

S.O.S.

Posted by lonelyid - 17 Mar 2010 07:52

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I have no support group or friends I can call at this very moment and I'm almost clean for a week. The urge to fall is very strong at this moment and I was just about to start giving in. Instead I wrote this.

HELP

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Re: s.o.s.

Posted by beinhazmanim - 17 Mar 2010 09:16

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I don't know whether I can help - I'm very new here, anyway - but since no-one else has said anything, I can't let this pass. (I'm in the Israel time-zone - is that why no-one else has seen this?)

HANG IN THERE! Find some way to distract yourself. I often play silly games for that. Take a look at <http://www.galaxyzoo.org/> or something (that's a site about galaxies and space, by the way). Go and read a book. Clean the sink in your bathroom. It CAN be done!

I feel your struggle, I recognise it, and I wish you hatzlacha min hashomayim.

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Re: s.o.s.

Posted by lonelyid - 17 Mar 2010 09:24

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Thankyou,

Those words "I feel your struggle" helped.

I did look at some "soft" stuff on utube before your reply but no more than that.

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Re: s.o.s.

Posted by DovInIsrael - 17 Mar 2010 09:32

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forget looking at ANYTHING on line...

your mind will start "searching" for something... entertaining, relaxing, etc -

too easy to slip into p\*\*n mode.

Turn the computer off

stand up - do jumping jackls

toiuch your toes...

go outside...

see how many diff color flowers you can see

etc.

when we loose our focus - its time to regain our focus in Hashes owrld.

quick - turn off your computer - RUN ...fast!!!

DovInIsrael

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Re: s.o.s.  
Posted by beinhazmanim - 17 Mar 2010 09:32

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Fellow yid, you just made my day... my week...

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Re: s.o.s.  
Posted by lonelyid - 17 Mar 2010 09:47

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I did turn off the computer but I had to come back because I've got work to do using it. I have a filter but it does allow sites like utube and I can also move the computer to a diifferent room and connect to wireless net and then I'm really free to roam. There's also other temptations like the phone etc.

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Re: s.o.s.  
Posted by DovInIsrael - 17 Mar 2010 10:21

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hmmm...i understand the problem, I sit at the computer all day ... and my job requires me to constantly be searching.

some other thigns I've found help me - when I need to be at the computer :

1. make sure you are drinking WATER!
2. eliminate colas, coffee, cakes, cookies, and other high stimulants which overstimulate and overexcite us.
3. eliminate the white foods: milk, white sugar, salt, white rice
4. replace with food to remind you to be more aware of your own seed: Cucumbers, peppers, nuts, and other misc seeds.
5. Do you have a dreidel? When you get the urge to click and flick, train your finger to spin the dreidel instead.
6. stick stuck - click through some of the GYE postings (or send me an email - I will be on all day, ugh! )
7. get up - wash your face - and look yourself in the mirror and tell that strong guy in the mirror: I BELIEVE IN YOU - YOU CAN DO IT!

DovInisrael

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Re: s.o.s.  
Posted by the.guard - 17 Mar 2010 12:57

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You gotta block youtube with your filter or it's worth almost nothing.

Good luck!

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Re: s.o.s.  
Posted by Lechayim - 17 Mar 2010 15:14

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Really Dov eliminating coffee and stimulants that can prevent? How about a vitamin stops helps out in a way.

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Re: s.o.s.  
Posted by Lechayim - 17 Mar 2010 15:16

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Really Dov eliminating coffee and stimulants that can prevent? I do have many coffee's a day. How about a vitamin that helps out in a way of stopping lust or reduces it?

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Re: s.o.s.  
Posted by DovInIsrael - 17 Mar 2010 15:42

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wwwwhhhhhhhyyyyyy

cuuuuuuutttting

bbbbbbbaaaaacccccck

ooooonnnn

c-c-c-c-c-cooffeEEEE

hhhheeeeeeeellllllllppppedd ????

but, I took the suggestion from someone else - and it does help.

if it does not work for you - eat and drink what ever you want.

btw - there is a pill you can take for lusting - its called salt-peter.

never tried it - dont know how it woudl work.

my guess is it kills the whole libido.

leaves you like a vegetable.

but as long as we are talking about leaves and vegetables...

why not just start eating them from the start.

(BTW - there is a theory that the body also has a memory system, too. when we drink coffee it stimulates the body and the mind - puts us into over drive.. a process which is not to different from being in the midst of the sexual act itself...

so the mind gets confused, and disoriented...the body thinks it is the midst of an act, because this is what the overstimulation felt like last time... and the mnd says that is not what we are doing...confusion, conflict, disorientation... the mind eventually gives in...and LOOKS for ways to be in the midst of a sexual act... or fill its memory banks with such.. )

and the EGO sniffs out this "honey"and begins to drive us crazy with craving and longings for that which we are most allergic too .

but what do I know - I'm just an Add-Tic., up to my usual Ant-Tics.

(see postings under "I'm not an addict " in break free )

Dov In Israel

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Re: s.o.s.

Posted by bardichev - 17 Mar 2010 16:18

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[DovInIsrael wrote on 17 Mar 2010 10:21:](#)

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I BELIVE IN YOU - YOU CAN DO IT!

DovInisrael

HELIGEH GUARD PLEASE ACE THIS!!

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Re: s.o.s.

Posted by the.guard - 17 Mar 2010 22:40

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[bardichev wrote on 17 Mar 2010 16:18:](#)

HELIGEH GUARD PLEASE ACE THIS!!

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Re: s.o.s.

Posted by silentbattle - 18 Mar 2010 04:02

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Bro, it is FANTASTIC that you posted this, I hope you realize that. At your moment of "weakness," you're still able to reach out to others so that you can be helped.

I have an incredible amount of respect for you.

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Re: s.o.s.

Posted by cordnoy - 30 Jun 2015 12:16

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[DovInIsrael wrote:](#)

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kkkkkkkkkknnnnnnnnnnnnnoooooooooooooooooowwwwww

wwwwhhhhhhhyyyyyy

cuuuuuuutttting

bbbbbbbaaaaacccccck

ooooonnnn

c-c-c-c-c-c-cooffeEEEE

hhhheeeeeeeellllllllppppedd ????

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Dov In Israel

And who says the crazy stuff is a new epidemic?

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