

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 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.

=====

=====

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

Posted by SIB101854 - 01 Aug 2014 22:26

For those of us who work in NYC, and especially Manhattan, I cannot underscore the importance of developing a Seder when you arrive at work and leave for home. It is a Davar Yadua Umfursam that women's fashion during the summer is centered on "less is more." Think of using the blank stare that you have in the subway as you walk on a sidewalk or in your office past people who are inappropriately dressed. When you are on the subway or bus, always have a sefer, and/or a shiur you can listen to, so as to keep your mind on the proper things in life. If you find yourself having a fleeting glance at an inappropriately dressed woman, just turn your head, eyes and mind away as fast as it is humanly possible.

=====

=====

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

Posted by dd - 03 Aug 2014 01:11

WOW thats great!!!!

KUTGW!!!!

=====

=====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 06 Aug 2014 23:10

Believe it or not, I just passed my one year on the Wall of Honor. It wasn't easy, but I intend to keep checking in here and posting on a daily basis. As R Frand pointed out at the last Siyum HaShas, in a slightly different context, GYE serves as our liferaft whereby we can turn around and reanchor our lives. Without GYE, I wouldn't be writing this post today.

=====

Re: So far so good, but I am trying to avoid a trigger
Posted by shivisi - 11 Aug 2014 07:57

MAZEL TOV!!! SIB

I chose this picture to show all the vicious predators (the triggers) which tried to attack you on your journey to this great day, and with Hashem's help and all the effort on your part, you stood up against all of them!

KEEP UP THE GREEEEEEEEAT WORK!!!!

=====

====

Re: So far so good, but I am trying to avoid a trigger
Posted by ZemirosShabbos - 11 Aug 2014 19:07

Mazel tov! kol hakavod!

=====

====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 18 Aug 2014 05:01

Due to the Yamim Tovim. I don't have a lot of vacation time, but my wife who works on a NYC Board of Ed calendar is off for the next two weeks. She will be away from Monday to Thursday of both weeks , visiting the aineklach and visiting a cousin, which in the past would be a green light and a real trigger for me to go right down the rabbit holes of porn and masturbation. So far, I have been Tahor for more than one year. I hope that with the help of the chevra here , I can continue avoiding what would have been a real trigger.

=====

====

Re: So far so good, but I am trying to avoid a trigger
Posted by cordnoy - 18 Aug 2014 07:50

my last few trips alone I found myself singin':

ain't it good to be free and free.

(free = alone; free from lust).

im sure you will be singin' dat same song.

b'hatzlachah

=====

====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 19 Aug 2014 01:38

How true! Now, if there hadn't been a flood in our office from water damage on the floor above us compounded by a computer breakdown and a lousy commute this AM, a trigger would have been my first response!

=====

====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 19 Aug 2014 23:20

Despite yesterday having an awful commute to work and being an awful day at work, I remain tahir. I know that one trigger can send me down the rathole of porn and masturbation into what can and will be an endless maze of tunnels that lead from one self destructive act to another and which make me forget what is important in life-a great family, friends and community

=====

====

Re: So far so good, but I am trying to avoid a trigger
Posted by gibbor120 - 19 Aug 2014 23:38

a belated MAZAL TOV! I have been busy/away, so I didn't see this until just now.

=====

====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 20 Aug 2014 20:40

I also decided due to my age and increased weight and blood pressure, that I needed physical exercise. Swimming at a gender separated Y didn't work, and there was no way that i was going to go to a co-ed gym. I found a personal trainer who I have found was able to get me to move muscles that I hadn't moved in years. It is a once a week constructive outlet that leaves me no choice but to go right to sleep. The trainer is a young frum guy who is mellow in his approach (not a drill sergeant type) and even plays classic mid 1960s-early 1970s so that I move at a

determined pace.

=====

=====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 20 Aug 2014 22:31

It has been a slow few days since my boss is out of town and we had a major ceiling collapse in our office which sort of resembles Pearl Harbor. I just learned to avoid another website in terms of its POV on politics and culture, as well as its problematic pictures of "celebrities" after glancing at it twice. In the past that would have been an obvious trigger, but I am fighting such triggers every day.

=====

=====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 25 Aug 2014 00:35

My Eshes Chayil will be visiting a cousin out of town until Wednesday morning. That would have been a sufficient trigger in years past to resort to masturbation and porn. With the help of the chevra here, I think that I can resist the trigger. Without GYE. I would be going right down the rabbit hole.

=====

=====

Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 08 Sep 2014 17:41

Every summer, my wife, my dear aunt and I take a trip back to where I went to public elementary and high school for the purpose of visiting Kivrei Avos. It is a tough day as the local community is really a midbar except for the summer when it becomes a vacation center for the yeshiva and chasidic worlds. We always stop in a major outlet mall, and we make a contribution to the local economy. The mall itself is a small study in sociology-every ethnic group in all kinds of attire from the beach to Chasidische families are looking for a buy and window shopping. Being in such an environment followed by eating in a restaurant under fine hashgacha where many people do not dress in proper attire could have been a trigger in the past-but not yesterday. So far, with the help of the chevra here, and especially the daily messages, I remain Tahor and keep on working to remain Tahor.

=====

=====