

hotel room emergency

Posted by 5770 - 19 Jan 2010 21:44

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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

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Re: hotel room emergency

Posted by trying123 - 05 Mar 2010 16:10

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[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 ~~date~~ right there!)

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

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Re: hotel room emergency

Posted by silentbattle - 05 Mar 2010 16:17

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

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Re: hotel room emergency  
Posted by trying123 - 05 Mar 2010 16:29

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No No, Kissing might be a trigger for you... :D

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Re: hotel room emergency  
Posted by silentbattle - 05 Mar 2010 16:38

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Ah :D

Yes, I suppose it might be... :D

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Re: hotel room emergency  
Posted by 5770 - 05 Mar 2010 17:43

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[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

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 nonetheless.

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

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[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 solely 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

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 nonetheless.

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

My friend,

Keep it up... Your shteiging....

Not only that, but in Shamayim they smile at little (yet very big..) steps like these...

Remember Yehuda's Big accomplishment...?

He said: Tzodka Mimenie...

Also their are so many meaningful fulfilling alternatives to make a mark, be heard, etc.

It is so worth it to search out these things...

Believe me the alternatives are much more satisfying...

P.s. we are all 'idiots' in some way... or we wouldn't be here...

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Re: hotel room emergency

Posted by silentbattle - 05 Mar 2010 18:12

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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!

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Re: hotel room emergency

Posted by trying123 - 05 Mar 2010 18:37

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Ye,

I think I heard guys claim that sanity is 'something else'...

I think I'll go for one myself....

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