

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

Guys I need some ideas how to overcome my yetzer for tonite. As I have posted before I normally fall asleep via J/O. And if I wake up in middle of the nite I'll do it again. Any ideas how not to? So far for starteres read something clean before sleeping.

I will be on only for another hour or two. I do not want log in to the internet once I get home from shul even if its just for GYE. Its just too dangerous. Thus the urgency

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Re: Solutions for Tonight

Posted by waydown - 01 Dec 2015 23:00

Re avraham avinu look guys this is a back & forth amoungst gedolim and probably all true. I hearda shmuz from R shloma Wolbe ZT"L a couple of years ago where he said every perosn has one meddia that they are good in. (maybe its chessed or gevura or hasmada etc..) If one takes the mida that he is already good in and excels in it then that midda will hlep him be an adam shalom in everything else in life. Its kind fo an opposite approach to what some of you are saying re Avraham avinu. According to R wolbe one just has to perfect what he is good in already.

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Re: Solutions for Tonight

Posted by waydown - 01 Dec 2015 23:07

Hashivalisesonyishecho,

"So as cordnoy wrote: "Look in white book page 64 & 65.....we stop first, then we can bring God in and begin to work on recovery." And I think that stopping means having it out of mind totally."

Well really first Cords. Yes so true. If only it was easy to "stop first". This is especially exasburated by the feeling that today my life is perfectly managable.

Now re stopping means totally out of our minds. Really? Is that a prerequisite for joining any recovery program? And so before I am even sober I am expected not to even think about lust when passing an attractive female? Again this is before I am in recovery. And thats not the same as what I think cords is suggesting. I think Cords is saying you gotto white knuckle it till recovery.

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Re: Solutions for Tonight
Posted by stillgoing - 02 Dec 2015 00:30

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Re: Solutions for Tonight
Posted by Shlomo24 - 02 Dec 2015 01:47

[waydown wrote:](#)

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the sa requirement for membership is "a **DESIRE(!!!!!!!!!!!!!!!)** to stop lusting. that is it.

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Re: Solutions for Tonight

Posted by cordnoy - 02 Dec 2015 02:33

[The great eye](#)

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Re: Solutions for Tonight

Posted by cordnoy - 02 Dec 2015 02:38

What 'Cortes' meant:

Recovery from sex addiction means there is no turning back. The conquistador Cortes provided a model for sex addicts wanting to recovery....that is to burn the boats on the shore and ensure no way back. This makes the expedition or journey succeed or go down trying. They had no other option but to fight to the death. The same is true for beginning recovery from sex addiction. There can be no remaining "stash." There must be a full "burning" of all prior addiction materials, including all magazines, DVDs, affair partner's email or phone numbers, hidden cell phones, or unrestricted access to the internet that could end up in a relapse.

As the Sexaholic Anonymous books states, "We stop practicing our compulsion in all its forms...We get rid of all the materials and other triggers under our control" (p. 64) You must fully turn away from your past habitual behaviors and "burn" all porn magazines, porn DVDs, letters from affair partners, or phone numbers of past partners from your cell phone. Burning the boats may also mean canceling cable television, internet access, magazine subscriptions or any other material that could be a threat to your sobriety.

"Destroying", deleting, or throwing away all the old acting out materials can be scary because that is how you coped with life. The key to recovery is not to stop the addictive behavior (you probably did that thousands of times) but the key is to keep you from ever starting again. You have rationalized, minimized, and justified your addictive behaviors for so long that it is best to eliminate even the materials that seem tame (i.e., fashion magazines, certain R-rated movies that have sexually explicit scenes, websites with models, etc.) You may even ask your spouse/partner for advice about what may be a trigger for you.

This task is a great way to begin your recovery and demonstrate that you are serious about changing the way you live. This action may cause withdrawal symptoms but you will discover

that you won't die without the fix. Instead, you will feel better and develop confidence that there is hope. Don't forget to also cleanse your place of work, your car, or wherever you may have access to your old tools of addiction.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 02 Dec 2015 03:34

[Shlomo24 wrote:](#)

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Warning: Spoiler!

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 02 Dec 2015 03:42

[cordnoy wrote:](#)

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Too of a long post for the likelihood that it's what cords meant, but it's a good pschat anyway, so even if cords didn't mean it I will accept it from whoever says it.

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Re: Solutions for Tonight

Posted by cordnoy - 02 Dec 2015 03:59

[Hashivalisesonyishecho wrote:](#)

[cordnoy wrote:](#)

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[Cortes, Corts, Cords...what da hell is the difference?](#)

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Re: Solutions for Tonight

Posted by waydown - 02 Dec 2015 17:33

Cortes, Cords, Cordnoy etc.,

Great I have done that. I have rid myself of any "triggers". But I am still addicted to my nightly fix.

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Re: Solutions for Tonight

Posted by Shlomo24 - 03 Dec 2015 00:29

and you think the addiction will change?

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Re: Solutions for Tonight

Posted by Shlomo24 - 03 Dec 2015 00:30

[Hashivalisesonyishecho wrote:](#)

[Shlomo24 wrote:](#)

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Warning: Spoiler!

I am not sure what you mean.

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Re: Solutions for Tonight

Posted by markz - 03 Dec 2015 03:26

laundWaydown I want to apologize to you if I came across a little harsh, as though I was saying your ???? ????? aren't worth ?????. I wasn't trying to say that AT ALL

I was saying that we all have our little struggle, and I will confess - one of my little struggles is to say things nicely - I'm not very good at that - my wife knows all about it too...

[Waydown wrote:](#)

Here is my struggle. I have been masterbating (zera lvatla) since like 16. I am so addicted that I just can't fall asleep without it. And its often more than once a day too. It's part and parcel of my life...

I don't see a way out of the masterbation thing. I can work on suppressing it for a day or two. (Usually I hold back on rosh hashana) But it comes back. It's pretty much analogous to the urge to go to the bathroom. My hormones just push this strong urge that I must relieve myself from. Telling me to hold in is basically like saying OK don't use the bathroom today

My friend - You laughed at the joke i posted (it's again in tonight's humor section) - the point was that an urge to go to the bathroom can be controlled - when - where - how - why - with what...

In the non Jewish world masturbating is recommended by some, and not condoned by most.

Yiddishkeit disdains Masturbating, so it creates confusion in my heart when [Waydown wrote](#):

"If its the fact that our rules are stricter aren't our rules stricter because the torah teaches us whats more moral. Thus breaking those strict moral rules makes our life more unmanagble"

"I think yiddishkit is a strong drive for me. Its part of what tells my heart whats right or wrong even if its farshtupt..."

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 03 Dec 2015 04:36

[Shlomo24 wrote](#):

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