

The life of a soldier in hashems army

Posted by mnman415 - 16 Nov 2010 03:54

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 - 26 Jul 2011 17:32

well i actually just had a fall.

in truth it started last friday when i saw something and i convinced myself that all was ok and that i didnt need help. now that i had the fall i realize that every day i kept going back to that image (in my head) and wanting to get more than it, each day i had more intense hiruhurim until i collapsed today.

i now know (nothing that i didnt know before) that every friday i need to reach out to the chevra, and aspecially my partner.

now.....fell shmelll, FULL SPEED TRUCKING AHEAD!

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Re: The life of a soldier in hashems army
Posted by Shteeble - 27 Jul 2011 14:34

FEHL SHMELL

ONWARDS SOLDIER

TRICK OR TRUCK

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Re: The life of a soldier in hashems army
Posted by bardichev - 27 Jul 2011 14:51

FELL SHMELL

OOOON VAYYYTERRR!!!!!!!!!!

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Re: The life of a soldier in hashems army
Posted by Shteeble - 27 Jul 2011 17:13

don't forget to drink up

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Re: The life of a soldier in hashems army
Posted by shteighecher - 27 Jul 2011 17:15

he is underage, be carefull, the police may show up at your door.

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Re: The life of a soldier in hashems army
Posted by Shteeble - 27 Jul 2011 20:15

ok here.

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Re: The life of a soldier in hashems army
Posted by mnman415 - 27 Jul 2011 23:34

shkoyach.

i already spoke with my partner (so when you read this you already know about it)

fridays in the morning is usually my difficult spot, i have to be the one to open the door for
cleaning lady and be home (hopefully soon i will trade this job with someone else) (and yes dov,
i know what you said about this before)

im going to be speaking with my partner before she comes and also checking in with him as
she will be here.

today is proudly day 1

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Re: The life of a soldier in hashems army
Posted by mnman415 - 29 Jul 2011 02:13

today is prudly day 2, but its not 2 days, its another ONE day that happens to equal 2.....

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Re: The life of a soldier in hashems army
Posted by mnman415 - 29 Jul 2011 14:32

day 3

ACTIVE RECOVERY

the sound of that sends shivers down my back (ok not really but its super important) just cus i know the ideas and concepts iwas given by GYE and the big book calls, doesnt mean that i have recovery, i need to be ACTIVE about it,

when im passive i just kinda tell myself that o i know everything but it kinda goes to the back of my mind.

how do we be active about recovery, do something active, pick up a phone and call your sponser (and dont just shmooz with him ,talk about your struggle) send someone a pm, or post on your thread, BE ACTIVE ABOUT IT!

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Re: The life of a soldier in hashems army
Posted by ZemirosShabbos - 29 Jul 2011 15:11

thanks HS, that's a very important point

i once heard a shiur from Rav Moshe Weinberger shlita and he gave a moshol of an older bochur who wrote a multi-volume guide to marriage and relationships. while it was probably full

of good ideas, nice quotes and sound advice, it does not come close to someone who actually lives it...

thanks for sharing that

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Re: The life of a soldier in hashems army
Posted by Dov - 02 Aug 2011 02:00

Und vos iz mit a poor shteppen?

(and how about a step or two?)

The calls and the reaching out are great, but that is all parrying. What about the 'attack'? For me, that's stepwork. And hey....isn't that ultimately what the chevreshahft and openness with the call-ees is for? Creating a fellowship for stepwork and true growth and fredom?

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Re: The life of a soldier in hashems army
Posted by mnman415 - 02 Aug 2011 02:21

dov of course the steps are needed, but what i meant to say (or what i meant to copy from shlomo) is that we cant just passivly do them,

the steps need to be active steps.

btw today is day 6

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Re: The life of a soldier in hashems army
Posted by Dov - 02 Aug 2011 02:29

What do you mean?

Active steps to me, means doing some writing work on each one, sharing it with a sponsor, davening to Hashem about the stepwork you are doing that day on a regular basis, and taking action based on that step to *allow* Hashem in to help us. It's hard work and real action. Not just not acting out. That's not action - it's just *not* acting out.

I am missing something?

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Re: The life of a soldier in hashems army
Posted by mnman415 - 02 Aug 2011 02:36

nope, i agree with you

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