| Generated: 9 April, 2025, 16:11 | |
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hotel room emergency
Posted by 5770 - 19 Jan 2010 21:44

guys i am holed up in a hotel with nothing but

guys i am holed up in a hotel with nothing but internet and cable tv. I have been bored to distraction in meetings all day where lustful thoughts keep saying Hello. NOw I am on my own, away from home, wife + child. Amazingly I am on day 57 - my longest abstinence since i was prbably 12 years old. DOnt want to wreck my "winning streak"but I gotta admit i am starting to go a little mental. i should mention that i am on a non-phsycal relations diet for the last 5 years+ so u see where i am coming from (yep i have been cultivating something of a Shalom bayis problem for a good many years).

| in vain i put a picture of my child on the tv in the hotel room., not sure how long that's going to |
|---|
| ====================================== |
| Re: hotel room emergency Posted by trying123 - 05 Mar 2010 16:10 |
| silentbattle wrote on 05 Mar 2010 16:00: |
| |

But then I realized that if I could see her actions as cute foibles, then instead of wanting to yell, I'd want to kiss her - and it worked (though I didn't kiss her, since that would probably end the bate right there!)

And can for some people be a trigger...;D;D;D

Re: hotel room emergency
Posted by silentbattle - 05 Mar 2010 16:17

You think that mentioning that might be a trigger for some people?

GYE - Guard Your Eyes

over the years, my fighting and yelling achieved nothing. FACT

So logically I shouldn;t do it, right? I guess I enjoy fighting yelling etc. because I feel that I am making a point. A pointless point, but a point nontheless.

Huh. Now I write this down and read it back to myself, I am an idiot.

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Re: hotel room emergency Posted by trying123 - 05 Mar 2010 17:51

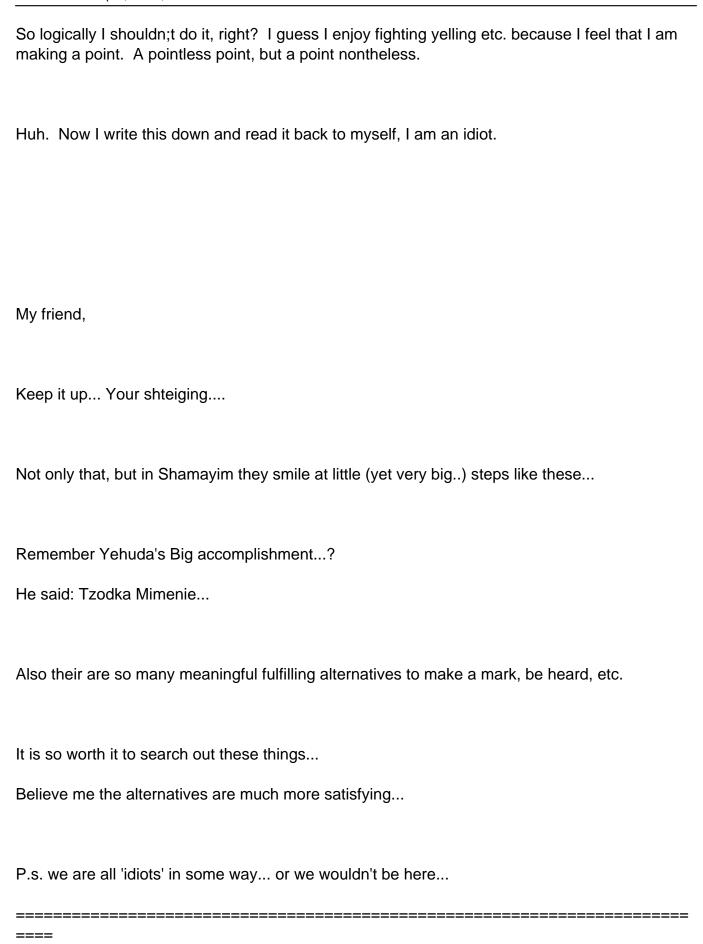
5770 wrote on 05 Mar 2010 17:43:

Me3 wrote on 05 Mar 2010 15:31:

But.. You can choose to avoid fights as much as possible. You can say in a quiet voice, I don't want to fight with you, but I can't agree to what you are saying / doing, etc..

You do not need to yell, lose your temper, fight, etc. All these things are soley in your court. Your choice. Your wife does not control your temper, your responses. Only you do.

over the years, my fighting and yelling achieved nothing. FACT



GYE - Guard Your Eyes Generated: 9 April, 2025, 16:11

| Re: hotel room emergency Posted by silentbattle - 05 Mar 2010 18:12 |
|---|
| Exactly - 5770, we're all idiots, but you're here because you don't want to act that way anymore So let's make a change! |
| Decide right now - what are you going to do differently today? Over shabbos? Make a decision to make a change, and follow through! not because there'll be immediate results, but because right now, that's the only sane thing you can do! |
| ==== ==== |
| Re: hotel room emergency Posted by trying123 - 05 Mar 2010 18:37 |
| Ye, |
| I think I heard guys claim that sanity is 'something else' |
| I think I'll go for one myself |
| |