

A Journey Without a Name

Posted by unanumun - 01 Apr 2014 07:34

here goes. after spending all day on the site, i downloaded k9 filter for my laptop. (my office has a filter and my phone has the browser blocked and my wife has the code)

i now signed up for the 90 days. I hope it is not too soon, but I think i can do it. i think that all the support everyone gets and gives around here might be enough.

i have nothing to lose i guess (I really want this to work) and I am feeling very optimistic. and having all my new friends know what is going on with me will probably be great for me.

Does anybody think I am making a mistake and going too fast?

Can there be a downside?

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Re: first try

Posted by unanumun - 07 Jun 2014 23:28

Yes indeed I thought about the connection when I saw that idea of sameach bechelko. I am trying to work on the idea of sameach bechelko in the small things and especially when I get a feeling of atzvus, it has helped me already several times from sinking into a feeling of depression.

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Re: first try

Posted by unanumun - 07 Jun 2014 23:47

I had an interesting experience last night, only because of all the reading and thinking that I have been doing in GYE lately.

After all the kids were sleeping and it came time to be with my wife, lo and behold she was also sleeping. It wasn't so easy to wake her up so I basically gave up for the night.

But then once I got passed my own desire issue, and was basically ready to just go to sleep, I realized that I have a mitzvah of ona to make her happy and for her sake I shouldn't just give up. (she had told me to wake her up) so I took a break and read a sefer I have in the house about mitzvos ona and focused on my chiyuv to make my wife happy.

So i went back to the room and focused on my wife's enjoyment and slowly she woke up and... we lived happily ever after. It was the first time in maybe 14 years that I went into it in such a giving fashion. something special indeed.

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Re: first try

Posted by dms1234 - 08 Jun 2014 23:34

Thats great! But easy please. Careful. This isn't the bb forum and someone of us are single and

KOL!!!

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Re: first try

Posted by unanumun - 08 Jun 2014 23:36

Sorry. I guess you are right. I will try to be more careful.

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fragile

Re: first try

Posted by unanumun - 10 Jun 2014 00:51

I am officially a tzadik (at least according to the GYE 90 day rule book) hope they take GYE's

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Re: first try

Posted by unanumun - 10 Jun 2014 00:57

- Better Shalom Bayis
- Started Learning shmiras halashon (there is a direct connection - I will post that separately eventually.)
- Started being kovea itim latorah, since shavuos. I go learn the same time every day (except friday and shabbos but I did it a different time each day) for two hours i shut off both my phones and become dead to the world. it's an amazing accomplishment for me. years in the making.
- Davening is starting to come back together
- working on simcha.

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Posted by gibbor120 - 10 Jun 2014 01:19

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Posted by Pidaini - 10 Jun 2014 10:43

KuTgW!!

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Re: first try

Posted by shomer bro - 11 Jun 2014 04:11

Kol Hakavod! Keep up the great work!

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Re: first try

Posted by unanumun - 13 Jun 2014 01:15

I found myself today very irritable. I think I had nisyonos of kaas that I haven't had in years. I don't think the issue is because I don't have my fix. that issue was a sadness and depression one that I was managing to get control of.

All of a sudden I found myself so irritable today which is very uncharacteristic for me. Any suggestions?

I had a machsava, someone happened to tell me yesterday that the Gaon said that the two main yetzer haras are kaasani and tayva. Perhaps because I have been working on the tayva, the balance got thrown off and the kaasani got stronger. I don't know.

I guess I am wondering that based on people's experiences, is this a normal result of curbing lust?

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Re: first try

Posted by unanumun - 23 Jun 2014 00:21

so 80 + days.

now the hard part comes. My wife has officialy entered into the after birth tekufa. (Mazel Tov) So now the pas besalo business goes away and I am on my own.

Sure enough today I had the worse lustful thoughts that I have in over a month.

I managed to catch myself somewhat, I ended up davening a real emotional tefila to Hashem this afternoon. It really helped. At first I davened that Hashem should help me overcome my

yetzer harah and then my GYE training kicked in and I asked Hashem to take away the
nisonos all together.

well basicallym let the games begin.

we made it this far even though I didn't think I would. we will make it further BECAUSE I now
know I can and will.

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Re: first try

Posted by Dr.Watson - 23 Jun 2014 01:14

Mazal tov on your recent simcha. May your newborn child be zoche to have a tzaddik for a
father.

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Re: first try

Posted by dd - 23 Jun 2014 01:14

you officially get a MAZEL TOV!!!!!!

lots of nachas from this one and all the other ones till 120 be"h.

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Re: first try

Posted by shivisi - 23 Jun 2014 01:29

Is it A

OR

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