

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 - 29 Sep 2009 13:46

[Uri wrote on 29 Sep 2009 13:42:](#)

[Momo wrote on 29 Sep 2009 12:13:](#)

As I told Yaakov last week, if I had a pill in my hand that I could take to end it all, I would take it. I would take it right now. But I don't.

Would I take that pill that you speak of?

That would enable me to live a "normal" life?

That would help me just go day by day and do what I have to do?

Your message is beautiful. But, I have to laugh. You completely misunderstood what kind of pill I'm looking for. When I wrote "to end it all", I didn't mean to end my addiction, I meant my life. Ha ha. Pretty funny.

As I wrote in a PM to someone, don't worry about me. I'm too chicken to run away from it all. I'm all talk.

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Re: Momo II: Another try
Posted by 7yipol - 29 Sep 2009 13:59

I *didnt* misunderstand unfortunately.

And I say as Guard did.

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Re: Momo II: Another try

Posted by Rage AT Machine - 29 Sep 2009 14:01

[Momo wrote on 29 Sep 2009 12:13:](#)

I feel down. So last year's sins maybe forgiven. So I haven't acted out yet. What is that worth if I don't feel connected to HaShem? I wish I was, but I don't.

momo, you should look at the fact that you havent acted out since yk as an accomplishment...surely if you would have acted out they way after rh it would been a tremendous downer...you OWE it to yourself to allow the fact that HAVENT acted out to be as much an UPPER as the opposite would have been a downer...

re: feeling close to gd, etc...i dont know if all of us get that inert feeling of "being close to hashem"...you know i believe this whole "tatty in shomoyim" business is a little bit hollywood and a little bit emily bronte...people are different and we all understand our creator differently...you got up this morning, you can breathe and work (i know work is tough, trust me im overwhelmed right now too, but you know how many people are out of work right now?) you can eat and walk...that is your closeness to hashem right there...

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Re: Momo II: Another try

Posted by nishmas - 29 Sep 2009 14:24

Hi Momo,

Whenever I think of your name, I always think of something I read from your thread (Duvid

Chaim's calls - By Momo) where you related about RID – Restlessness, Irritability, Discontent, as you wrote, “The lust feeds off our feelings of restlessness, irritability, and discontent (RID).” And I think it also mentioned somewhere about “Resentment”, too. (Thanks to both you and Moti for your summaries. They are very insightful and inspiring).

Those summaries that you and Moti had made from Duvid Chaim's calls have really helped me. I've still got a long way to go working on these attributes, and I know that it will take a long time. But I know that I'm moving in the right direction just being aware of RID and trying to incorporate it (even just the awareness of it) into my life even very very little steps. Not even Baby steps, more like a newborn's baby toes. But at least they are moving in the right direction. Thank you so much!

It's after Yom Kippur, so I'm sure the Y"H is working overtime today. I can feel it. But as I scan some of your posts, I found another thing you once wrote which is giving me chizuk today, where you related that, “We are the passengers, and HaShem is the Pilot.”

Wishing you the best in everything.

Nishmas

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Re: Momo II: Another try

Posted by the.guard - 29 Sep 2009 14:46

I feel down. So last year's sins maybe forgiven. So I haven't acted out yet. What is that worth if I don't feel connected to HaShem? I wish I was, but I don't.

This world is a corridor to the next... In the next, we'll "feel" Hashem. But in the corridor, it gets chilly sometimes. What can you do? It's only another 50-60 years. What's that compared to eternity?

If we'd really "feel" him, the game of hide-and-seek would be over. Hashem is having too much fun to end the game. Why aren't you having fun? GO SEEK!!!!

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 29 Sep 2009 14:48

Beautiful post guard!

That really hit the spot.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 30 Sep 2009 09:51

how u feeling today momo?

have u put up the pictures?

have u called rav shlachter?

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Re: Momo II: Another try

Posted by Momo - 30 Sep 2009 10:05

Uri, thanks for checking in with me.

I'm feeling better than yesterday.

I put up one picture that I like of him.

I haven't called yet. I'm still thinking about it.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 30 Sep 2009 10:08

Stop thinking.

Calling isn't committing.

Just ask his opinion.

He has a hotline you can call tonight at 9.

Just do it.

-uri

p.s. JUST DO IT

p.p.s. im happy you put up the picture. look in his palm and you can see a baby face

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Re: Momo II: Another try

Posted by Momo - 30 Sep 2009 10:15

Uri, you gave me Rav Slachter's cell number but I don't have his hotline number. Are they the same? What are the hotline days and hours? Thanks.

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Love you man

Re: Momo II: Another try

Posted by jerusalemsexaddict - 30 Sep 2009 10:26

Rabbi Shraga Shlachter (English and Hebrew Speaker)

Israel Sexual addiction Treatment Center

Working with sexual addiction in the frum community for many years.

Trained in the 12-Steps (and author of the book "The First Day Of The Rest Of My Life")

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Cell: 052-6923065. (Answers this number Sunday and Wed from 9-10 PM)

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Re: Momo II: Another try

Posted by Momo - 30 Sep 2009 10:29

Wait a minute! Something weird's going on.

I have that same number, and hours, and book author, not for a Rav Shraga Shlachter, but for a Rav Yair Shochet! Are they the same person? What's going on???

Guard?

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 30 Sep 2009 10:32

yair shochet is his pen name

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Re: Momo II: Another try
Posted by Dov - 30 Sep 2009 21:10

Dear Momo -

"im esak shomayim **shom** otoh"

Hashem, even if I go way up to the heavens, You are **there!**

"va'atziya she'ol, **hinekoh**"

But if I descend to the pit, **here** You are!"

The emphasis was taught to me by Rabbi Mendel Feldman, Olov haSholom

So, maybe it's not so bad to feel far from Hashem...it doesn't mean that He is far from *you*.

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