

I'm about to have a Nisayon!

Posted by Ministaros Nakeini - 08 Jan 2010 03:07

Dear Chevra,

I'm pretty sure I've seen this before- but I couldn't find the old thread.

But I am going to be traveling in the next few days- I know that when I travel this is always a time of great Nisayon.

Staying in a motel room by myself- how will I not end up surfing the late night cable and from there....OY.

Also in general, in day to day living- the Nisyonos are known generally for me, but when traveling many times there are whole new sets of unknown challenges.

Chevra what do I do? How do I make sure that next Wed I am still clean?

I hope to update everyone on Sun,Mon,Tues

Any other ideas?

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Re: I'm about to have a Nisayon!

Posted by Ineedhelp!! - 08 Jan 2010 03:15

This is gonna sound weird and may not be appropriate for the forum but... how do u fall? computer? tv? etc?

If we know how you fall maybe we can perscribe a medication more specific for you.

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Re: I'm about to have a Nisayon!

Posted by the.guard - 08 Jan 2010 13:21

You need to get the phone numbers of some fellow strugglers and keep in touch...

Anyone want to offer?

Also, post an hour by hour log on the forum of your feelings and progress... We'll try and keep you strong together! :D

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Re: I'm about to have a Nisayon!
Posted by fightingyyid - 08 Jan 2010 16:11

well your definitely in the right mindset. the sefraim tell us that a nisayon is easier to deal with when you know its coming. you may not know EXACTLY what coming but you've got your guard up.

Feel free to text me anytime (cant really do phone conversations yet) day or night if im up ill write back. if you feel your gonna slip text me first and tell me about it and get it out into the open. (520) 344-4893

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Re: I'm about to have a Nisayon!
Posted by imtrying25 - 09 Jan 2010 17:57

Yes having someone to call works wonders. Just ask the guys who do it. So try on getting someone to call. Also maybe bring with you things to keep you busy. Maybe some books or whatever.

Hatzlacha and hoping the best for you!!!!

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Re: I'm about to have a Nisayon!
Posted by lamed vavnik - 09 Jan 2010 19:23

MN, i feel your pain 1000% .

i am about to be on my own soon as well , the insane thought of reconnecting myself to the (porn)net keeps popping into my head. i don't want to do it . i know its supid and fake and i'm not even drawn to it especially after bruce's posts . but the thought persists . like an itch . like , of course you know this is what you must do , you can't let this golden opportunity of freedom pass you by . but i don't want it. i'm going to be in costant contact w/ the forum thru it all BEZH" . i think that might be the weakness i've been feeling lately laso . i knew this was coming. H' please help me not to give in to the insanity. this is the first time ,i think ,that i feel it as just that , not even taivah ,,,,just this itch . insanity.

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Re: I'm about to have a Nisayon!

Posted by the.guard - 09 Jan 2010 21:56

Lamed Vavnik, send some PM's to your friends here on the forum and get some telephone numbers for when the going gets tough... This is life and death, don't let anonymity worries stop you!

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Re: I'm about to have a Nisayon!

Posted by Eye.nonymous - 10 Jan 2010 14:37

[Ministaros Nakeini wrote on 08 Jan 2010 03:07:](#)

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Any other ideas?

Ask the hotel management if they could please remove the TV from your room (or disable it) and to explain say, "I would just prefer it, and if you could I would appreciate it very much." [maybe even slip the bell-boy \$20. It's worth it] You probably won't get anywhere explaining all this Guard Your Eyes stuff to goyim.

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