

The life of a soldier in hashems army

Posted by mnman415 - 16 Nov 2010 03:54

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my last thread was called starting over after 37 days and the one before that was called this time im in it to win it.

very quickly. im 16. got into this at 11 years old. always said ill stop after my bar mitzvah. in 8th grade i talked to girls. in summer going into 9th i decided to stop talking to them because i felt guilty about m\*\*\*\*\*. skipping ahead. here i am now as an addict. a teenage addict trying to get close to hashem.

the only way i can do it is with his help, without hashem i am helpless.

so here is what we are doing. we are DAVENING 3 times a day. not saying the words but talking to hashem. if possible, talk to hashem often.

filling my day with as much torah as possible.and maintining kedusha. thursday nights i will try to exercise to get rid of some extra hormone buildup. and get rid of sexual energy.

there is so much more to do, but this is the main outline.

today was day 1. it was good, i was careful with my eyes. i learned a lot. i feel really good. i just decided. by next schoolyear, going into 12th grade, i WILL know how to learn. im still pushing myself in shiur. but out of shiur, i am taking a jastrow (dictionary) and learning torah. i am learning the entire masechta bekiyus that we are doing in school. we are only going to cover 20 or so dafim of gemorah so i am doing thr whole thing. over the vacations when i have more time i will try to learn how to learn be'iyun. but i first need to get down the basics.

anyways. i feel really pumped to keep going and really make it to 90 days this time. and with hashems help and only with his help will i be able to make it.

HS

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Re: The life of a soldier in hashems army

Posted by mnman415 - 25 Nov 2010 19:42

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by the way....day 10

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Re: The life of a soldier in hashems army  
Posted by Eye.nonymous - 25 Nov 2010 21:59

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[HashemsSoldier wrote on 25 Nov 2010 19:42:](#)

by the way....day 10

Strange there's no automated congratulations message for reaching day 10 because, as we know, it's a very significant number in the Torah.

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 26 Nov 2010 02:36

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ok. dinner is done. i was able to control my eyes for some of the time. closer to the end i started trying to mumble a teffilah to hashem. i put my hand in front of my mouth and talked to hashem. and i was able to continue.

now i have an image of one of the girls in my head and this specific one triggers me for various reasons...im trying to fight but its hard!

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Re: The life of a soldier in hashems army  
Posted by Shteeble - 26 Nov 2010 03:44

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Can you surrender to H'?

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Re: The life of a soldier in hashems army  
Posted by silentbattle - 26 Nov 2010 09:18

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First of all, congratulations on deleting the text, and doing well during dinner.

As always, I recommend focusing on the success, and feeling good about it. There were times when I ignored people's attempts to contact me that made me feel really rotten (I've written about this before, you can PM me if you want specific details, not really triggering), but along with that rotten feeling was also a deep knowledge that I had done something right, something good, something beautiful - something that brought me closer to the real me.

And you've done that - so feel very, very good about that!

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Re: The life of a soldier in hashems army  
Posted by frumfiend - 26 Nov 2010 10:57

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you are so amazing!

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Re: The life of a soldier in hashems army  
Posted by briut - 26 Nov 2010 15:40

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Shkoiach. We all knew you could do it (survive the turkey dinner).

As to that one girl stuck in a part of your head, there are lots of standard eitzas. None of them really work for me. Except maybe the one about 'imagine that girl covered in and singing off-key (my soft spot) and talking like an unschooled idiot.' Or something like that. So then, whenever the pretty image of her appears, I can replace that image with the other one.

It isn't the same as really getting it OUT of my mind, so it's still giving the image a little control over me that's not appropriate, but it's a start. For what it's worth....

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 26 Nov 2010 16:49

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thank you. i was able to control myself. i turned on music. and i read the book that gye sent out....light of efraim. and then baruch hashem i fell asleep. im trying to put my emfases on the feeling that i DID control myself in a lot of the tests.

Iso feeling accomplished with how my learning is improving little by little every day!

day 11.

good shabbas

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Re: The life of a soldier in hashems army  
Posted by ZemirosShabbos - 26 Nov 2010 16:56

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HS

you are doing awesome!

great idea - to focus on the victories, and great to hear about your learning

soldier on,

have a great shabbos

zs

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Re: The life of a soldier in hashems army  
Posted by silentbattle - 28 Nov 2010 07:29

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keep on rocking!

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 28 Nov 2010 16:30

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day 13.....

i dont have much to say. my mind has been busy with other (kosher) things lately. i start school tommorow after this whole extended weekend.

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Re: The life of a soldier in hashems army  
Posted by silentbattle - 28 Nov 2010 20:29

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Glad to hear!

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Re: The life of a soldier in hashems army  
Posted by Eye.nonymous - 28 Nov 2010 20:31

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[Briut wrote on 26 Nov 2010 15:40:](#)

As to that one girl stuck in a part of your head, there are lots of standard eitzas. None of them really work for me. Except maybe the one about 'imagine that girl covered in and singing off-key (my soft spot) and talking like an unschooled idiot.' Or something like that. So then, whenever the pretty image of her appears, I can replace that image with the other one.

You mean, imagine she's actually the mother of your children?

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Re: The life of a soldier in hashems army

Posted by briut - 28 Nov 2010 21:33

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[Eye.nonymous wrote on 28 Nov 2010 20:31:](#)

You mean, imagine she's actually the mother of your children?

Ouch! My Eye.! Do you know how many potential shidduchim you might have ruined with that one line, Eye.?

Of course, it's true that my own wife can't sing on key....

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