

**RECORD BREAKING DAY!**

Posted by Kedusha252 - 21 Mar 2010 03:15

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Dear members of this forum,

Today was a record breaking day for me! My previous longest streak was 26 days and today my new streak became 27 days and counting. All I can say is Baruch Hashem for this site and this forum. Before discovering guardyoureyes.org my clean streaks were consistently one week maybe 10 days if I was lucky. For years I never had streaks longer than 3 weeks except when I went away to camp for the summer. But now with guardyoureyes.org I feel like a whole and honest person again.

**Question: Is it common for a person to feel a constant warmish feeling in his/her face because of past acts of ma\*\*turb\*\*\*on?** I'm curious for any feedback on this, thanks.

Now that I have reached a new record the yeitzer harah might tell me: "ok, now you've made it, ya know, you couldn't fall short of 26 days because then you would have felt down on yourself that you couldn't reach a new record, but now that you created a new record it's not so bad if you have a fall because at least this time around you completed a higher level...so whatever, just have a fall and start a new streak....

I need to be on top of my yietzer harah and not let him trick me into quick situations that can lead to another fall.

After my last fall I said I wanted to come to Pesach as a true ben chorin. Ever since saying that I have been on track to be a true ben chorin. I would like to be michazeik myself and everyone on this forum to strive to feel like a ben chorin as Pesach rolls in. May we all be zoche to fight our yeitzer harah with an "I will win today" attitude.

TrueRatzon.

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**Re: RECORD BREAKING DAY!**

Posted by Holy Yid - 21 Mar 2010 04:23

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MAZAL TOV on the new steak. Regarding the Y H DON'T LISTEN! Just remember that after you fell you hated yourself and that is what the YH really wants.

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Re: RECORD BREAKING DAY!

Posted by habaletaheer - 21 Mar 2010 08:20

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Hey True Ratson,

Good for you! Keep up the good work and keep makin that record bigger and bigger one day at a time. Just focus on the here and now and don't let the menuval YH pull you down by showing you what you did/didn't do in the past, you can be a real ben chorin like you were saying, YOU ARE THE BOSS!!!

As far as the warmish face, I have no idea what you are experiencing, but to my knowledge there is no medical connection between m-bation cessation and a warm feeling on the face, it must be the fire of your Yetzer Tov getting all revved up!!

KEep on Trucking!!!

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Re: RECORD BREAKING DAY!

Posted by the.guard - 21 Mar 2010 18:08

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At the seder, you will feel what it means to be a true ben chorin, be"n! Keep up the great work.

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Re: RECORD BREAKING DAY!

Posted by bardichev - 21 Mar 2010 18:14

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KEep on Trucking!!!

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Re: RECORD BREAKING DAY!

Posted by Dov - 22 Mar 2010 04:25

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Mazel Tov on your record-breaking day, True Ratzon!

Perhaps this is not a chidush to you at all, but please consider paying attention to Today, not tomorrow, and certainly not yesterday. Before you know it, weeks will go by (cuz that's how time is, you know, when you don't *watch* it all the time), years will go by, and you will look back on a beautiful decade. Eventually, you will be surprised to discover that your entire life was super duper. Let the load of "staying clean" for another week - or even for the rest of *today* - off of your tired shoulders, will you? Let your success be a total surprise to you! Don't count your days like sheep that you are herding and managing. We can't *really* run our lives, anyway, so certainly our *staying clean* needs a lot of siyata dishmaya (help from Him). As the Chofetz Chayim writes about Lashon Hara, we need to pray for His help before the day starts and thank him for keeping us LH-free after the day ends. Asking *Him* for the help means giving *Him* the credit. Giving Him the credit for making it happen means taking most of the burden off ourselves! This may not fit exactly into your concept of how the YH works and how Hashem helps us, but I just remember: My methods and thinking till now, *got* me to this point - a mess. I may need a slightly different approach in order to succeed at being a successful ben Torah. As it turns out, all I need to do is give up the first stupid compulsion I get today, and ask Him for the help to bear that, even if it hurts, till it's over. And sometimes it may hurt horribly. Nu. So we can call each other and commiserate! That is what friends are for!

Alei vehatzlach!!

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Re: RECORD BREAKING DAY!

Posted by Steve - 22 Mar 2010 14:51

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MAZAL TOV, TR, you're on your way to FREEDOM!!

Stay strong, my friend.

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