

sign me up

Posted by trying-hard - 07 Oct 2010 17:24

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My "relationship" with pornography goes back over 30 years (I am 45). There were times when I went without for months and even a few years when i first got married but I always come back. Hopefully this place will allow me to finally overcome.

Pornography came close to completely destroying my life 5 years ago but my amazing wife hung in there, and I had been sort-of OK since then, till about 6 months ago. Over the weekend I finally realized how far i had fallen again and decided to do something about it

I am on day 3.

Thanks for listening

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Re: sign me up

Posted by Rising Up - 27 Jan 2011 20:16

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you know what the motto that's written on the door to the Y"H's office is:

"Today is the first day of the rest of my life"

and right under that in small but bright letters it adds: so is tomorrow

"Make today the rest of your life and spend it like it is. How would you spend the last day of your life?" -across the hall on the front of the Yetzer Tov's office

(the difference between the two is in the area of Bitachon)

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Re: sign me up

Posted by trying-hard - 28 Jan 2011 17:55

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Every day is a new *hischadshus*. today I can be good even if yesterday I was not and today I can be bad even if yesterday I was good.

My job is to be good today.

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