

The Answer

Posted by jerusalemsexaddict - 25 Oct 2009 12:21

Sorry.

I just didn't know what else to name the thread, and I knew this title would get people excited.

This thread is **not** about how to not watch porn.

It is not about how to be clean.

It is not about how to deal with withdrawal.

I think the time has come for a "new" approach.

This approach will teach us how to be happy with ourselves and how to embrace and feel comfortable with life, two things that will basically insure that this whole thing will become a non-issue.

Now,are we ready to start the journey of healing?

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Re: The Answer

Posted by jerusalemsexaddict - 26 Oct 2009 10:44

Self Acceptance-Step One Continued

Self acceptance is not something that happens in a day.

It is a process.

What is self acceptance?

Self acceptance is accepting yourself fully for the way you are.This includes good and bad traits.

Self acceptance is the willingness to let yourself experience emotions,thoughts, and feelings

without denial or evasion.

We can't handle seeing the "bad" in ourselves cause we don't let ourselves see the whole picture.

So we run from the negative thoughts and feelings and are really running from ourselves.

True self acceptance means accepting who you are without repression or trying to disown yourself.

That doesn't mean that you can't change who you are.

Rather, it is **the only way** to change who you are.

For example, you feel like going on to a certain website and doing whatever.

Someone who does not accept their emotions will say "No. This neediness is fake. I don't need. I am not gonna be restless."

What that is is self-denial. It will lead to restlessness, irritability, and discontent.

We need to accept the fact that we are needy, but understand that lust won't fill that neediness.

One must accept the true reality of their situation so they don't live in a state of inner confusion.

And then they can really begin to work on themselves.

Not to not feel those feelings anymore, but to heal those feelings.

And accept that when things happen to you, it bothers you.

Many of us as kids never let things bother us cause it would too much.

Now we can admit that certain things hurt us and continue to hurt us.

SO

Today's exercise:

Look in the mirror.

This is Uri.

He is not perfect.

He has faults.

And he has many good qualities too.

I love you Uri.

In the begining it will be really weird.

But as you do it more often and stop running away from yourself, and see your whole picture, it will get easier, iy'h.

Have a great day!

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Re: The Answer

Posted by the.guard - 26 Oct 2009 11:01

I took one look in the mirror and fled.

Please Dr. Uri Flakestein, PHD - you **must** help me!

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Re: The Answer

Posted by 7yipol - 26 Oct 2009 11:05

-uri

[guardureyes wrote on 26 Oct 2009 11:01:](#)

I took one look in the mirror and fled.

Please Dr. Uri Flakestein, PHD - you **must** help me!

I knew I heard shattering glass!

I thought it was a broken picture when a neighbor tried swatting a fly...

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Re: The Answer

Posted by habib613 - 26 Oct 2009 12:24

[Uri wrote on 26 Oct 2009 10:44:](#)

Self Acceptance-Step One Continued

SO

Today's exercise:

Look in the mirror.

This is Uri.

He is not perfect.

He has faults.

And he has many good qualities too.

I love you Uri.

and he accuses me of being a flake

this is BY FAR the flakiest statement on this forum

and i, for one, cannot do it.

RAGE! COME BACK HERE!!!! I'M NOT A FLAKE! IDENTITY CRISIS!!!!

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Re: The Answer

Posted by kutan - 26 Oct 2009 14:53

[Uri wrote on 25 Oct 2009 22:48:](#)

humility is impossible without self-acceptance first

and r u trying to hint at something,kutan?

Funny. I was thinking that self acceptance is not possible without humility first.

In order to be willing to accept what we really are, we've gotta get off that high horse / pedastal / rocker that we thought we were all along.

Uri, kutan never hints. He is not smart or shrewd. He is a simple ish tam.

On the forum, and also in real life.

anyway, maybe its just another chicken and egg scenario. maybe they go hand in hand.

kutan

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Re: The Answer

Posted by letakain - 26 Oct 2009 15:16

[Uri wrote on 26 Oct 2009 10:44:](#)

SO

Today's exercise:

Look in the mirror.

This is Uri.

He is not perfect.

He has faults.

And he has many good qualities too.

I love you Uri.

ouch. very hard. actually started crying when said "she's not perfect. she has faults"

had to force myself not to stop and still say the rest

cuz that's the most important part.

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Re: The Answer

Posted by TrYiNg - 26 Oct 2009 18:14

Look in the mirror.

This is Uri.

I looked into the mirror and saw TrYiNg instead :o :o :o

not kedusha. guard.

sorry :-[

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Re: The Answer

Posted by 7yipol - 26 Oct 2009 18:15

[TrYiNg wrote on 26 Oct 2009 18:14:](#)

Look in the mirror.

This is Uri.

I looked into the mirror and saw TrYiNg instead :o :o :o

LOL

I was sooooo waiting for one of you to say it! :D

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Re: The Answer
Posted by Me3 - 26 Oct 2009 18:18

[TrYiNg wrote on 26 Oct 2009 18:14:](#)

Look in the mirror.

This is Uri.

I looked into the mirror and saw TrYiNg instead :o :o :o

I resisted from saying it all day because as of yet it has been a serious thread. (How's that for

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Re: The Answer
Posted by habib613 - 26 Oct 2009 19:09

:D ;D :D ;D :D ;D [TrYiNg wrote on 26 Oct 2009 18:14:](#)

an when I took a second look, it was kedusha :o :o

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Re: The Answer
Posted by 7yipol - 26 Oct 2009 19:14

[TrYiNg wrote on 26 Oct 2009 18:14:](#)

Look in the mirror.

This is Uri.

I looked into the mirror and saw TrYiNg instead :o :o :o

OMG, i think this is for sure one of the funniest posts on the forum.

Are you tRyInG to make my sides hurt from laughter? ;D

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Re: The Answer
Posted by Efshar Letaken - 26 Oct 2009 19:18

Trying,

I thought you worked for a Joke Factory & that's were you pick up all those ultra funny stuff on the chill thread.

But I guess you got a good sense of humor yourself.

that was soooooooo funny, noch a mazel, no one was in my office or they would think i lost it.

Just wait until kedusha comes around. boy are you in trouble!

Ich Bin Dir Nisht Mekaneh!

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Re: The Answer

Posted by kutan - 26 Oct 2009 19:20

Poor Uri,

started one of the most serious topics on the forum, and it gets hijacked with a couple of well, very good jokes.

an opportunity to accept things, I guess??

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Re: The Answer

Posted by TrYiNg - 27 Oct 2009 07:19

On *third* glance, it turned into guard ...

Sorry u had to edit, I was jK

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