

another new guy

Posted by wannabehappy - 17 May 2011 23:16

Hi I don't feel I have much to add here with my personal story. but I do need the help from the guys. So here I am.

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Re: another new guy

Posted by Dov - 01 Jun 2011 04:16

No need for me to agree or disagree with you. Is what you are doing working for you, or not? If it is, then why should I get into a philosophical discussion - why bother?

If its working for you, that's good enough, no?

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Re: another new guy

Posted by Me3 - 01 Jun 2011 14:33

[wannabehappy wrote on 30 May 2011 20:01:](#)

dov

honestly, i have problem understanding your posts, i feel really dumb.

It took me months to undestand what Dov was talking about. In fact we used to call it "Dovish" like it was a whole other language and Guard used to post translations. Dov has gotten a whole

lot better, but I certainly wouldn't feel dumb if I didn't understand him. I will say that it's usually worth the effort trying to figure out his meaning.

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Re: another new guy
Posted by Dov - 01 Jun 2011 16:53

Laagish.

Laagish!!

I love it!!

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Re: another new guy
Posted by wannabehappy - 01 Jun 2011 21:02

Reb Dov

im sorry if i came across as if i was disagreeing.

i do believe that you have the experience and knoledge to be able to help me more than i do myself.

i was repeating over what i understood you were saying to me and responding so that i could show you the way i understood you.

bmchilat kvodcha

wannabehappy

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Re: another new guy

Posted by alexeliezer - 02 Jun 2011 17:46

WB

You're working 90 hours a week? Do you have any regularly scheduled pleasurable activities in your life? Are you growing in any areas of your life?

There are many reasons a person works this much, but it's worth stepping back and taking a look....

Tryna help

Alex

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Re: another new guy

Posted by wannabehappy - 02 Jun 2011 18:08

Well I work from 630 till 7pm and then Fridays and shabbos im nonstop till motsei, Sunday i work only 3 or 4 hours.

I don't qualify for any state aid. I don't have any high paying jobs. I had debt still paying off.

Sex is not regularly scheduled but still more frequent and better from what it seems on this forum.

m is much easier faster and fixes me in 5 min. You're right it sometimes is a problem.

most of my gye time is bathroom time

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Re: another new guy

Posted by alexeliezer - 02 Jun 2011 19:24

I was referring to other pleasurable activities. Time for yourself. Learning. A hobby.

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Re: another new guy

Posted by wannabehappy - 02 Jun 2011 19:28

No,no and um no.

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Re: another new guy

Posted by Dov - 03 Jun 2011 03:50

Dear happy-person wannabe,

Don't feel bad, I do not really understand some of your posts either! And please don't waste any time apologizing to me, for I am a shmendrick with too high an opinion of myself already. I do not need people apologizing for thinking differently than I do.

What I meant in the previous post about not wanting to argue with you is that I see the steps as very different than you were describing them, but felt silly getting into a discussion about it with you because who am I to doubt that what you are already doing right now is really working? I should assume that you are still masturbating regularly? No way. Except in individual cases, I assume that whatever people are doing here is working for them, until they start whining. Then I

- until they really crack
under the weight of their own acting out and then I try to be there to hug and hold their hands.
Nu. There are better people here for the hugging part, probably (Reb bard was my main hugger
guy, but einenu!).

am there to either hug them or slap them. Usually I do the *slapping*

Take it easy, cheezy weezy.

Take a breath. Try going for ten minute walks with the wife twice a week, if she wants to. It
doesn't sound like much, but for us it started becoming a lifesaver after we did it for about five or
six weeks. We love it, and do not have the time for regular dates yet.

Consider coming to one davening that you can do in shul 5 minutes before. And just sit there
and talk to yourself, to G-d, or write to yourself. Or maybe just take a breath and breath quietly
for five minutes. It will change a lot and help you get settled. And calm is infectious.

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Re: another new guy

Posted by musicman - 03 Jun 2011 04:27

Everyone needs some tough love sometimes, and Dov is a competent practitioner of the art. His
slaps are slaps of softest velvet.

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Re: another new guy

Posted by alexeliezer - 03 Jun 2011 15:13

[wannabehappy wrote on 02 Jun 2011 19:28:](#)

No,no and um no.

You're clearly very busy providing for your family. But your lack of participation in life's pleasures and opportunities for growth in ruchnius concerns me. This might be a conversation worth having with your wife.

Good Shabbos!

Alex

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Re: another new guy

Posted by Dov - 03 Jun 2011 16:14

Trust me alexeliezer, Mr wannabe is just giving you half of the story - his half. And that's not even *half* of reality, cuz he is still goofy in the head like all of us and still acting out and still kookoo. We all know what that's like.

When the dust clears, maybe he'll see the rest of the story. The real limitations he has, and what limitations and barriers are actually created and fed by his own behavior and choices. If he hates me for saying this, sorry. I don't mind.

I have never ever met a guy who tells anything near the whole story - especially a guy who sincerely feels sorry for himself. A mach'lah that I cannot afford any more.

Hatzlocha rabbah a nd a gut chodesh!!

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Re: another new guy

Posted by wannabehappy - 03 Jun 2011 18:52

Ok I don't quite understand what you want from me.

I really believe I have a good relationship at home.

Working hard gives me less time on my hands which I thought was good.

Dov- I resent the fact that you think I am telling half the story even if I don't really don't know what that means.

In our above posts your suggestions at least the way I understood them were being met. I posted the way I understood your suggestions and how I thought I met them.

I came here wanting to get insight, advice and direction. Im ready to do whatever it takes. If you told me I needed 12 steps I would do that. If you told me I needed some sort of nedarim thing id do that. If you told me I needed live sponsor id probably do that to. All these things are relatively painful for me and I don't know yet what is necessary.

Id appreciate you not taking a sensitive soul and derisively making fun of my username. Id also appreciate you not derisively trying to goad me on by talking in third person to another username.

If you can't afford my machla then please either kick me off the site or don't moderate my thread.

I don't hate you im just frustrated and I hate myself sometimes and im sensitive to having my time wasted with mind games and insults instead of focus on the issues,my issues.

Sorry I don't take your style mussar the right way,never did. I hope im not a lost case because of it.

Please don't get me wrong. Im ready to answer to myself and others all of my issues just please in a respectful and cordial manner.

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Re: another new guy

Posted by ontheedgeman - 05 Jun 2011 03:17

Dov has told me not to proffer any advice, since I am still a newbie and my aveiras seem to be worse than most people on this sight... I don't look at p*, have no interest in that waste of time garbage, haven't looked at it for 6 months. I feel healed... and yet, I go for massages that are not quite appropriate. Okay denial. They are worse than issur. Anyhow, point is, what is point in coming to this site and then telling the moderator how to dispense of his advice? If you aren't in the frame of mind to be open like the deserts of Sinai to receive mussar, or only on the terms that you want, why bother? I don't have any answers, I'm just asking. I didn't come here to tell Dov how he should fix me. If I knew how he should fix me, I could have just fixed myself!

I can't believe Dov thinks I am SA material. Those groups are for sickos!! and yet, I smashed the flame of arrogant anger and said to myself, maybe someone out there, based on my conduct, has a good intuition about how to nip this.

Anyhow I had a good shabbat and prayed hard, and tried to absorb some Torah to fix myself. I used one of the techniques I read here - blowing up certain fantasies in my head. It actually worked! then when it came back in another form, I blew that idea up as well!! great technique. I forget who recommended that. but it kinda helped.

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