

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 ZemirosShabbos - 29 Nov 2010 05:21

great!

kutgw

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Re: The life of a soldier in hashems army
Posted by Shteeble - 29 Nov 2010 22:14

kokot.

koecadw.

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Re: The life of a soldier in hashems army
Posted by mnman415 - 30 Nov 2010 02:47

last night in bed i was hit with a massive urge attack. one that i was not ready for. it was massive. in the end i controlled myself.

my mind has been thinking about a lot of different things (not assur) lately so i havnt had time to post about shabbas.

on shabbas there was an ncsy convention that partly took place in my shul. and a bunch of girls i used to talk to were there. on my way out of shul i was walking out and all of a sudden i almost walked into a girl i didnt but it happened to be a girl i used to be very very attached to. we made eye contact for a second, (the longest second ive ever experienced, and i mumbled good shabbas and tried to get away, as i was trying to get away quickly i almost walked into another girl, i couldnt tell exactly who it was, but i saw a lot of other girls that i was very attached to also.

over shabbas, every time i walked outside (which a couple times on friday night- it was le'tzorech- and a couple times during the day) at night i was hoping that i would bump into them since it was night and no1 would really notice me talking to them (my self-conscience is enough to get me not to talk to them in public) and i was hoping to always see them. baruch hashem, i didnt see them anymore! but now, a lot of memories are coming back to me, not memories that an addict should have. now im trucking at a higher speed and getting my wheels checked so i dont get a flat tire.

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Re: The life of a soldier in hashems army

Posted by bardichev - 30 Nov 2010 02:53

Papap papapap papappa papa paaapp

KOT!!!

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Re: The life of a soldier in hashems army

Posted by Shteeble - 30 Nov 2010 03:20

kot

koecadw

kokot

it's not easy.

we know.

hard work pays off.

you know.

Tricky times earn more points.

more points buy extra special tire upgrades.

kot.

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Re: The life of a soldier in hashems army

Posted by silentbattle - 30 Nov 2010 06:09

Sounds like you did well.

Think of shabbos as an opportunity. Every time we're faced with a challenge, whether we respond well or not, we have the chance to examine what we did, how we reacted, and why - and also, how we felt. This gives us valuable knowledge that can help us grow and improve our recovery.

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Re: The life of a soldier in hashems army
Posted by ZemirosShabbos - 30 Nov 2010 15:16

great work HS!

what counts is what you do afterward, do you go on a falling binge or do you get up and return a few punches?

remember combat pay is much higher than regular pay.

keep up your good work!

zs

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Re: The life of a soldier in hashems army
Posted by Eye.nonymous - 30 Nov 2010 17:08

SHKOYACH!

massive urges, surreptitious glances, hoping no one will see, been there done that

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Re: The life of a soldier in hashems army
Posted by mnman415 - 01 Dec 2010 02:35

thank you!....good chizzuk after a long day!

nothing big today. usually the big stuff only happens from friday till sunday. but quiet is also

good!.....just going from dya to day.

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Re: The life of a soldier in hashems army
Posted by silentbattle - 01 Dec 2010 06:29

Use the quiet time to grow, and prepare, so that you're further along in recovery when tests arrive. Recovery isn't something we only work on in the face of temptation (whether you're doing 12 steps, or mussar, or anything in between).

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Re: The life of a soldier in hashems army
Posted by mnman415 - 02 Dec 2010 02:41

chanukah! my favorite yom tov! (not because of presents, i dont get any) feel the kedusha from the menorah!

i think today is 16

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Re: The life of a soldier in hashems army
Posted by Shteeble - 02 Dec 2010 03:05

There's also kedusha in tefillin.

We have it six days a week.

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Re: The life of a soldier in hashems army
Posted by silentbattle - 02 Dec 2010 06:14

There are definitely times when we find it easier to feel kedusha - or at least, when we feel

moved emotionally.

At those moments, we have two options - we can either enjoy the feeling, or use it.

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Re: The life of a soldier in hashems army
Posted by mnman415 - 03 Dec 2010 03:43

yes yes. thats true.

ok, we just got new cable company (arg!!!!!!!!!! adds a lot of agravation!) basically i need to get a new parental filter. but im scared that if i turn on the tv now ill have a fall and that i wont be able to control myself.oy what should i do? should i take the shot now? or should i leave it? i guess ill never really really be ready to do it. what should i do?

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