

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 - 08 Oct 2009 11:26

I'm here to 'fess up.

A couple of days ago, after 13 clean days I went bezurk and surfed to my yetzer's content. I didn't "act out", but that night but I had a wet dream where I remember choosing to perform an

unholy act. So, I think this should be considered a fall since I brought it upon myself.

I'm not depressed because at least my falls are of a better nature than before. Before I would fall by "acting out" consciously during the daytime. Now, I'm slipping during the daytime and "acting out" in a dream. While I shouldn't be slipping at all, I believe this is progress.

I've been reading some material given to me by Yaakov, and I have something interesting to post. It's hypothetical and psychological; a way of understanding ourselves and what motivates us. But, I don't have time to write this today. Maybe on Sunday. Stay tuned. I'm not sure yet how to make it practical, but I haven't read all of the material yet; it's quite long. This is just a teaser. Ha ha!

Happy Simchat Torah to everyone!

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Re: Momo II: Another try
Posted by 7yipol - 08 Oct 2009 15:32

The suspense is killin' me!

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Re: Momo II: Another try
Posted by the.guard - 08 Oct 2009 16:48

Momo, it's truly beautiful to see your growth.... The fact you didn't act out even after viewing all that shmutz is super-human. (Where's that super-Momo avatar? I want it back!) What I am amazed about with you, is that most people in your case would have given up long ago and just left, but you recognize that this is a very strong addiction that has been with you for many years, and you know it may take lots of time to find true freedom from it... You don't give up, and you keep trucking, making slow **but sure** progress.

Truly amazing!

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Re: Momo II: Another try
Posted by Kedusha - 08 Oct 2009 21:17

[Momo wrote on 08 Oct 2009 11:26:](#)

I'm here to 'fess up.

A couple of days ago, after 13 clean days I went bezurk and surfed to my yetzer's content.

Dear Momo,

A Gutten Moed! I'm glad you're doing well in the aftermath of your fall. Chazak v'Ematz!

The only statement I would take issue is ". . . to my yetzer's content." I know what you mean by that, but the truth is that the y"h is never content. Ever. If he would be, there could conceivably be a basis to give in to him for the sake of our future holiness. But, we all know that this would never work, based on the ironclad rule that 1 time is too much, and 1000 times is never enough.

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Re: Momo II: Another try
Posted by jerusalemsexaddict - 08 Oct 2009 21:20

Momo,

before when you've fallen you are really depressed.

but after this one,all i see is a renewed strength and going on with life (and a joke or 2)

i really love you man

your post made me smile

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Re: Momo II: Another try

Posted by Rage AT Machine - 08 Oct 2009 21:28

Momo, like uri (and everyone else here) i am happy to hear about your 13 days clean and happier to hear the bounce in your post...momo, you CAN do this...chag sameach

rdtm

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Re: Momo II: Another try

Posted by 7yipol - 08 Oct 2009 21:31

Not to create family jealousy, but there's reason that Momo is one of my favorite! His perseverance cant be beat :D

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Re: Momo II: Another try

Posted by Momo - 11 Oct 2009 06:19

[7Up wrote on 08 Oct 2009 15:32:](#)

The suspense is killin' me!

OK, here it is: rehab-my-site.com/guardureyes/forum/index.php?topic=1095.0

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Cant wait to read

Re: Momo II: Another try
Posted by Momo - 11 Oct 2009 07:55

OK, I chose to serve myself just now.

It was inevitable. It had all of the ingredients: It's a Sunday, and after a Chag. As soon as I woke up this morning I just KNEW that I would fall.

Well, got that out of the way. Now back to work.

I AM powerless over my addiction.

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Life cycles
Posted by Momo - 11 Oct 2009 08:18

Momo's loop life cycle:

1. Clean for a week.
2. Get the itch.

3. Feel restless.
3. Look at women on the web.
4. Act out.
5. Fall.
6. Get depressed, feel like giving up.
7. Realize there is no other way. Giving up completely is the doorway to my Hell.
8. Go back to #1.

GYE's responses which I'm tired of reading only because I wish I was in a time when I don't act out anymore and don't need to get these anymore (no offense to anyone, really. I love GYE and all chizuk!):

1. You can do it!
2. Fell, shmell!
3. You are my favorite because you always bounce back!
4. Falling will just make you go higher next time!

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I'm getting tired of being on the "spin" cycle. >

Re: Momo II: Another try

Posted by the.guard - 11 Oct 2009 14:05

I'm getting tired of being on the "spin" cycle.

GYE's responses which I'm tired of reading

Ok, here's a new one, and I'm saying it with love. You *are* indeed powerless over your addiction. **G-Y-E, Shmee-Y-E**, without *live* group support - such as SA groups, and/or without good therapy (such as Reb Shraga), your chances of getting out of the "spin cycle" are indeed *kind of* low.

Hey, I'm not making anything new up. It's all in the handbooks...

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Re: Momo II: Another try
Posted by 7yipol - 11 Oct 2009 15:21

Ive been trying to wrack my brain for an original sincere line and am kinda stuck.

Any suggestions of what you **WOULD** like to hear? :-\

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Re: Momo II: Another try
Posted by jerusalemsexaddict - 11 Oct 2009 18:38
You're still one of my favorites though

[guardureyes wrote on 11 Oct 2009 14:05:](#)

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Hey, I'm not making anything new up. It's all in the handbooks...

sound familiar tzaddik?

maybe there's something to it :o

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Re: Momo II: Another try

Posted by Momo - 12 Oct 2009 07:02

I called Rav Shlachter last night. We spoke. I'm thinking of seeing him once to see how it goes.

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You're still one of my favorites though