

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

Today was a hard day for me. I almost fell three times, but I'm still going. I will update in this thread.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 19 Jun 2009 15:06

Well, this Wednesday was 30 weeks clean. I have just about no urge to do anything which I should not. On the other hand, the further I get from my starting point, the more I can "feel" spiritually and emotionally. People tell me that I look happier and I act nicer. I am also starting to feel a void because I'm not married. However, this is not the kind of void I would have felt before (a need to feed my lust), but rather I feel like I need someone to have an emotional connection with. I certainly don't look at women the way I did before. I can talk to them when I need to without feeling disgusting and having disgusting ideas and images going through my head. I do realize that for many people here the damage is deeper and cannot be fully undone. This has nothing to do with your strength. If you were addicted for a much longer period of time, you may never be able to see a woman without being overwhelmed by lust. Again, this has nothing to do with willpower. Hashem was kind to me and let me get out of this early, and for that I'm very thankful. But each person here must do what can be done to avoid things which are triggering. If that means never speaking with women, that is what must be done, and I have much more respect and admiration for those people who fell to that level and have still broken the addiction than I do for myself and others like me.

EDIT:

I'm spending so much time on this forum because I feel obligated to read every single new post. As the forum continues to grow, I don't know how I'm going to keep up. I hope to see this "problem" continue to grow.

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Re: Ano Nymous Update thread

Posted by Efshar Letaken - 19 Jun 2009 15:29

30 weeks?!

I envy you! I can't wait to get to that level of Kedusha!

You should find a Zivug B'Koroiv & B'Neikel!

Until then let Hashem fill in the void.

Reb bardichev just reminded me from one of Reb Shlomos Stories we a Rebbe Blessed some Yid with Shabbos.

Reb Ano Nymous,

Shabbos is approaching very soon. You can fill the void with Shabbos! If your Zoche to taste shabbos it Mamish Ah Gevald!

- 1) Shabbos Prayers
- 2) Shabbos Food
- 3) Gevald!Shabbos Zemiros
- 4) Shabbos Resting
- 5) Who can forget "Shino B'Shabbos Tanug!" (Shino = Learning)

May your life be full with Hashem & with Shabbos

E.L.

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Re: Ano Nymous Update thread

Posted by the.guard - 20 Jun 2009 21:44

Rabbeinu Ano, (I think you deserve that title), your posts never cease to amaze me and inspire us all! I must share this with everyone on a Chizuk e-mail sometimes.

May Hashem bless you with a zivug Hagun to help you serve Hashem and raise a holy family!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 24 Jun 2009 17:55

Today is 31 weeks!! I don't have much else to say, other than a plea to anyone who has given up hope of recovery. It really does get better and easier!! For all the teenagers who may read this: you don't have to wait until you are 50 to fight this. DO it NOW when you can get by without an SA group, without the pain of revealing this to your wife and possibly losing your marriage and your children. DO IT NOW!!!

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Re: Ano Nymous Update thread

Posted by the.guard - 24 Jun 2009 21:36

Go Ano, Go! You tell 'em.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 01 Jul 2009 17:52

32 weeks!

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Re: Ano Nymous Update thread
Posted by battleworn - 01 Jul 2009 18:20

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 08 Jul 2009 08:43

Oh my! Today is 33 weeks. "Lag" weeks. :D

I don't have so much to say. The kind of lust I sometimes feel now is much different than what I used to feel. I think my shmiras ainayim could use some work, but I NEVER feel that rush that I used to feel any time I saw an attractive woman. Not only has the quantity of my lust gone (WAY) down, the "quality" of it has dramatically decreased as well.

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Re: Ano Nymous Update thread
Posted by Mevakesh Hashem - 08 Jul 2009 13:51

WOW!!

33 Weeks! That is amazing! Keep up the good work. May Hashem give you the strength to reach 90 weeks... 33 years... 120 years!

Chazak V'Ematz!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 16 Jul 2009 04:44

I have decided that it is now time for me to start a new 90 day count, with stricter rules for myself.

Let today be called Day 1!

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Re: Anonymous Update thread

Posted by battleworn - 16 Jul 2009 11:27

Mazel Tov on the decision

Have a safe journey! ?? ?????? ?????? ?????? ??????

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 17 Jul 2009 09:50

2 days!! :D

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Re: Ano Nymous Update thread

Posted by the.guard - 17 Jul 2009 11:41

Ano, you are not going to believe this. Remember how you started your journey at the same time we put up the 90 day chart? (actually, you were the catalyst!) Well, now you are starting a STRICTER 90 day journey - and guess what? We just "launched" the NEW automated 90 day

chart!! See [here](#) for the links. GO ON AND SIGN YOURSELF UP!!

Another loving HUG from Hashem! (like hitting 90 days on your 20th B-day, and like doing a large step of Teshuva on your half a year mark - you know what I mean). It's Pashut SCARY the signs of love Hashem is showing you.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 17 Jul 2009 20:13

WOW I'm so glad this is ready!!

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