

Just help me get by tonight!

Posted by Chiam - 11 Oct 2015 02:34

Hi.. no time for introductions...

I got a text from a woman I got to know, and even though I deleted it, it still triggered something within me... Also, I have a knack for getting by restrictions and I stumbled upon a new way for doing so.

I'm very frazzled right now and I don't want to do anything

Please help!!!

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Re: Just help me get by tonight!

Posted by Chiam - 13 Oct 2015 00:48

[markz wrote:](#)

[Chiam wrote:](#)

k thanks Guard, I'll get to that eventually.

Ok. What you gonna be doing in the meanwhile?

[Chiam wrote:](#)

I have been working on tools like reminding myself that... excitement does not bring happiness so it's a fraud. Also, that I need to strengthen my identity and THIS IS NOT ME, THIS IS NOT WHO I AM.. I have to repeat it a million times. Those scenes that I fantasize of her and me.. that "me" IS NOT ME. It's absurd and not real. Those imaginings are fake and she is fake. She only wants my money...

... I'm new to the program

I'm also quite new. Just got this shiny truck and Im still waiting for the license and keys to arrive in the mail

Chiam,

These things you wrote - did you see them in the handbook? I don't think so - correct me if I'm wrong.

1- what you wrote "excitement does not bring happiness" does not work for me to restrict my lust at all

2- but more importantly "THIS IS NOT ME, THIS IS NOT WHO I AM" Regarding the fantasizationalityismgy you're right. But regarding the condition I'm born with to lust - It is me. And when I remind myself that it's me = being honest of my condition, which I surrender to Gd, that's what saves me

You might be new but I definitely am newer... I'm going to continue with my reading of the handbook and get back to you. I also assume different things work for different people.

Wish me luck on my reading and understanding

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Re: Just help me get by tonight!
Posted by Chiam - 13 Oct 2015 00:50

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Re: Just help me get by tonight!
Posted by `Chaim - 26 Nov 2015 04:13

In order to restrict my iPhone, I gave the passcode to my therapist. But I recently stopped going to him and yesterday he asked me to get someone else to replace him and he'll send me the passcode when I ask him to. I've been on edge the whole day yesterday and the reason only posting this now is because I was having trouble signing in until now. Was very frustrated and vulnerable. B"H I haven't done anything crazy yet but this is not good... I have that nagging voice that comes when I'm not restricted from what ever I can look at

Not sure what to do but post! AH!!!

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