

Someone's journal: a different perspective

Posted by Someone - 02 Feb 2009 20:53

Hi all my friends,

I have come to the conclusion to join you all and have my own personal journal here. I am trying to increase my arsenal with all possible means at the moment, to always stay one step ahead of the YH.

As of now I have been clean 20 days (tomorrow starts the 21st). At the moment I feel as if an emotional tornado would be raging inside me. I swing from joy to depression every few days, sometimes even only a couple of hours (or less!) apart. This is hopefully only the so-called 'void' and nothing that is here to stay. I have had some very close calls, once I was tempted by something on you-tube, and I was a millimeter away from giving in. B"H I didn't. The next day the same situation, only this time off-line... .. and I found it by accident. I eradicated it.

Now I am aware that searching for videos (just for random ones) on Youtube(or other ones) is a no-go. I only use those that I have book-marked, or add a few to the book-marks by searching for (safe) specific videos.

Even though I am only clean for a short time, I am beginning to feel much more alive: I am more active socially, can look myself more into the eyes, do more sports etc.

Btw, I thought about some of the general reasons I have fallen, and arrogance was most likely the greatest one of them! Then I started to think about what the the Genesis 1.26 says: "Let us make man..." and I remembered what Rashi had said: that this shows us how humble our Creator is (even though he is Infinite). Is this not the first time something is mentioned of His character traits? And with a very simple mind, I would assume that if it was mentioned first, might it not be one of the most (if not *the* most) important ones? And since if we were created in his image, how much more humble should we be? Could this be an important step to not falling?

I know this is something most of you probably just sigh and say "that should be obvious, shouldn't it?", but these are my first baby steps to a better moral and more spiritual life. So
I will do everything I can to help you.

Kind Regards,

JG

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Re: Someone's journal: a different perspective
Posted by the.guard - 28 Mar 2009 23:19

Chart updated to 16 days. Level 3. please confirm.

KUTGW!

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Re: Someone's journal: a different perspective
Posted by Someone - 29 Mar 2009 19:31

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Re: Someone's journal: a different perspective
Posted by Someone - 01 Apr 2009 20:39

As unbelievable as it might sound... I just start having more and more less time. And its great!
(Except the looming burnout at some point...) Ok, still holding out!

Blessings to y'all!

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Re: Someone's journal: a different perspective
Posted by the.guard - 01 Apr 2009 20:53

did you mean "less and less more time", or "more and more less time"? :D

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Re: Someone's journal: a different perspective
Posted by Someone - 04 Apr 2009 20:09

Probably neither :D Or both! My tired mind was trying to express its lack of time for the good things that it wanted to do!

So this is my 24th day nearing its end once again - and I have had some rather easy times (in terms of the addiction), and I certainly hope it stays that way! The extremely busy times have a lot to do with it: there was days where I completely "forgot" I had this addiction. Today was a little different, saw a bad picture by accident and the YH is tugging my mind even now. Though I don't give him any chances; with Hashem at my side... 8)

My life is quite muddled at the moment, have to make important choices and have to find some a summer-job: in the middle of the economy crisis - not easy. But I have learned from the second last time, and from all of you guys of course. I am (trying to) not let it bother and trust Hashem.

I am positively surprised that I have fallen "only" two times in ~80 days. Two times too much of course! BUT - compared to my 2 falls per week, or even more, before my real awakening; a lot better. For the mathematical, thats nearly 15 times better!

Ty Guard and all the others for being here for me - and apologies for not commenting on threads of others - exams (and other things) are keeping me busy

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Re: Someone's journal: a different perspective
Posted by the.guard - 04 Apr 2009 21:05

I updated your chart. KUTGW!

My life is quite muddled at the moment, have to make important choices and have to find some a summer-job: in the middle of the economy crisis - not easy. But I have learned from the second last time, and from all of you guys of course. I am (trying to) not let it bother and trust Hashem.

Like we wrote in Chizuk e-mail 446: "We are forced to quit playing G-d and let Hashem run our lives. We acknowledge that we are no longer in we control and give ourselves over to Hashem's care, to do with us as he sees fit. This leads to drastic life changes, not just in the area of the addiction".

May G-d be with you!

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