

Re: Caim's story - I feel great on gye  
Posted by Caim - 30 Nov 2015 12:39

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Hi, I am new to this site, and I just started out on my 90 day journey. It's been a four days already that I'm clean already B"H. However, I'm starting to feel like it's getting hard for me like I miss the excitement and the feeling. Can anyone give me ideas what to do about it. I would greatly appreciate it.

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Re: Caim's story - I feel great on gye  
Posted by gibbor120 - 06 Jan 2016 20:43

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[BenTorah.BaalHabayis wrote:](#)

[heiligeryid wrote:](#)

It's interesting that both of the causes ben torah wrote are mentioned clearly in chazal:

Boredom: ????? ?????? ????? ?????? . and according to one pshat it means ?????.

Triggers during the day: ?? ?????? ??? ??????? ????? ??? ??? ?????? ??? ??????.

Indeed. I don't think I was mechadeish anything. Chaza"I understood the patters of human behaviors very well.

Another cause I notice triggers me to act out is when my wife & I are feeling tense with eachother. This makes me 1) feel more lonely which can make me want to act out, and 2) in a certain sense I will feel sometimes like I want to act out to spite her. I think I need to work harder on my Sholom Bayis!

Yes, being upset with wife, or wife upset with me is a big trigger. Yes, we need to work on SB, but also how to deal with the tension when it occurs - because it will occur. Oh, and stay off

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Re: Caim's story - I feel great on gye  
Posted by Caim - 06 Jan 2016 22:16

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Today B"H was very good I was able to push away a temptation with the thought that I was okay before I had the temptation and would be okay without feeding in to the temptation, and I said a little prayer for Hashem to help me pass this urge the best way.

I also work in a place where there are other female workers. I always feel uncomfortable next to them, since whenever I talk to them impure thoughts about them pop in to my head. It bothers me why whenever I talk to women do I need to think about these thoughts. It is as if my brain is wired to think this way. If anyone has any idea for me please post them.

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Re: Caim's story - I feel great on gye  
Posted by BenTorah.BaalHabayis - 07 Jan 2016 06:14

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Oh, and stay off Yahoo

I didn't get the reference. Care to enlighten me?

Since you mentioned Yahoo it's reminding me of a time when Yahoo was my browser home page and I was therefore unintentionally coming across a lot of "mild shmutz" (if there's such a thing). Then one day I heard a shmuz about increasing kedusha in my home and "v'lo yireh b'cho ervas dovor etc" and I resolved to change my homepage. That was a good move, but that was before I was really sunk in the heavy duty shmutz. But I still think it's a good thing Yahoo is no longer my home page!

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Re: Caim's story - I feel great on gye  
Posted by markz - 07 Jan 2016 12:53

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