

My summer forum

Posted by eyes - 12 Jul 2021 15:10

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Hi I would like to document my summer struggles here. I will update hopefully daily or at least as much as I can.

Thanks

Eyes

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Re: My summer forum

Posted by Emes-a-Yid - 01 May 2023 00:31

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Thank you for sharing your struggles.

Your honesty with yourself is palpable in your posts.

You are clearly someone who is committed to staying clean, you have a plan, and you're doing it.

This is never going to be easy. It is THE challenge of our generation.

Willpower is a muscle. The more we exercise it, the stronger it gets.

In our case, we direct our willpower to AVOIDING and DEFLECTING as much as possible.

When I accidentally see something potentially provocative, I ask Hashem to not let the image take a place in my mind. "Please take this away, Tateh, I don't want it."

The more we starve the animal, the weaker it gets.

Wishing you continued syata dshmaya in this daily avodah.

AlexI love this line

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Re: My summer forum  
Posted by eyes - 01 May 2023 04:39

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Thanks everyone

I decided not to count for the meantime.

every day is special, especially when I can smile at my wife and give her a real loving smile, not with any images in mind. To all those married, dating or whatever stage you are in the smile is so much greater when there is nobody in your mind besides for your wife

BH since that post I have been careful.

Trying every day

being in touch with GYE members both locally and internationally. You are all very supportive. Even those who I chat with and you know who you are thanks

Days dont define you Rabbainu Eerie said every minute that goes by you are building huge buildings of kedusha in shomayim. So Im trying to build these days and not the opposite.

Check on me thats fine

Thanks to all of you

Bloshon hamedina Gid day

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Re: My summer forum  
Posted by Misgaber96 - 01 May 2023 05:47

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Nice to hear you share, I just want to share that today has been uneventful and that I really shouldn't be on gye atm so... adiyos.

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Re: My summer forum  
Posted by eyes - 24 May 2023 05:16

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Hi does anyone know where to find information of how to speak to a mature child about their sexual body parts and how to behave and how to be careful?

Thanks

EYES

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Re: My summer forum  
Posted by Hashem Help Me - 24 May 2023 11:04

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The new book "From Boys To Men", authored by R' Shlomo Zimmerman - a prominent psychologist in Flatbush - with the haskama of rabbonim.

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Re: My summer forum  
Posted by eyes - 27 Jul 2023 11:53

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Hi Everyone

I hope everyone is doing well.

Thank G-D things have been going well.

However recently I had a bit of a trigger, which led to almost a close fall.

I am not going to discuss the near fall, as I dont like when other people do it and besides why focus on the bad when I could focus on the good.

1) is that I learned to freak out. In the past i got an anxiety attack from the anxiety I was feeling which led me to to fall. 2X anxiety

2) afte these things happen I tend to be very worried for my wife to find out. As if she does she would literally kill me. So I am very scared.

3) after the fact, I am trying to see what was the trigger. I am trying to learn what got me there in the forst place and in the future to realize before things spiral out of control.

4) several days later, I feel like I need to go through a "detox." it was a hard day and I just need the time to go over it by myself, instead of posting here or running to my sponsor.

I need to think it over, and I need to be able to put things in order.

Yes, over the last few days my wife sent me the following whatsapp by accident "you are dating tomorrow" meaning fasting. But it clicked within me. You are dating someone else if I am looking at photos of other people etc.

there is a lot to think about.

Yes, I need to get back to where I was before. But not to the same place; yet better.

I am not sure if any of this made any sense.

In any case, we already broke our fast here down under.

But all you rest have a good and easy fast.

during a fast it is easy to slip. please be careful.

BTW, although I dont post often, I still follow all you guys out there.

EYES

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Re: My summer forum  
Posted by eyes - 27 Jul 2023 23:21

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Update:

Its still hard as the detox takes time.

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Re: My summer forum  
Posted by excellence - 04 Aug 2023 00:06

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I think ur amazing! How are things now?

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Re: My summer forum  
Posted by eyes - 06 Aug 2023 01:35

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Hi

BH I am doing a lot better.

BH last week was an amazing week.

Bezh I hope and pray for another week.

I know my posts are not really exciting but they help me stay on track.

anyone out there if you post like me, dont be deterred if you dont get any likes or comments.

It helps a lot

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Re: My summer forum

Posted by eyes - 10 Aug 2023 00:24

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Hi all,

BH things are going well.

In a recent discussion with HHM, he told me that I need to have a partner to be in touch with on a daily basis.

So I am looking for someone my age between 32-37.

Also, having a good streak and if you have or are attending SA is a bonus.

Please PM me if you are interested.

Thanks

EYES

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Re: My summer forum

Posted by bright - 10 Aug 2023 02:26

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[eyes wrote on 06 Aug 2023 01:35:](#)

Hi

BH I am doing a lot better.

BH last week was an amazing week.

BezH I hope and pray for another week.

I know my posts are not really exciting but they help me stay on track.

anyone out there if you post like me, dont be deterred if you dont get any likes or comments.

It helps a lot

Boring is good.

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Re: My summer forum

Posted by eyes - 17 Aug 2023 23:30

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hi everyone

just want to share something small.

every night i try to do 20 minutes of a fullbody cardio.

i enjoy listening to [themeaningfullpeoplepodcast.com](http://themeaningfullpeoplepodcast.com)

but sometimes i fenture to other podcasts

last night my wife told me about a talk she listened to, and she asked me to listen to it.

when i went on the website a different talk found more interest so i listen to it.

here you will hear a women speak openly about her husbands p\*\*n addiction and how it affected her and their marriage.

play it on double speed you wont regret it.

hear it from the women herself

[www.chabad.org/multimedia/video\\_cdo/aid/5578159/jewish/The-Impact-of-Abuse-Addictions-and-Mental-Health-Challenges-on-Our-Marriage.htm](http://www.chabad.org/multimedia/video_cdo/aid/5578159/jewish/The-Impact-of-Abuse-Addictions-and-Mental-Health-Challenges-on-Our-Marriage.htm)

gut shabbos from down under

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Re: My summer forum

Posted by eyes - 30 Aug 2023 02:43

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FILTER

Hi everyone.

My filter expires on Shabbos and I need a new one.

I will NOT install gentech as they are very easy to get through anything.

I am now on techloq. Its amazing. They saved my life so many times. However, they block a lot of things that I really need.

Like when I try to do some university work, or access final exams it doesnt work.

Overall techloq is the way to go.

But I need something else.. any ideas??

I dont want to be without a filter.. its dangerous otherwise

Thanks in advance

please PM

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Re: My summer forum

Posted by Hashem Help Me - 30 Aug 2023 04:53

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Usually TAG has tech savvy guys that can tailor make a setup that is good for you based on your needs. I have found that a specific guy in TAG Rockland County is very helpful, but there are many other such fellows in various locations..

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