

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar.d. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by TalmidChaim - 11 Jun 2015 13:47

But you're here! That matters, a lot. You're starting over. You have a finite amount of mental and physical energy. That energy could either be spent on regret and self-pity, or self-work for the here and now. I would choose the latter.

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Re: Back on the Site

Posted by yiraishamaim - 11 Jun 2015 16:11

Right on TalmidChaim!

Every time you've made some progress by accumulating days you are making it easier to achieve on your next climb.

Eventually you will get into the groove and succeeding on a daily basis will be less challenging than it is now.

two nights ago I was alone in a hotel room. Without going into details I had to go on the trip and any other kind of arrangement was virtually impossible. I was worried how it would pan out.

Thankfully, I did not even open the TV.

Not that long ago I would never had believed it.

Chasdei Hashem Kee Lo Samnu!

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Re: Back on the Site

Posted by Dov - 11 Jun 2015 17:15

[strugglingguy wrote:](#)

shiksa's - I don't care = i even look away from the peurto rico lady on the street - i am not attracted by that ...

So you can't daven for the women in shul who you worship a bit...or maybe more than a bit?

Huh?

You can daven for the shiksah because you *aren't* attracted to her...um...what's that got to do with it?

I don't get the difference with davening for the pretty, frum women, because you easily look away and are not attracted by the puertoRican women. What is that relevant to? The point of what I shared about prayer for them is referring to the women you and I **are** attracted to. What does not being attracted to shiksas have anything to do with that?

Please clarify my mused brain on this one, chaver. If you want to.

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Re: Back on the Site

Posted by strugglingguy - 11 Jun 2015 17:50

not sure 100% what I meant.

I guess what I mean is that unlike shiksa's on the street whom I can look away from (and the davening for them won't even come in to play bec. I will not fantasize abt them anyway) and will never see again anyway - the girls in shul will be there week in and out and much harder to avpoid seeing.

that being said, yes I can daven for them too, of course.

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I had to re-read

Re: Back on the Site

Posted by Dov - 11 Jun 2015 18:18

Are you davening for the good of the pretty, young, frum women you worship and lust after or aren't you?

If you are, then great. It will work, if you really want to surrender your fantasy with them.

But if you have not been praying for the objects of your lust, then might that mean that you

prefer to struggle with them and not just *give them up*? It is more fun to struggle with them, as the Kotzker used to say, even if you win the wrestling match with a muddy man, you still get covered with mud. Nu. If it's assur and you know you can't go all the way with her, at least it preserves **some** sexual erotic pleasure to 'struggle' with the 'yetzer hora'. Get my drift?

This is what the SA guys mean when they talk of 'surrender', and of 'living in the solution instead of in the problem'. Things many of us just can't seem to 'understand' - not because of lack of intelligence, but because we are terrified of the prospects of *really* giving it up.

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Re: Back on the Site
Posted by aryehdavid85 - 11 Jun 2015 20:14

[Dov wrote:](#)

This is what the SA guys mean when they talk of 'surrender', and of 'living in the solution instead of in the problem'. Things many of us just can't seem to 'understand' - not because of lack of intelligence, [b]but because we are terrified of the prospects of *really* giving it up.
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Ayn Hachi Nami!!! Great post!. I can't even imagine what my life would be like without Lust.pretty boring to say the least! where would i get my excitement from... it's overwhelming to let get of "my friend" lust who I will admit is truly my mortal enemy.

but I still persist in entertaining it. Is it that insanity?????

Yes,I would love to be happy joyous and free and "to live in the solution" but am so used to living in the problem,I forgot that I have an alternative.

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Re: Back on the Site
Posted by hwhap@gmx.com - 11 Jun 2015 21:00

[strugglingguy wrote:](#)

i also struggle with being involved with a shul where i obviously see a few young women.

(I dont mean to trigger anyone here - just putting it out there for myself)

obviously it is a nisayon as u can imagine ... i guess i should try to daven for them (like Dov says) instead of treating them like objects

only thing is it's harder than dov's examples 'cuz I dont even care abt the shiksa in the street - this situation is a little diff. ...

kul tuv everyone - off to the west coast for a couple days w my wife ...

I think that's the point. Daven for them but don't worry about doing it from.the heart. Act as if you really care about their happiness and well being. It's phony at first, but pretty soon you start finding reasons for why they do deserve your tefilah.

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Re: Back on the Site

Posted by strugglingguy - 16 Aug 2015 15:23

was away for a while on a summer program. mstrbtd once, i beileve, so in that sense, it was good for me to be busy and not have opps. with my phone.

now i am back home and had a fall yesterday - looked at some stuff on my phone. wife found out and is not happy... hopefully, IYH will install quostodio with skeptical's help ... and that will help me account for what i go on ...

let me know what u guys are doing to help urselves ..

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Re: Back on the Site

Posted by serenity - 16 Aug 2015 16:11

I'm doing my best to focus on being there for and engaging with other people and especially my family. I'm also doing my best to engage in life. When I'm being selfless, seeking to benefit others, honest, trusting in my Higher Power and living positive sobriety there really is no reason for the selfish act of masturbation. It's not even in the equation. When I'm being even a little selfish, self seeking, dishonest and afraid I start to get into trouble. The knowledge or self awareness of this fact does little to nothing to help me. I have to engage in the actions of a sober man for the benefit of others on a constant basis.

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Re: Back on the Site

Posted by cordnoy - 16 Aug 2015 16:35

[strugglingguy wrote:](#)

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Welcome back

I'm working the steps.

Phone conference four times a week.

Therapist once a month.

Post and engage others.

Talk to God every so often (not as frequent as I should).

Constantly busy with fellows.

And you?

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Re: Back on the Site

Posted by aryehdovid85 - 19 Aug 2015 21:09

...Talk to God every so often (not as frequent as I should).

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Great Post Cordnoy! How inspiring!

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Re: Back on the Site

Posted by strugglingguy - 21 Aug 2015 00:46

My wife has been difficult lately to say the least. she has been bitter and aggravating towards me. she is also now in nidda. (perhaps the two are [biologically] connected).

anyway, I was home today alone - always danegrous. i texted my gye friend that i was ganna watch P, and e said it is not worth it. I listened to him for a while.. i ate lunch, listened to a shiur, etc. but then I couldn't handle it anymore and went repeatedly to read, watch and act over the course of a couple hours.

i thought of YK during the act and still went forward with it.

"am i an addict or a rasha?", I texted the same gye friend ... another guy said to hang in there, etc. . i am also talking live to a 3rd guy in a little bit.

not sure what i can do to help myself. i have ability and urge to get ard any filter when i want to.

thx for listeneing.

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Re: Back on the Site
Posted by serenity - 21 Aug 2015 01:47

You are definitely not a rasha.

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Re: Back on the Site
Posted by cordnoy - 21 Aug 2015 02:04

[strugglingguy wrote:](#)

My wife has been difficult lately to say the least. she has been bitter and aggravating towards me. she is also now in nidda. (perhaps the two are [biologically] connected).

anyway, I was home today alone - always danegrous. i texted my gye friend that i was ganna watch P, and e said it is not worth it. I listened to him for a while.. i ate lunch, listened to a shiur, etc. but then I couldn't handle it anymore and went repeatedly to read, watch and act over the course of a couple hours.

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thx for listeneing.

we read on the call today some signs or indicators of an addict:

1. tolerance - does one's desires get stale and he needs to escalate?
2. (attempted) abstinence - have we tried stoppin' many times?
3. Withdrawl - do we feel it physically or emotionally (or both) when we are not usin' our drug?

so, what d'ya think?

b'hatzlachah

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