

Dealing with lust in stressful times

Posted by DesertLion - 03 Feb 2010 21:09

Hey guys,

The last few days I've been attacked multiple times by strong lustful urges. I feel a bit sheepish to ask you for advice about this but how do you ward off lust when you feel stressed out, angry and resentful?

My usual approach has just been to say to myself, look mate just man up and don't be such a wimp. However, I'm finding that the lust/need to soothe myself and the urge to act out just become stronger.

Things become especially difficult after I've been clean for a while and I'm more sensitive to chance triggers. That, combined with overwork and disappointments are proving to be a dangerous cocktail.

Thank God I haven't fallen, but I have slipped up and don't want to slide any further. I need some chizuk and tips please.

Cheers,

DesertLion

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Re: Dealing with lust in stressful times

Posted by Sturggle - 03 Feb 2010 21:24

DesertLion,

Not a simple question you are asking...

I can share with you what works for me.

When I'm feeling stressed out, angry or resentful,

I find that is worthwhile to figure out where those feelings are coming from.

I'm not a wimp, but I know that acting out can help me escape these negative feelings.

If I realize that my stress is coming from work and I understand what that's about,

it is easier for me to stare it in the face and see it for what it is and not have to run away from it.

I hope this helps a bit. I'm tired, so I'm not sure how coherent I am writing.

One last thing, did you call yourself sheepish as a pun to your name?

Cause I don't think there's what to feel sheepish about, I think asking for help and advice is bringing out your lion strength to get what you need.

B'hatzlacha!!

Sturggle

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Re: Dealing with lust in stressful times

Posted by bardichev - 03 Feb 2010 21:24

DL

WELCOME TO THE CLUB!!!!!!

I HAVE A SAYING ABOUT TRIGGERS

SAY YES Y"H YOU WANT ME TO LOOK AT THAT?

HAHAHAHA!!

I SEE WHERE U ARE GOING!

HAHAHAHA!!

I DON'T ACCEPT JUNK!!

HAHHAHAHA

DL

LAUGHING IN HIS FACE WORKS FOR ME

OR IF YOU SEE SOMETHING VERY TRIGGERING

YES YOU LOOKED ALREADY

TURN AWAY (EVEN SLOWLY) THAT IS A KORBON TO HASHEM

YES HASHEM HAS NACHAS RUACH FROM THAT

OK THIS SOUNDS CORNY

BUT IT WORKS FOR ME

IF YOU SEE SOMETHING BITE YOUR CHEEK

HARD

IT COME ALMOST NATURALLY NOW

(YES I HAVE A SMALL SCAR IN MY MOUTH FROM THIS TECHNIQUE)

BUT IT WORKS

ANOTHER THING

AVOID

AVOID

AVOID

DUCK THE YH

GO TO A DIFFERENT TELLER IN THE BANK

USE THE MALE CHECK OUT TELLER IN THE SUPERMARKET

SMUDGE UR GLASSES

WORK WORK WORK!!!!!!!!!!!!!!

B

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Re: Dealing with lust in stressful times
Posted by Sturggle - 03 Feb 2010 21:25

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B'hatzlacha!!

Sturggle

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Re: Dealing with lust in stressful times

Posted by the.guard - 03 Feb 2010 21:36

In the 12-Step groups they call this R.I.D = restlessness, irritability and discontent. They learn how to let go and let G-d. Have you ever joined a 12-Step group? We have phone conferences if you want.

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Re: Dealing with lust in stressful times

Posted by DesertLion - 04 Feb 2010 12:09

Hey Bardichev, Struggle and Guard,

Thanks for all your great chizuk and advice guys, I appreciate it. Thank God I made it through yesterday and last night. Today I feel a lot better after not acting out in the past few days and just waiting for things to subside. I just need to survive this week and things should go back to normal.

Unfortunately Struggle, I wasn't witty enough to have deliberately thought of that sheepish pun, lol. Thanks for pointing it out though, you brought a smile to my face!

Bardichev, you are an entertainer.

I've thought about joining a 12 step group after your suggestion Guard, but the trouble is I live in London and I'm either asleep or at work when the sessions take place on the US eastern seaboard. However, your daily chizuk, handbooks and this forum are keeping me going one day at a time.

Thanks guys and keep on trucking, batmobiling, tanking, whatever,

DesertLion

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Re: Dealing with lust in stressful times
Posted by Sturggle - 04 Feb 2010 13:25

Hey DesertLion,

Happy to hear that you're pulling through, B"H.

London, huh? Wonder if you could arrange a 12 step group there?

Maybe there are existing ones that you may want to join?

And you brought a smile to my face as well!

Cheers mate!

Sturggle

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Re: Dealing with lust in stressful times

Posted by bardichev - 04 Feb 2010 14:53

DesertLion

We just opened a chill zone called bardys of london

We are lloking to arrange a communal lichaim for all London's GUE heros!!

KUTGW

Bardichev

East Coast USA

Oh the east coast is a small geographical point that streches

From Lubec Maine

In the north

Till Key West Florida in the south

Its close to BoroPark

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