

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 habib613 - 06 Dec 2009 10:12

what if you C"V died in your sleep two months ago and you were acting out every week and tense and mad at your wife with no time for your kids?

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Re: Momo II: Another try

Posted by Tomim2B - 06 Dec 2009 10:15

... or you can stick to one program and take it to the last stop. Going back and forth isn't gonna do you any good.

There are several approaches to dealing with this, and the main thing isn't which one you take, but that you commit to **one** of them and take it to the end. You will beat this! You've just got to be consistent.

You can't say "It doesn't work for me!" till you **completely** follow it through!

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Re: Momo II: Another try

Posted by Momo - 06 Dec 2009 10:21

I dunno.

I created 2 polls, one above, and one here: rehab-my-site.com/guardureyes/forum/index.php?topic=1321.0

I've lost objectivity, so I'm looking for some help from you guys.

10x

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Re: Momo II: Another try

Posted by habib613 - 06 Dec 2009 10:26

k, have a good day momo.

smile, ok?

;D

i need shluff.

g'night!

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Re: Momo II: Another try

Posted by the.guard - 06 Dec 2009 11:03

Hey Momo, I'd stick with the S dude guy person. You see, once this becomes an addiction, it is no longer an "aveira" issue, it's a **disease** on multiple levels, physical (allergy), emotional and spiritual. And once it's a disease, you need to stick with the doctor and stop worrying about his approach vis-a-vis "aveiros"...

But hey, I have an even better idea. Why not use Reb S's approach when it comes to LIVING better (and happier and stress-free), but **also** try the 90 day approach as far as trying "not to
That sounds like the best of both worlds. And heck, you might find that when you try NOT to fall (just a little bit), you may be forced to start LIVING. This will help you reinforce the lessons that Reb S is trying to teach you... In other words, try to rack up a strong of clean days - not by focusing on NOT acting out, but by focusing on LIVING better. When you feel like acting out, don't white-knuckle it and stress about it, instead, ask yourself if this will help you LIVE or is this escape into darkness again?

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Re: Momo II: Another try

Posted by Momo - 06 Dec 2009 11:09

Guard, what you write sounds good, in theory. But, I mentioned to Rav S that I envy the people racking up clean days by doing the 90 day method, and he responded that he's not allowing me to do anything related to control, that I have to give up all control methods. 90 days IS a control method.

I feel out of control with my addiction, and I would use the 90 day attempt not only to stay clean, but also as a means to control myself.

Somehow, (I don't understand why), but control is "bad".

Can anyone explain why control is "bad"?

Control sounds like a very Jewish concept to me.

A confused Momo

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Re: Momo II: Another try

Posted by 7yipol - 06 Dec 2009 11:11

Sorry to hear you're not enjoying Denmark Momo.

I agree with the enjoy life opinion and Habib and Tomim are wise beyond their years.

Learn to live, to give to your family and to make music to brighten up Hashems world.

You are worrying about Hashems reaction to your acting out.

Dont forget, He isnt thrilled with depression either.

Personally, I think picking happiness and life over depression and darkness

Will make Hashem prouder.

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Re: Momo II: Another try

Posted by the.guard - 06 Dec 2009 11:15

You're right. Don't AIM for 90 days. That is control. Instead, aim for staying clean TODAY only - and not by trying to "control" your life, but rather by just connecting to life, happiness and true freedom, as opposed to escape, darkness and "the disease".

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Re: Momo II: Another try

Posted by imtrying25 - 06 Dec 2009 11:25

I totally disagree with you Momo. Sorry. If you'd die CHAS VESHALOM in your sleep Hashem will do nothing else but **HUG** you. BECAUSE YOUR TRYING AND THATS WHAT COUNTS. Nothing else. And your putting your trust in people who know better than us. Check out baahavas thread and his vort about Yaakov avinu from this weeks parsha. It brings out this point beautifully.

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Re: Momo II: Another try

Posted by Dov - 06 Dec 2009 18:28

[Momo wrote on 06 Dec 2009 11:09:](#)

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I'll PM you something....hang in there...sober or not, you seem to be making more sense than you were 6 months ago.... ;D

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Ahhhhhhhhhh!!!!!!!

Posted by Momo - 07 Dec 2009 08:51

I'm feeling blah today. Not working yet but I have to. So hard. Feel like I've no control of myself. Empty inside. Frustrated. Sad.

I'm surviving at work. Barely. I'm not living.

So frustrated that I have no self-control.

Anybody home?

Why do I even bother anymore?

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Re: Momo II: Another try

Posted by the.guard - 07 Dec 2009 11:00

Why do I even bother anymore?

Bother acting out and escaping?

Hey Reb Dov, please CC me on the PM if/when you get a chance to write it...

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Re: Momo II: Another try

Posted by Momo - 07 Dec 2009 11:04

Ah, Guard, that's not what I meant.

I meant why bother trying/struggling/coming to work/living.

I hate living like this!!

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Re: Momo II: Another try

Posted by habib613 - 07 Dec 2009 12:14

you're right.

why do we even try?

i just want to stay home and watch **** all day and then fake having gone to work/school when my fam comes home.

i don't want to try and drive myself nuts over something that might never happen - living.

thing is, there's a chance. a very small chance, admittedly, but there is a chance that one day i'm going to be able to say i'm an addict who's been clean for a year... and i know how to live.

i'm doing it for that chance. for me.

and for any family i may have in the future.

what about you? who are you doing it for?

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