

Gibbor's Insights

Posted by cordnoy - 02 Aug 2013 00:06

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# 1

Feeling an attraction to your wife is not necessarily lust. Lust is when we want the physical pleasure without the emotional connection. The feelings of arousal that happen when we connect emotionally to our wives are feelings of LOVE.

let's keep 'em comin!

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Re: Gibbor's Insights

Posted by Josephsbrother - 12 Mar 2016 14:32

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He is more ready to talk with us, than we are too Him, but our free choice grant One access to our relationship.

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Re: Gibbor's Insights

Posted by Josephsbrother - 12 Mar 2016 14:36

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[cordnoy wrote:](#)

thanks Mendel

wasn't sure Guard would allow it

# 8

**Lies, Women and Haughtiness**

I just had a thought...

There is one mitzvah that the Torah says stay far away from it. ???? ??? ????

There is one aveirah that the Shulchan Aruch says to stay far away from. ???? ?????? ?? ??????  
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There is one middah that chazal tell us to stay far away from - ????

Methinks they are all related!

If non Jews could have a translation, if possible.

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Re: Gibbor's Insights

Posted by Gevura Shebyesod - 13 Mar 2016 03:38

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[Josephsbrother wrote on 12 Mar 2016 14:36:](#)

[cordnoy wrote:](#)

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???? ??? ???? - distance yourself from falsehood

???? ?????? ?? ?????? ??? ??? - one must distance oneself very much from women

???? - haughtiness

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Re: Gibbor's Insights

Posted by thanks613 - 06 Apr 2016 21:59

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no comment on this thread, just tired of seeing the title from the most previous post in this forum, though I'm sure the poster meant well..

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Re: Gibbor's Insights

Posted by GrowStrong - 09 Mar 2017 21:24

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[gibbor120 wrote on 09 Mar 2017 20:23:](#)

[TzedekChaim wrote on 05 Mar 2017 18:15:](#)

5) This is more of a question. I know that many have and continue to say on this forum about how marriage does not solve this problem and may in fact even make it worse. (now that is a bit scary, but also realistic, and I get where it is coming from) However, in 'the fight' shiurim by rabbi shafier he talks about how before marriage one must fight the fight in the smartest way possible using the best tools available, but that until one is married it is impossible to totally win the fight. Obviously, marriage does help in some fashion. (in the shiur he explains some of the manners in which it helps) I was wondering if anyone more wise/married had any positive aspects of marriage that contribute in good ways to this fight? (I feel like the other approach is too focused on negatives, albeit not unrealistic. I just feel that it is difficult enough as it is to not think that I'm entering a new and only more difficult fighting ring. To me now it feels a bit like shooting myself in the foot so to speak getting married.) Any good things gained from getting

Disclaimer: I didn't like "'the fight' shiurim by rabbi shafier".

That said, I think marriage can help and hurt. I think one of the misconceptions is that acting out is about taivah and hormones. Therefore, if a person has an outlet, he will not have a problem.

That may be true to a certain degree, but certainly for someone who is addicted, it can make things worse. He can view his wife as an object to satisfy his desires. (This is a sliding scale by the way, and I think we all do it to one degree or another.) He can then pressure her etc. She is

Addiction is about escape. I know for myself, and I think many others here will agree, the ).

The fact that addiction has much more to do with emotional state etc. means that marriage can be good or bad. A good marriage can uplift a person etc.. A bad marriage can be toxic.

Even in a good marriage, there are bumps along the way. Getting married is stressful. As much as you think you love your kallah, and nothing will ever go wrong... the reality is much different.

I wouldn't stress about it too much. Just realize, that your emotional state is probably more important than your physical satisfaction.

turned off and it can make intimacy a source of tension instead of ... well intimacy

Just do your best to be a good husband. To appreciate your wife as a person, and not pressure her to satisfy you. (That is not to say that she should not satisfy you, just that you should not be obsessed with her satisfying you in specific ways.) It is a learning process for both of you. Be open and honest and IY"H things will be good.

Please keep us posted.  
biggest trigger I have is being in a fight with my wife. (That trigger doesn't exist for singles

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GGG (Gibbor's Golden Goodies-I love G's!)

Posted by cordnoy - 15 Jul 2018 17:15

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[cordnoy wrote on 05 Aug 2013 05:49:](#)

# 7

***Planning a Sexy Vacation? Gibbor tells you the correct attitude to bring along***

Relax, and enjoy having a nice time with your wife. Don't obsess about having sex on vacation. It's a recipe for a bad vacation for both you and your wife.

Gibbor's posts are all golden, but since you fellows are all thinkin' of goin' away after the Ninth, here's this goodie.

GGG

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Re: Gibbor's Insights

Posted by joro - 16 Aug 2018 02:24

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[ZemirosShabbos wrote on 02 Aug 2013 00:28:](#)

**# 2 Calling a friend when tempted**

[gibbor120 wrote:](#)

[gonnabekodosh wrote:](#)

I'm not sure opening up is going to help either, It doesn't make the triggers or the desire fade..

At the very least, it focuses us away from ourselves. When looking at porn and masturbating we are very focused on ourselves - our selfish pleasure. Focus on others. Even calling our wives or a friend, helps us to get out of our own heads (which is a dangerous place to be)

Making a call to another struggling person, and admitting what temptation we are facing does makes the temptation fade. It brings us back to reality from fantasy. In our fantasy world, we can )  
of other rationalizations (we have an unlimited supply - don't we?). When we talk to someone else and tell them what we are thinking, we can see how silly and stupid it really is.

"imagine" that it's not that bad, it's not my fault, and a myriad (always wanted to use that word

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Re: Gibbor's Insights

Posted by cordnoy - 16 Aug 2018 02:29

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The name of this thread is gibbor's insights. In it, I and others, quote what we feel are productive insights from one of the super-heros of this site called gibbor. You can find his posts on many threads, especially from the old timers.

There is another thread called Dov's quotes. Guess what? Those are quotes from Dov.

One day there will be a thread called Joro's Mo-jo's on the Go!

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Re: Gibbor's Insights

Posted by gibbor120 - 09 Sep 2018 16:00

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I haven't posted in a while. It was quiet in the house, so I decided to come for a quick peek  
( ). It made me smile to see this thread come up. This is truly a wonderful place. I probably just have a bit of burnout, but I haven't forgotten about this wonderful chevra. I just said Hatoras Nedorim, so I  
( ) I will. Probably not much until after sukkos though.

Have a ksiva vchasima tova and a gut gabencht yahr, full of bracha, in gashmiyus, ruchniyus, and healthy relationships (which is often at the center of our struggle).

Love,

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Gibbor

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Re: Gibbor's Insights  
Posted by eved41 - 20 Dec 2020 00:06

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Bump.

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