

life of a lamed vavnik

Posted by lamed vavnik - 08 Aug 2009 19:52

Hello Everyone

I'm clean only four days and i'm already trying to mess up!!i'm on the chart but only b/c i have a good filter B'H!! really want to stay on and stay clean but just sitting in front of the computer turns me on thinking of all the things i COULD be seeing if i only didn't have a filter !!some body tell me this will wear off and i'll be able to fell normal in front of the screen b/c i want to stay with this site. :'(

=====

=====

Re: life of a lamed vavnik

Posted by lamed vavnik - 16 Sep 2009 20:20

OK still clean. 7 days ;D but feeling dirty. don't know why . it's hitting me hard right now ,. i had a good day, i was feeling relaxed but the thoughts attacked me like a roaring bull! so many triggers evreywhere , i don't even know where they are to stop them. i know i'm not supposed to talk like this but i don't see how i am going to last very long like this.

=====

=====

Re: life of a lamed vavnik

Posted by lamed vavnik - 17 Sep 2009 03:58

made it thru the nite. nothing happened ,BH' ,no thanks to me. thanks to my filter and my wife telling me to goto sleep. i tried to find something ,anything that would give me a lust fix .'im feeling pretty pathetic. i wasted an hour and a half .thank G-d it wasn't more.

=====

=====

Re: life of a lamed vavnik

Posted by jerusalemsexaddict - 17 Sep 2009 05:18

[lamed vavnik wrote on 17 Sep 2009 03:58:](#)

made it thru the nite. nothing happened ,BH' ,no thanks to me. thanks to my filter and my wife telling me to goto sleep. i tried to find something ,anything that would give me a lust fix .im feeling pretty pathetic. i wasted an hour and a half .thank G-d it wasn't more.

no thanks to you?!

who installed the filter?

you

who sent out the cry for help and support?

you

who resisted the temptations for an hour and a half till the yezter just gave up already?

you

wasted an hour and a half?

every second is gold to Hashem.He takes them all and stores in His treasure chest.

If only you knew my friend

if only all of us knew..

stay strong

-uri

=====
=====

Re: life of a lamed vavnik

Posted by Sturggle - 17 Sep 2009 05:28

lamed vav, tzadik,

uri said it good,

youre working through something thats just not so easy

and youre working (check!)

and youre clearly moving along (check!)

and it's difficult (that means you're working!! check!!)

you good man, you so good

tell the lust you want it to introduce it to some friends

we'll show him who's boss!

and cry out! to HKB"H,

to us...

=====

Re: life of a lamed vavnik

Posted by lamed vavnik - 17 Sep 2009 21:36

OK

but

[/quote]

no thanks to you?!

who installed the filter?

you

who sent out the cry for help and support?

you

who resisted the temptations for an hour and a half till the yezter just gave up already?

you

wasted an hour and a half?

every second is gold to Hashem.He takes them all and stores in His treasure chest.

If only you knew my friend

if only all of us knew..

stay strong

-uri

[/quote] fine . but it's like locking myself in a room and then trying to break myself out. why did i do it if i just want to break it ? no, i mean why can't i just not break out and not need to be locked in..... there is no way i can hold out forever with this attitude . i am daydreaming buying a laptop and hiding it . i had a whole fantasy about buying private sales po*n dvd's .i am terrified that i will actually do it . i am also excitedly hoping that i will actually do it . i held back b/c i don't want to destroy my marriage if she finds out .i don't think i'll ever do it but

=====
=====

Re: life of a lamed vavnik

Posted by Kedusha - 17 Sep 2009 22:13

~~im very happy that you made it through rebbe~~

Dear Lamed,

I had a brief temptation yesterday when I was making some changes to my cell phone plan: what if I would subscribe to Internet access? But, I kept telling myself, "that's all I need - having Internet access 24/6 - and unfiltered access at that!

=====

====

Re: life of a lamed vavnik

Posted by lamed vavnik - 23 Sep 2009 20:01

I ha d a realization todaY THAT IT'S VERY POSSIBLE ,the fact that i'm such a perfectionist and have no patience is a factor in my anxiety about acting out.i think when i had a tekufah that i was feeling OK and relaxed even when i did it, but didn't go nuts about it , i did it less and it helped me . one of my main problems now is i dont allow myself to be human and fall . if i see a wrong i must right it .i'm a very intense person.i tried to work today on one idea i know that gives me pressure .i feel i have to give in to people that pressure me , that i cant say NO. tonite i said No and it wsn't easy but i think it was the right thing to do,. i am aalso working on getting some private time for myself to do a hobby .something i haven't done in ages ! i feel sometimes the pressure to stop is what i feel b\c i 'm "OCD" about it .b/c i can't accept a failure.if i would chill out a bit more,and take on life head on i would be OK.

=====

====

Re: life of a lamed vavnik

Posted by lamed vavnik - 29 Sep 2009 14:07

does anybody relate to this idea?

=====

====

Re: life of a lamed vavnik

Posted by Kedusha - 29 Sep 2009 14:17

I can relate to it.

As with all aspects of Avodas Hashem, there needs to be a balance between intensity and Simchas HaChayim.

=====

====

Re: life of a lamed vavnik

Posted by Sturggle - 30 Sep 2009 08:01

i relate to a lot of what you wrote as well

=====

=====

Re: life of a lamed vavnik

Posted by lamed vavnik - 05 Oct 2009 05:20

i have started opening up to my wife and have found it very helpful. as long as i keep out pictures ,movies and other women .she can handle it as an obsession i have like smoking or eating chocolate to feel good. H' should help us Vaiter that we can keep the YH away together . having a partner in the house is very strengthening.

=====

=====

Re: life of a lamed vavnik

Posted by the.guard - 05 Oct 2009 07:08

Awesome step in the right direction! Don't share details, though... Like you said.

=====

=====

Re: life of a lamed vavnik

Posted by lamed vavnik - 07 Oct 2009 09:59

going strong , feeling good ... want to try and share good news too.

=====

=====

Re: life of a lamed vavnik

Posted by lamed vavnik - 08 Oct 2009 11:57

Right OK Guard,

no details just good news ? when i don't have good news she'll know it's bad news but she won't know how bad .?

=====

=====