

What If Posting is Pleasurable?

Posted by Birshusi - 21 Apr 2016 20:34

It feels great to be open about my experiences and to get support from others, but in my more detailed, honest posts where I've been blunt about my nisyonos, I realized that I got turned on from typing and reading them. What do I do?

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Re: What If Posting is Pleasurable?

Posted by markz - 21 Apr 2016 20:48

I totally sympathise

Can you believe that while you were in Yeshiva, a guy kept posting that he's cutting gye out of his life cos it's too triggering, he may be back soon to ask what to do about his internet addiction...

If we find everything triggering, the problem may be that our Gun is over-loaded

check [this](#) too

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Re: What If Posting is Pleasurable?

Posted by Birshusi - 21 Apr 2016 21:33

[markz wrote on 21 Apr 2016 20:48:](#)

I totally sympathise

Can you believe that while you were in Yeshiva, a guy kept posting that he's cutting gye out of

his life cos it's too triggering, he may be back soon to ask what to do about his internet addiction...

If we find everything triggering, the problem may be that our Gun is over-loaded

check [this](#) too

Good to hear that it's normal.

Do you mean that I've been holding so much in for so long, so now it's a turn-on to get it out, but as I get used to it, it'll get better? Or that it's part of my problem, and I gotta learn to fix it just like gazing and stuff?

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Re: What If Posting is Pleasurable?

Posted by markz - 21 Apr 2016 21:38

When you are in your sobriety truck, triggers aren't triggers

Check cordnoys dirty jokes for example

When one is considering what color truck to choose (blue of course), what road to take, what time to purchase it etc. etc. , everything is a trigger

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Re: What If Posting is Pleasurable?

Posted by Birshusi - 21 Apr 2016 21:42

[markz wrote on 21 Apr 2016 21:38:](#)

When you are in your sobriety truck, triggers aren't triggers

Check cordnoys dirty jokes for example

When one is considering what color truck to choose (blue of course), what road to take, what time to purchase it etc. etc. , everything is a trigger

So it's okay for now, or should I try to avoid those types of posts for the time being?

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Re: What If Posting is Pleasurable?
Posted by markz - 21 Apr 2016 21:43

I don't know what to tell you

I had the same problem when I started. But not everything that you call triggering is for me

Can you give me an example?

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Re: What If Posting is Pleasurable?
Posted by Birshusi - 21 Apr 2016 21:49

[markz wrote on 21 Apr 2016 21:43:](#)

I don't know what to tell you

I had the same problem when I started. But not everything that you call triggering is for me

Can you give me an example?

"You can bet that the driver is wearing makeup and a shaitel" in my first post.

Just describing the difficulty of not looking at "an attractive woman" makes my stomach tingle.

"Pretty face", "tight clothing", etc.

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Re: What If Posting is Pleasurable?

Posted by markz - 21 Apr 2016 22:09

The first half wouldn't be triggerin for me to write, but the 2nd half yes. So I would skip writing it.
What's the purpose?

If at a certain point in your recovery you'll have to express more, you'll do then

There's a post I want to share with you which is totally on this topic, but you may say it's too triggering

What do you think - should I tell you?

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Re: What If Posting is Pleasurable?

Posted by markz - 21 Apr 2016 22:22

The post I mentioned?

I think the benefit of reading it outweighs the loss

Click [here](#) at your own risk

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Re: What If Posting is Pleasurable?
Posted by Birshusi - 21 Apr 2016 22:36

[markz wrote on 21 Apr 2016 22:22:](#)

The post I mentioned?

I think the benefit of reading it outweighs the loss

Click [here](#) at your own risk

It was mostly fine. I'll add to that list: Maseches Kesubos. It was fascinating to sit in the bm in mesivta and listen to all these teenagers discuss the sugya of Pesach Pasuach, as if they were talking baseball.

I get what your saying, but I think I'm in recovery mode and still...

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Re: What If Posting is Pleasurable?
Posted by markz - 21 Apr 2016 23:31

What are you doing currently?

im only looking out for your success

Are you in 'recovery wanna be' or in 'recovery' mode

Postscript: but this is not a fair question

A more accurate question is;

Do you feel like you're holding your breath (waiting for a truck), or is your 18 wheeler boom box rocking?

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Re: What If Posting is Pleasurable?

Posted by Birshusi - 25 Apr 2016 03:46

[markz wrote on 21 Apr 2016 23:31:](#)

What are you doing currently?

im only looking out for your success

Are you in 'recovery wanna be' or in 'recovery' mode

Postscript: but this is not a fair question

A more accurate question is;

Do you feel like you're holding your breath (waiting for a truck), or is your 18 wheeler boom box rocking?

I'm in recovery mode, no doubt. All I'm doing is posting on the forums, so far is working in that I

feel the support of the oilam here, and I'm more conscious of my problem. I'm still trying to figure out what other steps I need to take.

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Re: What If Posting is Pleasurable?

Posted by growup - 13 Aug 2018 21:20

And to be honest, I have no idea what you mean by the "more accurate question."

[markz wrote on 21 Apr 2016 22:09:](#)

The first half wouldn't be triggerin for me to write, but the 2nd half yes. So I would skip writing it. What's the purpose?

what if its triggerin for others? should i be thinking twice before i glorify a sizzelin hot dark brown smokin' piece of club steak to a public forum of where the range of people on here, are from just browsing to addicts to unfortunately some people who looking for triggerin materiel?

What did you mean by "the benifit of reading will outweigh the loss?"

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Re: What If Posting is Pleasurable?

Posted by Markz - 14 Aug 2018 04:29

[growup wrote on 13 Aug 2018 21:20:](#)

[markz wrote on 21 Apr 2016 22:09:](#)

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what if its triggerin for others? should i be thinking twice before i glorify a sizzelin hot dark brown smokin' piece of club steak to a public forum of where the range of people on here, are from just browsing to addicts to unfortunately some people who looking for triggerin materiel?

What did you mean by "the benifit of reading will outweigh the loss?"

No one that is interested in recovery who shares their struggles with others intend to glorify anything, do they?

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Re: What If Posting is Pleasurable?
Posted by mzl - 14 Aug 2018 10:10

[Birshusi wrote on 21 Apr 2016 20:34:](#)

It feels great to be open about my experiences and to get support from others, but in my more detailed, honest posts where I've been blunt about my nisyonos, I realized that I got turned on from typing and reading them. What do I do?

I would say only write what's necessary for you to stay clean. Then if you wrote it and you got turned on treat it like an accidental turn on.

Usually you don't need to be graphic.

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