

Ssa help

Posted by Evedofhashem25 - 30 Oct 2012 15:37

I just went on a Jim weekend which helps with ssa issues if anyone wants more on this message me I think it's very crucial for the journey

=====

Re: Ssa help

Posted by lightchaim - 29 Nov 2012 20:06

Maybe there are some friends you can hang out with for lunch. Or go to your favorite restaurant/pizza store and eat lunch or supper there. Once you get outside it gets easier to deal with the day. At least that's what works for me.

=====

Re: Ssa help

Posted by Machshovo Tova - 29 Nov 2012 20:27

For me, a good night's sleep (followed by a good mikva) helps to get back on track.

MT

=====

Re: Ssa help

Posted by Antartic - 29 Nov 2012 20:30

I really want to but I cant do it.. I feel like I dont know myself, I feel like somebody else. Im not myself right now.. and that freeks me out more..

I just want it to be tomorrow

=====

=====

Re: Ssa help

Posted by Gevura Shebyesod - 29 Nov 2012 20:44

My friend, hang in there. You haven't thrown it all away. Even though you fell you have still gained from all the hard work you put in up to that point. Each time you resist you are learning and reinforcing a new behavior, that you don't NEED the lust. It builds up, little by little, eventually you will see that it will be easier.

You can turn this into a positive experience. Try to think what pushed you over the edge and see how you can change things so that doesn't happen again.

In the meantime FSKOT & JTTLR!!

=====

=====

Re: Ssa help

Posted by Antartic - 29 Nov 2012 23:51

Is it normal that I want to cry every single time that I see these supporting posts?

Im a baby

=====

=====

Re: Ssa help

Posted by nederman - 30 Nov 2012 00:01

It's pretty normal. It reminds me of the anti-whiner technique. You come home from work and your wife starts whining that she had so much to do and she is so tired (or you do it to her.) If you offer help, she is going to whine more because she tells herself "he is trying to help me, I really can't cope." If instead you repeat and paraphrase what she said and then pay her a compliment (accompanied by a sincere expression and voice) usually she feels better right away.

So it makes sense to me at least.

=====

=====

Re: Ssa help

Posted by Antartic - 30 Nov 2012 17:21

Ok question:

We all have our own lives, work, learning, family, responsibilities... Is this addiction so "important" to make it a priority? More than ever I'm feeling this double life... i mean, before

How can i make this a priority without making it.. I mean, this addicted guy that posting in this forum its just too weird, I dont know him...

And at the same time,.. too much people knowing about my addiction here (kept secret for many years) and at the same time, nobody knows about it!! Two completely different people.. one called "Antartic" and the other called "xxx"

=====

=====

=====

=====

=====

=====

Im in one of those days u feel like a normal person.. like if nothing never happened.. no lust, no

desire...

I suppose that means REALLY GOOD

=====

Re: Ssa help

Posted by Antartic - 02 Dec 2012 20:45

great... day 0

I was so sure I could control myself... dunno what happened. i thought i could do better than that... i fell so easy, so stupidly

I thought i was stronger

=====

Re: Ssa help

Posted by nederman - 02 Dec 2012 21:04

Consider trying what I wrote earlier. All you have to do is remind yourself that you have a choice, and only *then* choose not to lust. If you *don't* have the reminder thought, you will discount innumerable experiments that would show that you still have your power of choice. If you *do* have the reminder thought first, then you will quickly start to believe that that feeling of choicelessness is just a mental con. Worth a try, don't you think?

=====

Re: Ssa help

Posted by Antartic - 03 Dec 2012 03:02

The truth is that I didnt try, maybe it can work but I dont think in anything when im about to

mast*****, i just want to do it and thats it.

I think you're right, the thing is to work on that reminder thought, to really remind it before acting or falling. Thats why I wrote before, that I dont know the point of conciousness ppl have when the sexual desire arrives.

thx, ill work on it, ill start BH the Taphsic method also.

So here we go again, day 1 (woooohooooo...?)

=====

====

Re: Ssa help

Posted by nederman - 03 Dec 2012 05:16

No, try one or the other, not both.

The tapshic method creates the opposite belief, namely that you have no choice.

=====

====