know it's not good for me. Of course, you're right that I wouldn't have to pull myself back from the edge of the cliff if I kept my distance in the first place.

It's time for me to grow up, and there is no better time then 3 days before R"H.

So, blee neder, I take upon myself not to browse to inappropriate sites on the web for one month.

I think with the support of my GUE friends I can do it.

May HaShem help me.

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Re: Momo II: Another try

Posted by the.guard - 16 Sep 2009 13:13

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## **PARTY TIME GUYS!!**

I uploaded [a most beautiful song](#) in honor of your commitment, Momo. It brings tears to my eyes when I hear it. The Pesuk "Gol Al Hashem Darkecha, Bitach Alav Ve'hu Yaa'seh" - this is truly the 3rd step of the 12-Steps. Let Go and Let G-d. In the holy words of David Hamelech. Hashem will do it for you, Momo. He is already doing it. Watch the miracle unfold!

P.S. It takes a few times to truly appreciate the beauty of the song... So play it again and again. I must have listened to this song 50 times! I sing along with it now, tears in my eyes.

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Re: Momo II: Another try

Posted by Momo - 16 Sep 2009 13:14

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Guard, don't you think we should party next month if I'm successful? Isn't it a bit premature to

party now?

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Re: Momo II: Another try

Posted by the.guard - 16 Sep 2009 13:17

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When a rocket is launched, everyone cheers, no??

**Houston, this is "Tranquility" base here. The Eagle is on it's WAY!**

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