

Lonely and restless

Posted by farblunjet - 16 May 2019 04:31

Agitated. Irritated.

What do i do?

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Re: Lonely and restless

Posted by Markz - 16 May 2019 04:38

[farblunjet wrote on 16 May 2019 04:31:](#)

Agitated. Irritated.

What do i do?

Act out. Of course!

Therez no other optionz are there?

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Re: Lonely and restless

Posted by farblunjet - 16 May 2019 04:58

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Re: Lonely and restless

Posted by farblunjet - 16 May 2019 05:03

I find it hard to tell myself I'll never act out again. It feels impossible. Aiming for 10 days or two weeks seems like a workable goal. Is that an acceptable strategy? But it's not 'legal'.

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Re: Lonely and restless

Posted by Markz - 16 May 2019 11:23

[farblunjet wrote on 16 May 2019 05:03:](#)

I'm itching to, yes

I find it hard to tell myself I'll never act out again. It feels impossible. Aiming for 10 days or two weeks seems like a workable goal. Is that an acceptable strategy? But it's not 'legal'.

Firstly - do you always talk to yourself? If you do, maybe a therapist can help...

Your suggestion is what did for years b4 gye.

Aiming is not a strategy of any sort...

So why not keep acting out?

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Re: Lonely and restless

Posted by eliezergrow - 16 May 2019 12:26

My friend. The reason why it feels impossible is because it is impossible. My failure begins when I tell myself that I will never do it again. As if I am in control of the rest my life. What steps are you taking today to keep yourself from acting out today? All you have to do is get through today and than tomorrow is another day. Why worry about tomorrow when you have today? Can you keep clean today? Can you surrender your lust today? (To the other poster, who wrote to go see a therapist because you talk to yourself, I disagree, it is ok for healthy people to have conversations with themselves and with God.)

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Re: Lonely and restless

Posted by farblunjet - 17 May 2019 04:17

@Markz

what makes you think i talk to myself? And if i do, who said that's a bad thing? See here:

www.nbcnews.com/better/health/talking-yourself-normal-here-s-how-master-it-ncna918091

@eliezergrow

Thanks for the response. To answer your

question: yes today I did control my lust BH. Yesterday as well. Tomorrow hopefully as well. But my animal soul doesn't take no for an answer for very long. He gets very impatient and after a

while doesn't let me be. He needs to be pacified. But how?

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Re: Lonely and restless

Posted by ColinColin - 17 May 2019 14:53

Take things day by day, hour by hour if needed be.

A sports team does not think "How will we win every game this season", they think "How do we win the next game?"

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Re: Lonely and restless

Posted by farblunjet - 19 May 2019 03:49

I guess my issue is that I need a goal, something to look forward to... something to replace this void. BH I have been able to hold it at bay a few more days at a time than I used to, but I'm so involved with avoiding it, I don't have something good to replace it with, and then after 10 days or so I just give in. Even though the truth is I don't enjoy doing it as I used to.

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