

Somewhat New

Posted by Pidaini - 24 Jan 2013 23:52

hello,

my struggle started about 7 years ago when i was boarding at a cousins house and they had a laptop which didn't have a filter. i was top bachur in yeshiva, got married and have everything i could wish for, except peace of mind! the problem is that i don't go surfing p*rn too often and therefore haven't done anything serious about it quite yet, i have been getting the emails for quite some time but since at the times the lust came it was terribly strong it didn't help much, but that is why i am here now for the great support and tips from all the veterans out there! thank you GYE!

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Re: Somewhat New

Posted by cordnoy - 30 Dec 2014 01:19

And the Zem Master as well.

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Re: Somewhat New

Posted by Bigmoish - 30 Dec 2014 04:32

Welcome back!

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Re: Somewhat New

Posted by kilochalu - 30 Dec 2014 04:57

WELCOME!!!

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Re: Somewhat New

Posted by Pidaini - 31 Dec 2014 03:18

Does anyone know if unanumun is chopped liver? With other's that have names and/or pictures I know, but if he's both nameless and pictureless.....maybe he is...

Had my first "resanitizing" experience today since rejoining GYE. Was really aggravated about needing to change my perfect schedule and travel to a chasunah that I probably wouldn't enjoy, but somewhere in the middle of it all, I realized that I was going anyway, and I could either accept it and try to enjoy it or be miserable.

It happened to be a beautiful experience, even uplifting!!!

Thank You GYE, and thank You Hashem!!

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Re: Somewhat New

Posted by skeptical - 31 Dec 2014 07:22

Pidaini

Was really aggravated about needing to change my perfect schedule and travel to a chasunah that I probably wouldn't enjoy,

Can anyone say.....

NEGATIVE PROGRAMMING?

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Re: Somewhat New

Posted by Pidaini - 31 Dec 2014 11:30

Give me a break!! (or don't, it's a free country)

What's it gonna help if I know that it is negative programming anyway? It's not knowledge that is my problem, if anything I have too much of that, it's my unwillingness to accept reality that is my problem.

Should I move back to my ladder yet? It's become quite the depressing place, no?

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Re: Somewhat New

Posted by Watson - 31 Dec 2014 13:18

[Pidaini wrote:](#)

Should I move back to my ladder yet? It's become quite the depressing place, no?

But anyway, thanks for the response, gives me something to respond to

Since I'm in quoting mode, this reminds me of the promises the Big book assure us when we've worked the steps:

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. **We will not regret the past nor wish to shut the door on it.** We will comprehend the word serenity and

we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and selfpity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Can't say fairer than that

(my speech therapist is trying!)

Welcome home Yankel.

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Re: Somewhat New

Posted by skeptical - 31 Dec 2014 19:20

If you are aware that certain thoughts are negative programming, you can learn to stop them right away and replace them with positive programming.

Hey, I gave you a day to settle in before I started annoying you again.
You're already forecasting that you're going to hate something that hasn't even happened yet.
You're not even giving yourself the chance to enjoy it.

But I'm not pushing you to do anything. It's all up to you.

Just pointing out what I see.

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Re: Somewhat New

Posted by Pidaini - 01 Jan 2015 16:34

Thank you for the welcome old friend (I never figured out what happened to our Dr. but that's ok)!!

Skeptical, what you write is true, especially the part about it all being up to me!!

Why does it have to be that way? Why can't someone else make the hard decisions for me? (Yes, I know what everyone is reminded of, "G-d take away the lust so that I don't have to give it up")

Why do I have to change my initial way of thinking if I want to be happy? Why do I have to take action if I want to be able to live a sane life and not be sucked into the lust hole?

I know that nobody can answer these questions, and that's just the way that Hashem created this world, but those are the thoughts that are holding me back from accepting that I'm human and from taking the little actions that have helped me in the past.

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Re: Somewhat New

Posted by Watson - 01 Jan 2015 18:12

[Pidaini wrote:](#)

I never figured out what happened to our Dr. but that's ok

I lost my license to diagnose other people.

Actually I never had the license, I just thought I did. Only G-d can diagnose others, I just thought I was G-d.

And now I find myself utterly powerless to resist a girl who came from a putrid drop and will end up as dust, who for one minute in her life felt like allowing someone to take an intimate photo of her. But G-d is all powerful. G-d is not be powerless over anything, much less something so fake. Ergo I am not G-d.

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Re: Somewhat New

Posted by Shakeitoff - 01 Jan 2015 18:23

"powerless to resist a girl who came from a putrid drop and will end up as dust, who for one minute in her life felt like allowing someone to take an intimate photo of her". Wow. That's it, in 2 lines!

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Re: Somewhat New

Posted by cordnoy - 01 Jan 2015 19:27

[Pidaini wrote:](#)

Why do I have to change my initial way of thinking if I want to be happy? Why do I have to take action if I want to be able to live a sane life and not be sucked into the lust hole?

I know that nobody can answer these questions, and that's just the way that Hashem created this world, but those are the thoughts that are holding me back from accepting that I'm human and from taking the little actions that have helped me in the past.

No chiddushim here, but "adam 'amal yulad."

There are no freebies.

Accordin' to some, that is even the DNA of the entire existence, for we abhor nahama diksufa.

That bein' said - even on the happiness level, we are happier with these actions. We might not see it every day or moment, but ask the people in the recovery process.

Heck; ask yourself.

b'hatzlachah to all

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Re: Somewhat New

Posted by skeptical - 01 Jan 2015 20:24

Pidaini

Why does it have to be that way? Why can't someone else make the hard decisions for me?
(Yes, I know what everyone is reminded of, "G-d take away the lust so that I don't have to give it up")

Why do I have to change my initial way of thinking if I want to be happy? Why do I have to take action if I want to be able to live a sane life and not be sucked into the lust hole?

Because if **they** could do it, there would be no need for you.

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Re: Somewhat New

Posted by MendelZ - 02 Jan 2015 06:24

Hey dude. Welcome back. I never saw that first post of yours. You're adorable, you know?

Love you!

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Good luck letting all the guys fix you.