

Hayom Yom

Posted by HayomYom - 25 Nov 2016 16:20

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Hayom Yom 0

Hi everybody. My name is HayomYom. I hope to start counting my days, and making my days count.

(...yeh yeh, one day at a time...)

Obviously, I'm here cuz I suffer from lustaholism, and I want to get better.

Based on my analysis of my failings, I need to adhere to the following guidelines:

1. Avoid looking at forbidden/triggering images of any sort.
2. Avoid touching myself for pleasure anywhere close to the 'sensitive area'.
3. Avoid any form of dressing or undressing for lustful purposes.
4. Avoid lying on back or stomach (even partially).
5. Last but not least: Avoid unnecessary internet usage (hard to define, but the heart knows...).

Oh, and another very important guideline: Avoid triggering thoughts/fantasies (hard to quantify, but the mind knows...).

I hope to update regularly (if not daily, at least weekly).

GitShabis!!

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Re: Hayom Yom

Posted by Dov - 28 Nov 2016 05:12

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Hi chaver, hayomyom. Care to explain what gives you the idea that you have an addiction at all? A fetish for children is probably, at least technically, *not* an addiction. It seems to me that it usually needs different care than an addiction.

**Cornoy** asked you an important and sensitive question. And the answer you gave might be frightening to some. For it raises this question:

If you control the desire for children somehow (you imply that your control of it is due to your age advancing) and your only outlet is now fantasy, porn, and masturbation, then is it not logical that the real issues are just pent up?

You have obviously come so far and deserve great credit for that. You are a good man.

But I feel that 'keeping your guard up', as some here might suggest, is not enough for you (and for most of us, for that matter). The fact that you have not been under any professional care might mean that you have avoided facing yourself and learned to cover the truth over with other sins. Can you not see this as a possibility? There is terrible shame admitting such a problem to a professional, as well as the specter of legal troubles. That may have deterred you over the decades from getting the right kind of help...the shame might have been a powerful enough motivator to force you to 'control' it so that you would never have to admit it to anyone real (admitting it here is as weak as it is safe).

Do you not think there may be a better way?

There is a lot of hope for you, I am sure, and you are a very good man. But I doubt that eliminating the porn, fantasy, and masturbation from your life is that answer. It may just force your old stuff to the surface, and to express itself again...all because the old truth is not faced and dealt with right. And you would not want that.

No criticism, no challenges, just thoughts. I hope that you can just let them sit with you a while. There is no need to answer anything I wrote, at all.

Hatzlocha!

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Re: Hayom Yom

Posted by HayomYom - 28 Nov 2016 15:07

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Hayom yom 3

Thanks Dov for your heartfelt words. True, I do not know whether my situation is called addiction or what. All I do know is that my life is quite messed up. I should have gone for help decades ago. I realize that GYE forums are not the ultimate solution, but I think it's a tiny step in the right direction. Unfortunately, my 'gaivah' is not ready for taking the bigger, more real steps. But bl'n I'm not running away, and I plan to continue to share honestly how things are going. So maybe one day I'll mature to the next level of sanity, whatever that may involve.

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Re: Hayom Yom

Posted by Markz - 28 Nov 2016 15:16

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Do you struggle with porn at all?

How was the last week?

Many guys like to call dov. He's a sweet fellow.

I have his number, but I think he likes to give it out on personal invite

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Re: Hayom Yom

Posted by Workingguy - 28 Nov 2016 15:26

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[HayomYom wrote on 28 Nov 2016 15:07:](#)

Hayom yom 3

Thanks Dov for your heartfelt words. True, I do not know whether my situation is called addiction or what. All I do know is that my life is quite messed up. I should have gone for help decades ago. It would have helped me, and my victims as well. I realize that GYE forums are not the ultimate solution, but I think it's a tiny step in the right direction. Unfortunately, my 'gaivah' is not ready for taking the bigger, more real steps. But bl"n I'm not running away, and I plan to continue to share honestly how things are going. So maybe one day I'll mature to the next level of sanity, whatever that may involve.

(This morning I passed a little boy in Shul. I was triggered to look back as he passed, but B"H I did not. I acknowledge that it is sickening that I find this worthwhile of mentioning; but that's the story of my life... Sorry for nauseating you.)

Hayom,

I hope your efforts are successful, although I think it is very important not to play with fire and not to G-d forbid have any more victims. Did you ever have to suffer the consequence of getting caught or told on by any of your victims?

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Re: Hayom Yom  
Posted by HayomYom - 28 Nov 2016 16:47

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[Markz wrote on 28 Nov 2016 15:16:](#)

Do you struggle with porn at all?

How was the last week?

B"H I don't "struggle" with porn. As long as I keep my fences, I'm okay. But every now and then, I lose my balance and fall. Lately, my falls were mast\* w/o porn. Just acting out fantasies.

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Re: Hayom Yom

Posted by HayomYom - 28 Nov 2016 16:54

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[Workingguy wrote on 28 Nov 2016 15:26:](#)

I hope your efforts are successful, although I think it is very important not to play with fire and not to G-d forbid have any more victims. Did you ever have to suffer the consequence of getting caught or told on by any of your victims?

You make a good point, and ask a good question. I was caught more than once, but it was swept under the rug and was quickly forgotten (by me at least). I continuously suffer the consequences of facing my victims regularly (close relatives), and without their saying anything, I know they look at me with disdain, and it is a painful situation.

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Re: Hayom Yom

Posted by HayomYom - 29 Nov 2016 14:51

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Hayom yom 4

(Those following this thread may have noticed that all traces of my 'unfavorable misdeeds' have been 'eradicated'. I take this as a positive sign from heaven, and as an incentive to 'keep my slate clean'.)

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Re: Hayom Yom

Posted by Bigmoish - 29 Nov 2016 15:08

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I don't mean to burst your bubble, especially if it helps you stay clean, but the moderators regularly edit out various things, such as overly triggering content or content that might reveal our identities, protecting us from ourselves.

If injustices were committed, having them wiped off this forum is not a sign that all is fine and dandy.

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Re: Hayom Yom

Posted by HayomYom - 29 Nov 2016 17:51

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I hear you loud and clear. You are 100% right. Injustices were committed. All is not fine and dandy. But as you allude, staying clean is also something to focus on. (Admittedly, I was being a bit sarcastic on something that's actually more serious. But at the same time, I was trying to reinforce myself not to let this pull me down.)

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Re: Hayom Yom

Posted by HayomYom - 30 Nov 2016 14:50

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Hayom yom 5

...this is what Reb Nachman says:

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as in - ??? ??? ????? ???

Every person, no matter how lowly he is, has some good point within him.

And for that, he should thank Hashem and sing to Him.

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Re: Hayom Yom

Posted by HayomYom - 01 Dec 2016 14:49

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Hayom yom 6

("Sick's days!")

A good Chodesh to all.

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Re: Hayom Yom

Posted by HayomYom - 02 Dec 2016 14:47

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Hayom yom 7

Baruch Hashem - A full week!

Blessed is He who gives strength to the weak.

A good Shabbos to all

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Re: Hayom Yom

Posted by HayomYom - 04 Dec 2016 14:25

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Hayom yom 9

9 = nine= ????

The Slonimer Rebbe zt"l writes:

?? ??? ????? ??, ?? ??? - ????? ??:?

How can an impure person achieve purity?

?? ??? - one "?????" - just say ????? once and for all.

Here at GYE, ?? ??? can mean - one ????? at a time.

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Re: Hayom Yom

Posted by HayomYom - 05 Dec 2016 15:11

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Hayom yom 10

Ten is a whole number.

Ten is also a holy number.

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