

introducing myself

Posted by ayidel - 05 Jan 2018 10:07

hi my name is ayidel i'm married for 10 years and have a couple of children i don't think i am an addict

but rather would have falls at more spread out times so it took me a while to figure out that i might need help

but i thank hashem i found this site signed on and ready to really hanker down thanks for everything

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Re: introducing myself

Posted by ayidel - 09 Jan 2018 15:41

Did that already thanks

Does anyone know if its possible to become addicted to the GYE site i just seem to love to spend time with such great guys thanks everybody

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Re: introducing myself

Posted by ieeyc - 09 Jan 2018 16:27

time in my life during the summer.ieeyc have you gone mad?! calm down, ill tell you what happened. i work with invalids who the the manager is a modern guy who probably ALWAYS goes to the beach there was a couple of modern jews and some goyim on the staff and one other frum yid ,his Rebbe said no way can he go and stayed oin the car and got in trouble with the manager ,i called a posek and told him the situation , embarresed, thinking this rov probably thinks that im such a bum to even ask the shaila,i told the Rov im ready to listen to whatever he says ,but i just said that maybe its the same thing as a dr.working on a lady since hes busy with his work ,he doesnt think bad things, and the Rov was maskim to me ,and said make sure to concetrate on the individuals that they dont run in the ocean,and thats what i did , i did not even see pritzus ,the kids WERE trying to go to the ocean , my eyes were focused on ,wheres reuvan , shimon , WHERE'S shimon?! i was also embarresed to look with my hat and jacket ' anyway the reason why im writing this is if your coming to the states with a wife and a baby in a carriage , i second the motion of Hashem h.m.,great idea ,but if youre coming with a

first

bunch of little kids and you cant get lost in a niggun or shiur try to focus on their safety wheres he running etc.airports are big and dangerous where kids could get lost C"V, it might work chazak ve`ematz

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Re: introducing myself

Posted by ayidel - 09 Jan 2018 16:46

I am actually in the second situation with many kids so thanks for that i'll keep you guys posted how it went

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Re: introducing myself

Posted by ayidel - 10 Jan 2018 16:23

Heard an idea wondered if anyone tried it instead of saying a straight out NO when you have a strong lust attack(or whatever its called when you feel yourself needing something badly)

just put it off with time tell yourself i will do it just not right now another hour or so and in that way it passes easier

It sounds good who knows

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Re: introducing myself

Posted by youcan - 10 Jan 2018 19:11

A few people wrote about this here and said that it works for them. I'm not sure that it works for me, but I'm sure it's works for some people.

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Re: introducing myself

Posted by Hashem Help Me - 10 Jan 2018 21:48

Delaying helps by 1 - putting you in control, and 2- showing yourself you dont *need* it.

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Re: introducing myself

Posted by Yerushalmi - 10 Jan 2018 23:43

Try taking off your glasses (if you wear any).

Perhaps get a night flight, where you can spend the time sleeping.

If you can afford it, fly first class. There are less people there to look at, and the seats are further apart, avoiding accidental contact with people.

Personally, I find that when I am doing nothing, I start to fantasize. Bring enough material to keep yourself occupied.

Hatzlachah!!

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Re: introducing myself

Posted by Yerushalmi - 10 Jan 2018 23:55

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From Mishlay (I think)

Any way of getting the yetzer off our back is a valid trick! For some it's to say, not now maybe in 1 hour. For others, I can't now because....fill in whatever excuse you need.

It's VERY hard to fight the yetzer head on, it's easier to sidetrack him. Personally, if I have a strong desire, it's hard for me to say, wait 1 hour. It's not as hard to say, I can't now, I have a meeting in 20 minutes that I can't be late for, or, I can't now, I will get my clothes dirty, or, not now people will see/find out, or what will everyone think if a Jew in a kippah/black hat/suit is doing this?

Whatever sidetracking works for you, is totally 100% ????????

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Re: introducing myself

Posted by ayidel - 11 Jan 2018 14:42

[Hashem Help Me wrote on 10 Jan 2018 21:48:](#)

Delaying helps by 1 - putting you in control, and 2- showing yourself you dont *need* it.

What i felt it helped was more in the way that at the moment of the attack you don't have the clarity to fight back but by pushing it off the temptation becomes less burning and eventually cools enough to be able to make a rational decision

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Re: introducing myself

Posted by ieeyc - 11 Jan 2018 15:19

well said, please start Davening NOW that you shouldnt see devarim asurim

leolam yakdim adam tefila latzara

we all will be watching, dont dissappoint us:smiley:

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Re: introducing myself

Posted by ayidel - 31 Jan 2018 20:46

Hi everybody just came back from my trip b"h succsesfull both ways thanks for your encouragement will post more when i have more time

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Re: introducing myself

Posted by ieeyc - 01 Feb 2018 04:30

hatzlacha!

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Re: introducing myself

Posted by HakolMilimala - 01 Feb 2018 05:30

welcome back! we knew you could !!

[ayidel wrote on 09 Jan 2018 15:41:](#)

Did that already thanks

Does anyone know if its possible to become addicted to the GYE site i just seem to love to spend time with such great guys thanks everybody

I second that notion.

But hey, probably worst things to be addicted to than GYE right?

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Re: introducing myself

Posted by ayidel - 01 Feb 2018 16:17

While i did use the idea to remove my contacts and that along with being occupied with my kids really helped i must say that line from ieeyc don't dissapoint will be watching helped me even more than all that as any time i had a desire to just look aside i thought what will i report when i return is it really worth it to get knocked of a streak just for that short "fun" and that really knocked it out for me

i thank you all and again cannot express enough my joy in finding this site

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