

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!!'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. :'(

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Re: life of a lamed vavnik

Posted by lamed vavnik - 10 Oct 2009 20:27

I hear you Kedusha ,

i think my wife likes the reassurance that everything is still ok .that i'm not quiet b/c i 'm hiding something.

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Re: life of a lamed vavnik

Posted by the.guard - 10 Oct 2009 22:06

Right OK Guard,

no details just good news ?

Not necessarily. Even bad news. After all, that would give you the power of accountability which we ALL need! I just mean, that when sharing news, be it good or bad, don't get into to many details... Women don't tend to understand it too well...

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Re: life of a lamed vavnik

Posted by 7yipol - 10 Oct 2009 22:14

Our imaginations will take us there anyway.

But keeping that in mind, if its not a major slip / fall / trigger which you know would bother her, sometimes a *few minor* details are helpful in order for her not to imagine something *worse* than what really happened.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 11 Oct 2009 19:31

yeah 7up,

that's kind of what i meant .. but some times i see it may be too much pressure for her to nkow
> :o 8) ??? : .random faces to please my 2 year old son on my lap.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 11 Oct 2009 19:35

BTW can anyone see my picture b/c i can't

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Re: life of a lamed vavnik

Posted by jerusalemsexaddict - 11 Oct 2009 19:48

me neither

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Re: life of a lamed vavnik

Posted by 7yipol - 11 Oct 2009 20:52

[lamed vavnik wrote on 11 Oct 2009 19:31:](#)

yeah 7up,

that's kind of what i meant .. but some times i see it may be too much pressure for her to nknow
> :o 8) ??? : .random faces to please my 2 year old son on my lap.

I cant see your avatar, but your son must have loved the wiggly eye icons you picked for him :D

Each woman is different (duh!) so its hard to generalize advice. Just like some people need to hear every detail from a doctor, while others are happier with as little information as possible.

I dont know if I can help, but feel free to PM if you wish.

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what's happening.

Re: life of a lamed vavnik

Posted by lamed vavnik - 17 Oct 2009 22:45

i had a not great experience over shabbos, that ended well. i was bored and restless in the middle of the nite , shabbos nite and my old habits came back to me .i wasn't even in the mood, i didn't even have desire . But acting out is a strong habit you do sometimes just to do.just b/c you can. i thought about doing things that i shouldn't do, that would eventually for sure lead me to acting out . as i started i was asking myself, why am i doing this? i don't need this. just then my little 2 year old boy made a sound . i waited, he got up and started coming to me. i quickly stopped what i was going to do and turned to him. he came to my bed with a stuffed toy SeferTorah gave it to me and left. I said to myself this is nuts. it was enough if he had just come himself , but he came with a message! i got up and found him in the bathroom and asked him if he wanted to sleep with me tonite. he said yes . We both felt safer that nite.

i'm not proud that i was too weak to stop myself but i am proud that H' sent me a PM to stop me . i didn't let myself get down over the weakness b/c of the message . H' wants you closer to him, don't waste time being depressed get closer to him! i had a pretty good shabbos after that . just wanted to share that sometimes H' comes and grabs us in the worst times and shows us "look i'm here with you i care what you do . stop!". May we all be Zoicheh to feel H's love and attention like that all the time.

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Re: life of a lamed vavnik
Posted by Sturggle - 18 Oct 2009 01:41

that was a beautiful post...

gut voch

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Re: life of a lamed vavnik
Posted by 7yipol - 18 Oct 2009 06:17

That should be copied on the HUGS! thread!

Wow.

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Re: life of a lamed vavnik
Posted by lamed vavnik - 18 Oct 2009 19:13

i didn't know we had a hugs thread . but it was def. a hug.

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Re: life of a lamed vavnik

Posted by 7yipol - 19 Oct 2009 08:26

rehab-my-site.com/guardureyes/forum/index.php?topic=982.0

Start posting!

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Re: life of a lamed vavnik

Posted by jerusalemsexaddict - 19 Oct 2009 12:52

[lamed vavnik wrote on 17 Oct 2009 22:45:](#)

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wow.

for a long time i slept with a stuffed sefer torah as a teddy,and i would pour tears into it.

still my favorite nighttime companion!

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Re: life of a lamed vavnik

Posted by lamed vavnik - 21 Oct 2009 20:43

full of tiavah a little frustrated and frazzeld , but holding my own and happy to be alive . today
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was better than yesterday .(that's b/c yesterday really stunk!) :