

Tzvi's Progress

Posted by Tzvi - 08 Nov 2010 15:36

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Today is day one for me.

That may not sound great, but the truth is it's much better than day zero. Kedusha was one of the people that gave me advice on what to choose for a taphsic k'noss.

I chose kappettel 119 as the k'noss like he suggested.

I'm not doing shavuois though. I'm stam doing a kaballah bli neder which should be good enough for me.

Unfortunately I'm used to falling a few times a day, and often I will have to suffer with very strong urges that just don't seem to go away.

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Re: Tzvi's Progress

Posted by ZemiroShabbos - 15 Nov 2010 17:01

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gevaldig!

kutgw & kot bsd

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Re: Tzvi's Progress

Posted by Yosef Hatzadik - 16 Nov 2010 01:54

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ya know already;

8 = *l'malah min hatevah*.

You couldn't reach this stage on your own. You can't continue either.

May the One who carried you until today continue to carry you always!

*V'nomar Amen!*

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Re: Tzvi's Progress  
Posted by Tzvi - 16 Nov 2010 02:27

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amein

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Re: Tzvi's Progress  
Posted by Tzvi - 16 Nov 2010 19:03

Tuesday day 9.

one day at a time.

one urge at a time.

one surrender at a time.

just one.

just one.

just one.

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Re: Tzvi's Progress

Posted by Yosef Hatzadik - 18 Nov 2010 17:59

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9 = *tisha yarchei leida* = rebirth = a new style of life!!!!

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Re: Tzvi's Progress

Posted by frumfiend - 18 Nov 2010 21:20

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One surrender at a time.

I love it!

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Re: Tzvi's Progress

Posted by Yosef Hatzadik - 14 Dec 2010 01:22

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'No news is good news'???

We sure hope so!!!

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Re: Tzvi's Progress

Posted by Tzvi - 15 Dec 2010 02:50

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Sometimes no new IS good news.

Not this time.

I wasn't brave enough to post it at the time, but day ten became day zero.

Since then it's been mostly day ones and day zeros.

I need some new strategies.

I don't have the energy for a big reflective post here and now.

Anyone who will offer chizuk is tovoi ulav berocha.

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Re: Tzvi's Progress

Posted by desperate\_teddybear - 15 Dec 2010 03:49

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what's worked for me for a long time now is a promise if i fall i give money to GYE and if i look at innapropriate stuff or conciously slip i pay about 1/2 of that.... i haven't payed a cent yet b/c i love money too much lol

crude but it works and i've been able to move on w/ my life...

whatever works no? just a suggestion

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Re: Tzvi's Progress

Posted by Tzvi - 16 Dec 2010 00:04

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Thanks for the suggestion. I need to think how I can implement that.

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Re: Tzvi's Progress

Posted by Tzvi - 03 Jan 2011 16:19

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Yosef Hatzadik is getting on my case. (Thank you!)

Time to get back to work.

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Re: Tzvi's Progress

Posted by ZemirosShabbos - 03 Jan 2011 16:23

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Re: Tzvi's Progress

Posted by im not alone - 03 Jan 2011 19:15

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Hi tzvi

so where are you up to, keep us posted

what i found really working (for me) is that everytime i'm about to act out -i just pause for a second- and i'm jumping in to the forum, trying to write to anyone some words of encouragement

for me it works wonders

you have a good caseworker

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this time it was **you**, you really saved me

from the bottom of my heart

thank you

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Re: Tzvi's Progress

Posted by Tzvi - 03 Jan 2011 19:47

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im not alone    wow! I'm inspired. Thank you.

Thank you.

To Yosef Hatzadik: I have homework for you from DC!!! Hope you weren't planning a relaxing

For today, my accomplishment was joining Duvid Chaim's call. I am hoping that this will start me on a successful path.

Raboisia thank you very much for following my thread.

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To Zemmy: