

So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 06 May 2014 17:02

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Since I have been here, I have enjoyed more than 270 days of Taharah, increased emotional intimacy with my Eshes Chayil, and a realization of what counts in life. It has been great so far. Last week, we had an avalanche of home repairs, bills for communal obligations, and my Eshes Chayil was so busy with some chesed obligations for a close friend that we basically had a store bought Shabbos which I don't enjoy. I think that my kvethching about what needed to be done in the house and Shabbos ticked off my wife and it impacted adversely on our physical intimacy as well. Last night, my Eshes Chayil went to a dinner that I was not interested in, and I was able to both avoid porn and masturbation, which I would not have been able to in the past. My boss has been away for a day and probably most of today. In the past, I would have surfed a large number of porn sites, but I am going to avoid doing that as part of my commitment to remaining Tahor.

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Re: So far so good, but I am trying to avoid a trigger

Posted by sib101854 - 12 Dec 2024 15:56

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After a brief period of wrong clicks and going down the rabbit hole I finally feel better emotionally and better physically too. I went for gel shots for my knees which help a lot and I am determined to avoid a knee replacement because the recovery and therapy is far tougher than the surgery and I have seen too much variation in the degree of recovery to undergo such a procedure right now. It is great to know that you can slip and fall and pick yourself up and move forwards

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Re: So far so good, but I am trying to avoid a trigger

Posted by sib101854 - 16 Feb 2025 19:48

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For the last week I have experienced a trough and crawled the rabbit holes I. The wrong way due to my aching knees my boredom at times at work and having too much time alone. I am climbing my way out but it's a day to day struggle

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Re: So far so good, but I am trying to avoid a trigger

Posted by altehmirrerr - 17 Feb 2025 00:27

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WOW 4216!!!!!!!!!!!!!! what an inspiration!!!! that's almost 12 years!!!!!!!!!!!!!! yikes!!!!!! it's powerful to see that your still never sure of yourself, wishing you continued growth!!!

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Re: So far so good, but I am trying to avoid a trigger

Posted by sib101854 - 18 Feb 2025 13:24

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I realize that when you go down the rabbit holes, you can hit a temporary bottom but you can always pick up yourself up and move forward . Without GYE, I would be absolutely stuck in the rabbit hole.

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Re: So far so good, but I am trying to avoid a trigger

Posted by sib101854 - 18 Feb 2025 15:00

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Like any sugya in Shas, every issue you face in life requires Chazarah. When you go down the rabbit hole as I have occasionally, I go back to His Final Mission by R D Avraham Twerski ZL ZYA, without whom none of us would be here and realize that focusing on my Dveikus BaHaShem is the Ikar. That is how I pick myself up from the mud when I go down a rabbit hole

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