

Almost 30 days, but Nisyonos always come and I'm scared of falling

Posted by morshax - 25 May 2010 14:05

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Hi all - thanks for this excellent support group. I joined 28 days ago and I've been stayed clean for those 28 days. In the past I've had long streaks even without the 90 chart system (excellent system BTW) but there has inevitably been something to trip me up. I know there's going to be some big Nisayon and I'm scared that it will discourage me. If I've come so far why do I need a Nisayon to mess everything up? I know it's to challenge me an to ultimately make me shine in my Avoda, but I'm scared... The RBSH"O is going to challenge me with something big - He has to, right? I'll have the Kochos to overcome it, but I've fallen before and who's to say I won't fall again?

As an aside, I don't think I've ever been Shomer Anayim, beyond the computer, as well as I've been these past 28 days. For some reason I understood a "slip" to be even taking a 2nd look at Pritzus I see in the street (the 1st look I know is B'Oness and I look away once I realize what's happening..) and I've successfully avoiding the 2nd look for the past 28 days. Maybe that policy will pull me through the big Nisayon when it comes - who knows. But I'm still scared..

I'd appreciate your feedback if any of you have felt these feelings and what it was that helped you through and keep on truckin strong.

Thanks, morshax

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Re: Almost 30 days, but Nisyonos always come and I'm scared of falling

Posted by silentbattle - 31 May 2010 01:16

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No, as far as I know, it's not written in the materials. And Dov is right - ultimately, the true reward, and the most valuable reward and celebration, is the fact that I've been clean for another glorious day - heck, another glorious second!

But sometimes, it helps when we make a little party, to remind ourselves, to shake ourselves up and to give us the perspective that "yeah, this IS something that's worth partying over."

True, it's worth more than a party. But at least it points me in the right direction.

The key is to remember that being clean is a privilege, it's something to enjoy. It's not a burden, it's a gift!

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Re: Almost 30 days, but Nisyonos always come and I'm scared of falling  
Posted by allaloneontop - 04 Jun 2010 19:21

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Thanks guys!

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