

whats the point?

Posted by guy - 11 Jun 2013 14:31

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I need to hear from someone that has succeeded in this,

at the moment I just can't see why it's worth the struggle.

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Re: whats the point?

Posted by skeptical - 23 Jun 2013 21:32

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Well, from my own experience, there is no big fight that must be won in order for it to be over.

We need to just try to make sure that each of our decisions moment to moment are the right ones. If we do that, focusing on each moment as they come up, we can turn the mini streaks into a large streak.

Hatzlacha!

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Re: whats the point?

Posted by cordnoy - 23 Jun 2013 21:40

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That is true, but I've had too many "mini-streaks" to be confident

I think I need something different this time, something more powerful, something that will vanquish the dragon somehow

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Re: whats the point?

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Posted by skeptical - 23 Jun 2013 22:24

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When you have fallen in the past, what were the circumstances?

While it is important not to dwell on the past, it is important to learn from it, so you can act differently in the future.

Learn from the past, try to figure out what you could do differently in the future and then let go and move on.

Hatzlacha!

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Re: whats the point?

Posted by cordnoy - 23 Jun 2013 22:34

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I wish I would know

At the present moment, I have a tayva to do something wrong

Have willing woman on the other side of yahoo

Starting to build

I switch off between her, the gemora and these forums

Hope we go "basar rov."

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Re: whats the point?

Posted by skeptical - 23 Jun 2013 22:41

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You need to make a commitment and stick to it. If you keep going back to Yahoo, you are

allowing the taivah to build more and more. I've been there, I know.

Make the decision now. Which way do you want to go? Do you want the pain that follows a fall or the happiness that comes from being able to make the right decision?

Hatzlacha!

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Re: whats the point?

Posted by cordnoy - 23 Jun 2013 22:54

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Not the pain

Why will this decision be different than all my other decisions?

I know you are right; I just need to convince myself once and for all

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Re: whats the point?

Posted by skeptical - 24 Jun 2013 00:06

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You don't want the pain that follows falling. The pleasure is fleeting. It's not worth it.

Past decisions are meaningless right now. Future decisions are meaningless now. The only decision that means anything right now is the decision you are facing right now. If it is the right decision, that is the difference between this one and all others.

Make the right decision now.

Hatzlacha!

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Re: whats the point?

Posted by cordnoy - 24 Jun 2013 00:16

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This is well put and sound advice

Not so simple though

But I will try

Thank you

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Re: whats the point?

Posted by skeptical - 24 Jun 2013 00:20

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It takes a firm decision.

Which do you want? Do you want the fleeting pleasure but immense pain that always follows, or the real pleasure in knowing that you are working on yourself?

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Re: whats the point?

Posted by cordnoy - 24 Jun 2013 00:33

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Can't argue with that

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Re: whats the point?

Posted by Chachaman - 24 Jun 2013 01:50

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On a related note, you have to define why you want to stop.

you need a battle plan like filters, taphsic, attitude, and especially ling with whatever it is u want to escape from that drives you to shmutz.

But be honest about your motivation. it can be positive reinforcement (growing closer to Hashem) or negative (like, this is really stupid, a gigantic waste of time, and destroys my life). you have to be clear with yourself; and it can't be for kavod or ga'avah based reasons (that's how I started out).

good luck! i'll try finding your other thread. congrats on opening up though! and you're right, read the forum for a lot of advice. it has all you need

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Re: whats the point?

Posted by cordnoy - 24 Jun 2013 02:14

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Thank you

I know the reasons

1. God

It's wrong

He doesn't like it

Lo sassuru

Lo sinaf

[I do not know why they all say it's retzichah; wife cannot conceive]

I'll be b'niduy

Not bemechitzaso

## 2. Marriage

Ultimately it ruins marriage

Being clean enhances marriage

## 3 family

More time

They won't be punished on my behalf

Better father

Can better monitor children

## 4 self

Feel good controlling desires

More time to do job

Clearer head

Walk streets easier

Battle plan has been isolated to phone

I don't search for videos any longer...basically

Problem is skype/yahoo

I have a willing partner where we can act out fantasies

I try to avoid

I have been successful

Inevitably fail at end

And then, I start again...when I'm ready

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Re: whats the point?

Posted by Dov - 26 Jun 2013 01:38

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Hey, cordnoy - thanks for saying thanks to all of us here!

I have a Q for u: Has *this* particular willing partner been 'your problem' for a very long time now?  
Or is he or she relatively new, one of a string of such 'problems' over the past few years?

Just curious, amigo.

And just for the record, none of the reasons you presented in the above post were/are motives  
for me to stop acting my lust out. That's not a criticism at all, just an observation I like to share.

Continued hatzlocha!

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Re: whats the point?

Posted by Dov - 26 Jun 2013 01:46

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A suggestion re some of the things you opened up about here: consider reading the post called  
"The Nuclear Reset Button" somewhere here on the site. It has some thoughts about what you  
may be describing with the frustrating and terrible cycle we fall to.

Hatzlocha!

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