

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

Posted by SIB101854 - 06 May 2014 17:02

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 avalance 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 committment 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

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

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 fam 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

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

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

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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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 13 May 2025 23:22

I almost went down a rabbit hole today but I have pulled myself out and walked away from a potential trigger .BH for GYE !

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 14 May 2025 14:10

I am emerging from a recent slip but not a fall I thank GYE for always keeping me headed in the right direction

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 15 May 2025 23:35

BH GYE is here I have had a tough week There are days when I like work and days when I want to retire as have many of contemporaries but that does not appear to be in the works. My CPAP functions but I always have to sleep on my back and I am fighting off a knee replacement with cortisone and gel shots and I am worried about my upper teeth which I had to replace after a terrible fall . I miss our eineklach who live out of town so I count down the days until we will see them again I am not tottering but i have to be more careful and avoid triggers if it all possible to avoid you g down a rat hole It is a daily battle but I know I can pick myself up and look ahead and not back because I have a wonderful Eshes Chayil and children and eineklach BH GYE exists so I can pour out my heart on these issues

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Re: So far so good, but I am trying to avoid a trigger
Posted by helperfromheaven18 - 19 May 2025 23:07

Wow I'm close to 200 days and while that's impressive , it pales to what you've done! I basically read this whole thread and I'm beaming and tearing up. You're such an inspiration ! Thank you!

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 21 May 2025 09:49

I think and feel that I am crawling out of a downward spiral where I had been heading for the last week BH GYE has helped realize that I can pick up myself up before I go down the rabbit hole .

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 06 Jun 2025 09:49

BH GYElS here I know that I can get up after tripping clean myself up and move on with all of the gifts HaShem has given me despite whatever issues confront me

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 06 Jun 2025 09:51

I am realizing that triggers have to be avoided so that I can get up from whatever happens and keep on moving forward

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