

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 Dov - 08 Dec 2009 18:12

[letakain21 wrote on 08 Dec 2009 17:06:](#)

hi, momo.

here's a story that i heard before Y"K.

remind me of you...

when his parents opened the door they opened their arms and the boy began to cry.

"Totty, Mommy- i'm home" he sobbed

they looked away from his injuries, his foul smell and his soiled clothes.

they hugged their son and said

"we're so happy you made the effort to come home. we will help you

you will be clean again

we will give you new clothes

we will repair our relationship

we love you."

Beautiful, thanks Letakain21.

He's my Mommy, and my Tatty, too. And only a very *ill* Mommy or Tatty does *not* doesn't recognize and accept their own flesh and blood back with love, when they come with genuine dependence. I can't believe that Hashem is sick, that's all. So I go to Him.

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Re: Momo II: Another try

Posted by Momo - 09 Dec 2009 07:01

[habib613 wrote on 08 Dec 2009 17:46:](#)

i especially like the last line...

expand on that a little?

You probably mean "Not realizing that the answer is within me and not you." I meant that it's great to get advice from you guys and Rav S on how to live and what to do, but the answer probably is within me and my heart, I just have to find it.

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What? "Yeh, Yeh"?

Re: Momo II: Another try

Posted by Momo - 09 Dec 2009 07:05

That's 1.

Sci1977 wrote yesterday that he's living life, and I PM-ed him asking him how he does that.

Here's his response. He asked me to post it publicly, so here it is. Thanks sci!

"I think I just made up my stubborn mind to be resolute to change my actions. I love my job and have since the day I was hired. My attitude is my wife was an addict to to drinking. I have lived the other side of what my wife is going through. I know what I did was gross and needed to change. I was hurting myself and my family. As for work, I stumbled upon this job from the good old boys network. If you hate your job, talk to people. I was about to be laid off, I called one of my vendors and told him what was happening. He said I like you and want to interview you to see what you can do for me. I do not know your line of work, but the advise I can give is to talk to people. Being bored at work is the worst thing in the world to be.

Let me know if I made any sense. I can tell you, I am no authority on how to live ones life all I can do is be a friend. Thank you for thinking of asking me and if at any time I can help please feel free to ask. My father told me one time about work, just keep plugging away and you'll be rewarded. I can tell you I have toiled for almost 7 years to find a job I actually liked. Always try and remember if you have lemons, make lemonade.

One other thought I had for you, what is your favorite thing in the world to do? Everyday I spend at least an hour or so a day trying to answer that question. Its a great time killer for me."

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Re: Momo II: Another try
Posted by Momo - 09 Dec 2009 07:07

Thank you Letakain for that beautiful story, and for posting!

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Re: Momo II: Another try
Posted by jerusalemsexaddict - 09 Dec 2009 07:08

momo,how was your meeting last night with the shlachster?

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Re: Momo II: Another try
Posted by Momo - 09 Dec 2009 07:18

First, I see someone voted above that I do the 90 days. I'm really curious to know who. You may stay anonymous, but if you'd like to come forward, would you mind PM-ing me a message (or posting, whatever you're comfortable with) explaining why? You are going against the tide, so that makes it interesting. Again, you may stay anonymous if you'd like, and I'll just live with not knowing. No pressure!

Regarding Rav S last night.

Last night he told me to go cold turkey: no surfing at all except for this site for 2 weeks. That will force me to find alternatives and ways to live, since I can't think of them myself while I have the crutch of the Internet. If I can't do that, he recommends I go to a psychiatrist, and get anti-depressant pills, then come back to him.

How do I feel about that?

First, I have to admit, I'm not sure he knows what he's doing (besides playing with my life). Why do I say this? Well, a couple of weeks ago, he told me to try not surfing during mornings only, and I was able to do that once or twice a week. I wasn't able to do that more. If I can't do mornings, how will I do 2 weeks?

I'm also scared, anxious, and have that "deer in the headlights" feeling.

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Re: Momo II: Another try
Posted by jerusalemsexaddict - 09 Dec 2009 07:22

Momo,

Have faith.

Uri

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Re: Momo II: Another try
Your thoughts (even if I'm not as handsome as Uri or wear as much cologne as Guard
Posted by jerusalemsexaddict - 09 Dec 2009 07:30

and he definetly **does** know what he's doing.AND hes your best hope right now.

I think the best part of this post is: [Momo wrote on 09 Dec 2009 07:18:](#)

I'm also scared, anxious, and have that "deer in the headlights" feeling.

That's what your work with him is all about.

All our addiction is about is "escaping" this anxious fragile feeling.

We go to a place of comfort and security.

He's removing that temporarily so that you will be forced to go and live WITH THAT FEELING OF INSECURITY.

It's scary.

But it is O' so freeing.

Just admit your insecurity and live with it.

And slowly,your trust in yourself and in life (one and the same) will increase and you will be happier than ever,iy'h.

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Re: Momo II: Another try

Posted by Momo - 09 Dec 2009 08:25

So, we're talking about 8 working days until I see Rav S next. (This assumes I pass this test and see him. If I fail, I don't see him until I'm doped up.)

I think I'll journal each working day in 4 quarters (2 parts in morning and 2 parts in afternoon).

Day 1: Morning part 1

Didn't surf besides personal email and this forum.

Instead I spoke with coworkers, listened to the radio, and worked!

Feeling happy, yet very anxious.

G-d help me!

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Re: Momo II: Another try
Posted by Momo - 09 Dec 2009 09:00

I'm feeling so much energy inside me.

Maybe I should go for a walk.

Now I realize how much work I have to do, but it's so hard for me to sit here in one place for so long.

Listen to this: Rav S said that I'm allowed to do anything I want, but surf.

I said, "I might want to throw my computer out the window".

He said, "OK, do that".

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I said, "I might want to smack my boss in the face."

He said, "OK, do that."

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I think he's craaaaaaaaazy! :o

Anyway, I just passed a coworker, and I felt like punching him in the stomach.

How the hell am I going to survive 7.5 more work days like this????????????

I didn't. Instead I just laughed as I walked passed him.

Disclaimer:

What Rav S told me is only to be used by me. It was personal advice and should not be taken by anyone else.

Rav S does not condone destruction of property, stealing, or harming anyone physically.

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Re: Momo II: Another try
Posted by Momo - 09 Dec 2009 09:15

Last poll:

9 votes for Momo to stick with Rav S's plan

1 vote for Momo to work the 90 days plan.

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Re: Momo II: Another try
Posted by the.guard - 09 Dec 2009 09:31

Positive thought of the day from Momo:

I'm not good, but I'm probably not so bad that I deserve to beat myself up and ponder suicide.

I have a better one:

"Life is not **that** bad, after all, I am **not** being eaten by a rabid, ugly dinosaur with foul smelling breath."

(I think someone gave him mouthwash)

- momo, you kill me. RONTF ;D

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Re: Momo II: Another try
Posted by Tomim2B - 09 Dec 2009 09:35

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Re: Momo II: Another try
Posted by the.guard - 09 Dec 2009 09:36

As far as your dilemma about Reb Shlachter. I think that his approach is wonderful. If you truly can't survive 8 work days without the surfing, then you really do need some meds to help you deal with the depression/void inside you. SSRI meds can really help take the edge off the obsession and void, and the side effects are really negligible (difficulty breathing? so what? just). 1 out of 5 people suffer from depression, and in the U.S, I think like 1 out of 8 people take meds for it... (And you are at LEAST 1 out of 8, no? Count your co-workers)...

Oh, and if you CAN survive 8 days, then great! You'll have proven to yourself that you don't need meds and can learn to live life without meds...

So now is the big test!

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