

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 Dov - 18 Nov 2009 17:51

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[7Up wrote on 18 Nov 2009 16:23:](#)

[Rage ATM wrote on 18 Nov 2009 15:52:](#)

so happy to hear the good word...momo, the thing you wrote that i found most encouraging was what you said about finding another job...it seems like your place of employ is causing you a lot of grief...i wish i can do the same...by the time i figured out that i didnt like litigating i was making to much money to stop...

Now combine a job you hate with *not* making enough money and your recipe for disaster is mixed and bubbling...

Now combine a job you hate with not making enough money and *then* add acting out, and you have just placed a leaf-blower in front of a pan of liquid egg batter mix!

What's wrong with me?

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Re: Momo II: Another try

Posted by 7yipol - 18 Nov 2009 17:55

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[dov wrote on 18 Nov 2009 17:51:](#)

[7Up wrote on 18 Nov 2009 16:23:](#)

[Rage ATM wrote on 18 Nov 2009 15:52:](#)

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Re: Momo II: Another try  
Posted by kanesher - 18 Nov 2009 19:27

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[Rage ATM wrote on 18 Nov 2009 15:52:](#)

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Re: Momo II: Another try  
Posted by imtrying25 - 18 Nov 2009 21:48

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Hey rage if you want ill take some of your money. That should make it easier for you to quit your

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You don't really expect out sympathy , right? Poor, poor, rich rage...

Re: Momo II: Another try  
Posted by Momo - 19 Nov 2009 08:57

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Well, I'm not rich, but the money I'm making is pretty good. I'd get a lot less if I leave, and that's part of the problem I'm facing (deciding whether to leave or not).

Yesterday was a great day! I decided to work from home. I then went on a 1 hour hike in the hills behind my house, and I really enjoyed that. Then I spent time with my family and reading some interesting stuff before bed.

I actually acted out also while I was working. I felt like it was so hard to sit and work, so I surfed around. Of course I didn't think I would surf for an hour, and I thought of going for a walk, but I was afraid if I walked, it would take too much time out of my day and I wouldn't finish my work that I had to finish. But, now I see that I wasted an hour surfing. so, instead of wasting an hour surfing and acting out, I it would have been better for me to have gone for my 1 hour hike during job! ;D ;D ;D :D :D

the work day instead. As they say, hindsight is 20-20.

Today is more dull. I'm back at work. I'm trying to keep a positive attitude, but it's hard not to get sucked into the workplace abyss....

I'd like to think I can turn my life around forever into doing fun things that I enjoy, and not just for one day (yesterday). I guess it takes time. But, it's hard to so enjoyable things if I don't enjoy my work, and I spend most of my day at work.

How do you guys like my new picture and signature?

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Re: Momo II: Another try

Posted by 7yipol - 19 Nov 2009 10:05

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I love your new avatar and signature!

Yesterday sounds amazing. A whole day of living!

Remember, you are still new to this whole concept, dont expect total turn around in one day.

How about another hike when you get home today?

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Re: Momo II: Another try

Posted by Momo - 19 Nov 2009 10:08

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Well, when I get home I'll want to see my family for a bit. And eat supper. And it will be dark outside, and I'm afraid to walk the hills in my area at night (afraid of human animals and real animals that lurk around the area).

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Any other ideas how to turn a boring workday into a living day are welcome.

Re: Momo II: Another try

Posted by 7yipol - 19 Nov 2009 10:12

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Chose a workmate to 'sponsor' - think of ways to brighten his day (bring him a coffee, shmooze, send him a funny email etc)

Google info on some interesting flora and fauna growing in your area, so next hike you'll know what youre seeing

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Re: Momo II: Another try

Posted by the.guard - 19 Nov 2009 11:31

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Momo, I like your avatar!

Check out [this post](#).

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Re: Momo II: Another try

Posted by imtrying25 - 19 Nov 2009 11:46

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Momo great avatar! even better signature. Hey i can come visit you if youd like?? ;D :D Try thinking of things that you are grateful for. Write them down. Youll se it will take time off your hands and it will make you feel so much better. Try it youll see.

Re: Momo II: Another try

Posted by habib613 - 19 Nov 2009 14:52

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momo i LOVE your avatar!

u had a great yesterday and a blah today, right?

and you're thinking that tomorrow is going to be blah too.

so how about this. start looking for a job. lets say for 5 minutes a day, think about your ideal job.

at least you'll have a chance everyday to look forward to the future.

and when you get home (as long as it's not to late), do stuff with your kids/ wife.

bake cookies with your kids, or learn with them, or just sit on their bed, smiling, and tell them a story.

they will appreciate it a millionfold, and you'll feel like a special father

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Re: Momo II: Another try

Posted by Dov - 19 Nov 2009 17:42

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...love your new avatar thingie, Momo!

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 20 Nov 2009 08:35

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Momo!!

I'm so happy right now.

And yes,like mom said,it's a process.

And we're here for you whenever you pop in.

I find that being with people is infinitely better than being alone in terms of living.  
Beautiful man

I try being with open and sincere and fun people who have trust written all over them.

Kids also are very geshmack.You see the simple pleasures of life so clearly.

At work:we discussed this already!!Print out pictures and jokes and hang them up around your cubicle.Make the environment a chilled one.It's in your hands,dude.And mom also had some good ideas.

Regarding life:Rav Shlachter suggested to me to take on some sort of project.That will keep us connected no matter what.

Any ideas?

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Re: Momo II: Another try

Posted by the.guard - 21 Nov 2009 17:48

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Regarding life:Rav Shlachter suggested to me to take on some sort of project.That will keep us connected no matter what.

Any ideas?



Anything on [this page](#) can help maybe?

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