

A new beginning

Posted by ineedchizuk - 25 Jun 2014 16:20

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Hi everyone!

I'm Motty, 33, married, 3 kids, from Israel.

I originally posted this on a different board, but here goes:

So I'm on day 6, fighting one moment at a time.

So many things by me are triggers- and I'm not referring to the typical, ie. seeing/thinking lustful stuff. I know it's not unique, as I've read about it on Dr Sorotskin's site (thanks, Gibbor!). Specifically the stuff about perfection.

I find that acting out for me is usually an expression of yiush. Meaning when I start becoming upset or nervous about something, I have this urge to act out 'just get it over with'. Of course it helps me avoid reality. But more, it makes me feel like 'ok, now you did the worst, so you're done. Now you can move on'. So I really would agree that 'lust is not the problem, it's the solution'. Meaning that it's forcing me to face my underlying issues that drive me to lust. So very often it's 2 steps: a. A negative emotion, then b. acting out. Even when I find myself in a lustful mood, it's usually a. 'Give up- you know you won't be able control yourself, and only then b. acting out.

Now for you gevaldige guys who are about ask those deep questions that might actually get me to think (and I look forward to getting to know you and growing from them), my lusting has led me to phone sex, pornography, masturbation. The p\*\*n probably from age 11, the rest a couple of years later. Ok, I know you still have plenty to ask!

Living '1 moment at a time' has been helping tremendously. It seems to be the exact opposite to the thoughts I usually have. Releases some of the pressure.

For me, the process of getting out of isolation began with gye. Before I ever spoke to anyone. Just by reading many post, I have gotten to understand myself more. This makes sense since until 3 weeks ago, when I joined gye, I have never in my 33 years spoken to anyone about this issue.

So thank you all for letting me learn so much from you, and for showing me that it pays to make yourself vulnerable, and open up.

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Re: A new beginning

Posted by ineedchizuk - 19 Aug 2014 03:24

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Today was a less non productive than yesterday.

In other news, yesterday I spoke on the phone to a fellow gye'er for the first time....Dov! !

One great nugget: Serenity= simchas hachaim. ie. My situation (that i lust) stinks, and I can totally, happily live with that. Deep.

Oh, and it also turned out he's not my brother. (Exhale)

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Re: A new beginning  
Posted by cordnoy - 19 Aug 2014 03:31

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[ineedchizuk wrote:](#)

One great nugget: Serenity= simchas hachaim.

Is this (and I know; I left out the second half of the statement ..... on purpose) that I posted the same?

the pleasure of bein' free (from lust) is becomin' as enjoyable as lust itself (and I enjoyed lustin'....to its fullest).

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Re: A new beginning  
Posted by cordnoy - 19 Aug 2014 03:36

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[ineedchizuk wrote:](#)

One great nugget: Serenity= simchas hachaim. ie. My situation (that i lust) stinks, and I can totally, happily live with that. Deep.

I'm gonna try sayin' the above in slightly different words, and this is only my understandin' of it: My situation (that I have the ability to lust at any given moment) stinks, and I can totally, happily live with that (as long as I don't allow that lust to dictate my next move).

[Have I opened up the proverbial thinker's cap?]

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Re: A new beginning  
Posted by ineedchizuk - 19 Aug 2014 03:40

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Maybe.

Seems to me that R' Dov's yesod is that when I can accept the struggle even as I'm struggling, that's serenity.

Whereas R' Cordy seems to be stressing the pleasure of being free(er).

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Re: A new beginning  
Posted by cordnoy - 19 Aug 2014 03:45

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[ineedchizuk wrote:](#)

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I'm assumin' that you are referrin' to my initial response, which was:

[cordnoy wrote:](#)

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Re: A new beginning

Posted by cordnoy - 19 Aug 2014 03:46

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[ineedchizuk wrote:](#)

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Re: A new beginning  
Posted by ineedchizuk - 19 Aug 2014 04:01

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Correct. I missed your 'slightly different words' post. Thank you

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Re: A new beginning  
Posted by dd - 19 Aug 2014 04:33

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Gevaldiger point there from R' Dov,

ineedchizuk KUTGW your doing great and a inspiration for all of us,

KOMT!!!!

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Re: A new beginning  
Posted by cordnoy - 19 Aug 2014 06:01

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[ineedchizuk wrote:](#)

Correct. I missed your 'slightly different words' post. Thank you

Well; do you understand how I wrote it? Do you not? Do you not see a difference between the two? I'm not sayin' that there is; just wonderin' what you missed.

Thanks

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Re: A new beginning  
Posted by ineedchizuk - 19 Aug 2014 09:43

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Yes.

I missed, as in, when I responded, I did not yet see you second post. I must've been writing my response to your first as you posted your second, kapeesh? :-)

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Re: A new beginning  
Posted by Pidaini - 24 Aug 2014 02:17

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Awesome stuff!!!

Thanks for that!!

It's amazing how I can just be cool with life.....whatever that life may be!! As dms123456789 is always writing, just take a deep breath, and smile, all is fine!!

BTW, I had a deep thought on the same track, someone chatted with me and wrote something about "false drama" I responded "all drama is false".....we can jsut relax and enjoy the show!!

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Re: A new beginning

Posted by cordnoy - 24 Aug 2014 09:02

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On the chart it says that your longest streak was 1351 days; is that correct?

if yes, what did you do then?

Can you replicate now?

either way...b'hatzlachah

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Re: A new beginning

Posted by ineedchizuk - 26 Aug 2014 21:55

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Really struggling to get out of a rut. Again, not lust related, but certainly the kind of stuff that in the past would've been automatic triggers, and currently means not prioritizing properly, or being productive enough, which is always a stone's throw away from acting out to help me avoid or sooth the pain. There have certainly been many times this week where I was very close to 'just looking' or some other 'just' that very well may have caused me to be miyayesh, and act out just to get it over with.

At the same time, I need to get back to focusing on, and being thankful for, the successes, specifically, that I am BH clean one more day.

Cordnoy: The number of my longest streak is an approximation.

It was during a few years where life was considerably less stressful and complicated, and, frankly, I was generally in a happier state. I was able to manage to 'just not go there'.

I'm thankful for those clean times.

I'm basically trying to do the same now - to just not go there. But I agree with you, and I need to see in what ways I can make life less of a pressure cooker, and work on true simchas hachaim. I guess more nisyonos bring with them more opportunities to truly grow.

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Re: A new beginning  
Posted by cordnoy - 26 Aug 2014 22:02

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How will you go about doin' that?

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