

a new start

Posted by mggsbms - 24 Jun 2015 14:48

After being here for many years and succeeding sometimes more then others, I have left GYE.
im trying to start this thing again with renewed motivation hopefully with good results.

=====
=====

Re: a new start

Posted by cordnoy - 15 May 2016 14:59

[mggsbms wrote on 15 May 2016 14:41:](#)

Day five

The challenge is to keep the eye on the ball once the lusting subsides. The sharp contrast
between living life and the descent into fantasy land. Any ideas ?

Another point. As much as ODAAT is recommended, I still try to focus on the benefits one could
reap from extended sobriety. Fantasizing about a sober shevuas, summer and yamim noroim
fills me with emotion and motivation. Getting there has to come through making life livable one
day at a time.

Sorry that this will not be a cuddly post. I'm not sure, in your case, that there is any difference
between fantasizing about a clean shavuos, or a sexcapade next weekend. Your job, my job,
our God-given mission is to do His will today, nothing more, nothing less. If your focus is on the
summer, then act out today and worry about the summer tomorrow.

B'hatzlachah

=====
=====

Re: a new start

Posted by realsimcha - 15 May 2016 15:01

[mggsbms wrote on 15 May 2016 14:41:](#)

Day five

The challenge is to keep the eye on the ball once the lusting subsides. The sharp contrast between living life and the descent into fantasy land. Any ideas ?

Another point. As much as ODAAT is recommended, I still try to focus on the benefits one could reap from extended sobriety. Fantasizing about a sober shevuas, summer and yamim noroim fills me with emotion and motivation. Getting there has to come through making life livable one day at a time.

It is definitely very motivating to think about long term sobriety. There is something you should be aware of: Sometimes when we fantasize about being sober on shavous, let's say, we start thinking of it was done. And its not done till its done. So while its great to think about a sober shavous. Thinking about it is not it. And there is alot of work and prayer to do -- day by day -- to hopefully with Hashem's help, get there

=====

Re: a new start

Posted by realsimcha - 15 May 2016 15:09

[cordnoy wrote on 15 May 2016 14:59:](#)

[mggsbms wrote on 15 May 2016 14:41:](#)

Day five

The challenge is to keep the eye on the ball once the lusting subsides. The sharp contrast between living life and the descent into fantasy land. Any ideas ?

Another point. As much as ODAAT is recommended, I still try to focus on the benefits one could reap from extended sobriety. Fantasizing about a sober shevuas, summer and yamim noroim fills me with emotion and motivation. Getting there has to come through making life livable one day at a time.

Sorry that this will not be a cuddly post. I'm not sure, in your case, that there is any difference between fantasizing about a clean shavuos, or a sexcapade next weekend. Your job, my job, our God-given mission is to do His will today, nothing more, nothing less. If your focus is on the summer, then act out today and worry about the summer tomorrow.

B'hatzlachah

Cords, I think we were posting at the same second. My post is not a ha'arah on yours, just my thoughts when I saw mg's post.

=====

Re: a new start

Posted by mggsbms - 15 May 2016 15:25

[mggsbms wrote on 15 May 2016 14:41:](#)

Day five

The challenge is to keep the eye on the ball once the lusting subsides. The sharp contrast between living life and the descent into fantasy land. Any ideas ?

Another point. As much as ODAAT is recommended, I still try to focus on the benefits one could reap from extended sobriety. Fantasizing about a sober shevuas, summer and yamim noroim fills me with emotion and motivation. Getting there has to come through making life livable one day at a time.

I'm not sure if I grasp your point. So I'll try again. The focus is definitely to do God's will today. And living today in sobriety. However what will be the motivation, just for the reason to do God's will has not helped me in the past and hasn't helped many people i know. So focusing on the clarity of mind I've had in the past, and the turbulent mind I've had of late, gives me done motivation to the work for today.

In other words an addict has to hit a bottom, by sharpening the lens I hope to reach a bottom.

I've grown plenty from some of your not so cuddly posts ...

=====

Re: a new start

Posted by cordnoy - 15 May 2016 15:29

guardyoureyes.com/forum/1-Break-Free/210029-Tryin?limit=15&start=960#287850

=====

Re: a new start

Posted by mggsbms - 16 May 2016 17:38

[realsimcha wrote on 15 May 2016 15:01:](#)

[mggsbms wrote on 15 May 2016 14:41:](#)

Day five

The challenge is to keep the eye on the ball once the lusting subsides. The sharp contrast between living life and the descent into fantasy land. Any ideas ?

Another point. As much as ODAAT is recommended, I still try to focus on the benefits one could reap from extended sobriety. Fantasizing about a sober shevuas, summer and yamim noroim fills me with emotion and motivation. Getting there has to come through making life livable one day at a time.

It is definitely very motivating to think about long term sobriety. There is something you should be aware of: Sometimes when we fantasize about being sober on shavous, let's say, we start thinking of it was done. And its not done till its done. So while its great to think about a sober shavous. Thinking about it is not it. And there is alot of work and prayer to do -- day by day -- to hopefully with Hashem's help, get there

Seems like you were mechavein to a bigwig psychologist "Inducing positive fantasies may indeed produce depressive symptoms by encouraging people to enjoy their success prematurely in their minds, thus lowering energy and effort," Oettingen and her colleagues explained.

=====
=====

Re: a new start

Posted by realsimcha - 16 May 2016 18:23

[mggsbms wrote on 16 May 2016 17:38:](#)

[realsimcha wrote on 15 May 2016 15:01:](#)

[mggsbms wrote on 15 May 2016 14:41:](#)

Day five

The challenge is to keep the eye on the ball once the lusting subsides. The sharp contrast between living life and the descent into fantasy land. Any ideas ?

Another point. As much as ODAAT is recommended, I still try to focus on the benefits one could reap from extended sobriety. Fantasizing about a sober shevuas, summer and yamim noroim fills me with emotion and motivation. Getting there has to come through making life livable one day at a time.

It is definitely very motivating to think about long term sobriety. There is something you should be aware of: Sometimes when we fantasize about being sober on shavous, let's say, we start thinking of it was done. And its not done till its done. So while its great to think about a sober shavous. Thinking about it is not it. And there is alot of work and prayer to do -- day by day -- to hopefully with Hashem's help, get there

Seems like you were mechavein to a bigwig psychologist "Inducing positive fantasies may indeed produce depressive symptoms by encouraging people to enjoy their success prematurely in their minds, thus lowering energy and effort," Oettingen and her colleagues explained.

cool.

=====
=====

Re: a new start

Posted by mggsbms - 17 May 2016 23:39

Day 7

In the spirit of the chevrah I'll post some of my gratitude for today.

1. Woke up on time
2. Davened in my favorite minyen
3. Bumped into three people that i needed to, with positive results.
4. Drove wife to work, and had pleasant conversation.
5. Was able to progress in my work in the morning hours (instead of lusting).

6. Called my rosh yeshivah something I was pushing off for a while.
7. Was able to connect to and help mom.
8. Listened to cords
9. Had a good lunch, (semi healthy).
10. Davened Mincha where I was supposed to. (Job commitment).

This is only the first part of my day. The gratitude kept on compounding from there on.

Thank you Hashem

=====

Re: a new start

Posted by cordnoy - 17 May 2016 23:48

I gotta find my "G" thread.

=====

Re: a new start

Posted by cordnoy - 18 May 2016 11:59

<https://guardyoureyes.com/forum/1-Break-Free/275789-Gs?limit=15&start=30#288151>

=====

Re: a new start

Posted by markz - 18 May 2016 12:02

[cordnoy wrote on 17 May 2016 23:48:](#)

Cord - why not put it in your signature

Its only one more word

=====

====

Re: a new start

Posted by cordnoy - 18 May 2016 16:15

[markz wrote on 18 May 2016 12:02:](#)

[cordnoy wrote on 17 May 2016 23:48:](#)

Cord - why not put it in your signature

Its only one more word

Takes me time.

=====

====

Re: a new start

Posted by cordnoy - 18 May 2016 16:54

[markz wrote on 18 May 2016 12:02:](#)

[cordnoy wrote on 17 May 2016 23:48:](#)

Cord - why not put it in your signature

Its only one more word

Takes me time.

=====

Re: a new start

Posted by mggsbms - 20 May 2016 04:38

Day 10

I cannot enumerate the many ways these days of sobriety have been more productive then the preceding days of lusting. Almost any given moment of the day has a pronounced difference in sobriety. The more I become aware of this the more I realize how my life has profoundly changed since I started lusting. The lack of a present mind and the dearth of any emotion to spirituality, the loss of focus even the degrading of mental capacity. Not to mention the neglected responsibility and money lost due that. A general sense of bewilderment not knowing what I'm living for. My children growing up around me and not being present to enjoy it and help them out. Yes my children are growing up nicely BH but that's in spite of my lusting. So much lost opportunity, yet my mind is still trying to convince me that my life is manageable.

I know I'm not breaking new ground here, but for me in my own world it is an earth quake and that's all that counts. It is not the depth of the knowledge of what's happening it's how deep it penetrates, and writing this helps the process.

=====

