

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

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Re: Home of Gibbor120

Posted by MendelZ - 16 Oct 2013 21:50

I missed you too.

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Re: Home of Gibbor120

Posted by gibbor120 - 31 Oct 2013 20:42

I was learning with a tall, spotted member of our chevra, and thought I would share something we learned.

We know that it is important to make gedarim so that we don't fall. It is not simply a technicality (the gedarim make it more difficult to fall). Having gedarim in place actually makes the **desire** to fall less.

If my wife is in the room, and I am using the computer, I have no desire to look at inappropriate sites (usually). If she leaves town, my desire skyrockets (usually).

Desire rises in proportion to opportunity. Take the opportunities away (or make it harder at least) and the desires will be diminished (no they won't disappear, but they will be less).

I thought it was a nice point about how gedarim are helpful.

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Re: Home of Gibbor120
Posted by MendelZ - 31 Oct 2013 20:53

Interestingly put.

Last night, my gatekeeper took the filter off my phone so I could open an innocuous link. After a couple of minutes, I felt a slight tinge, the likes of which I haven't felt in months. The opportunity brought me to think, albeit for a few seconds, about looking at shmutz. B"H, it wasn't a big deal and I didn't do anything, but I experienced first-hand exactly what you just wrote.

Thanks for sharing.

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Re: Home of Gibbor120
Posted by Dov - 31 Oct 2013 21:01

As much as I dislike the word cuz it engendr the silly idea that we are 'victims', I still would like

to apply the word: "Trigger," here.

It may be helpful to recognize that being alone with your computer and hidden from your wife/people you are afraid of, was always the way you got the sweet porn we love. So naturally, being alone with your computer and hidden from wife or anyone else you are afraid of, triggers a conditioned response.

Not only a choice, not only a mental process - but simply a conditioned response.

Triggers are surely not the sole reason we end up lusting or acting out our lust...but they exist, and they need to be **respected**.

If you think that over, does it mean something to you?

Thanks for letting me share that.

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Re: Home of Gibbor120
Posted by ZemirosShabbos - 31 Oct 2013 22:16

thank you Gibbor for that clarification! the tall spotted guy you learned with did not understand that so well last night and now it is clearer

thank you Dov for that insight too.

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Re: Home of Gibbor120
Posted by Machshovo Tova - 31 Oct 2013 22:31

[gibbor120 wrote:](#)

...We know that it is important to make gedarim so that we don't fall. It is not simply a technicality (the gedarim make it more difficult to fall). Having gedarim in place actually makes the **desire** to fall less...

I would like to mention a third point how gedarim are helpful: When we do our part in avoiding such problems, we merit siyata dishmaya and Hashem will do the rest for us. (See Mesilas Yeshorim end of chapter 2.)

Hatzlacha

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Re: Home of Gibbor120

Posted by gibbor120 - 01 Nov 2013 01:03

dov, you are making a different point, but a good one nonetheless.

My point applies even when there is no "pre-existing condition". Like a kid who wasn't hungry for cookies, when his mom leaves the room and he sees them, might become overwhelmed with opportunity alone whets his appetite. . The

But conditioning definitely plays a big role in lust. When my wife would leave the house to go to the store, my heart would start pounding so hard, I was DOA. I didn't stand a chance. It was probably a combination of all those factors.

B"H, this summer, I was home alone for several days, and I really didn't have a hard time. I made sure to call people and get together with people.

In the past, I would have used the time to do something alone. Now, I realize, that I MUST connect with people to have a shot at staying sober.

Hope someone enjoys my ramble.

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Re: Home of Gibbor120

Posted by skeptical - 01 Nov 2013 02:20

I enjoyed your ramble, because I could relate very much.

My wife just has to mention that she wants to go out and my mind starts plotting. For the most part since joining GYE, I have been able to tell those thoughts that I don't do that anymore, and that would be that. But I definitely know the feeling.

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Re: Home of Gibbor120

Posted by Machshovo Tova - 01 Nov 2013 20:26

[skeptical wrote:](#)

...My wife just has to mention that she wants to go out and my mind starts plotting. For the most part since joining GYE, I have been able to tell those thoughts that I don't do that anymore, and that would be that. But I definitely know the feeling.

Funny how I could have written that same paragraph (both the before and the after). I guess people here have much in common.

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Re: Home of Gibbor120

Posted by Dov - 04 Nov 2013 03:25

[skeptical wrote:](#)

I enjoyed your ramble, because I could relate very much.

My wife just has to mention that she wants to go out and my mind starts plotting. For the most part since joining GYE, I have been able to tell those thoughts that I don't do that anymore, and that would be that. But I definitely know the feeling.

I relate. It was years and years, that being left alone at home made me nuts. I walked out and talked with recovery friends many times walking w/ them around my block just to calm me down and get into life rather than the fantasy stuff. Driving was also a problem, being a reformed cruiser. If i'd get lost or be driving with unaccountable time, I'd be going crazy not to look for dirty places to visit. It was torture.

Because of Hashem's kindness and help, that situation has disappeared for me most of the time. Now, things are quite different: My challenge is when my wife says she wants to stay home with me and we have a nice evening. Pleasing her and having a nice time together was always a trigger for lusting after sex with her - and it ruined the relationship. So the time most of my surrender of lust happens is with her and it leads to so much more love and good times together. Lust really kills love...and when it does not kill it, it just maims it and the love/relationship just drags along for years and years.

And when I am busy with recovery and letting lust go, it makes the times we *are* sexual more of a choice and a pleasure instead of the old neediness or begging by either party.

And just for the record, I don't think I ever 'deserved' that or could have 'merited' that. But we have been told by great tzaddikim that Hashem only comes in where people *let* Him in. And I let Him in only because I suffered enough and finally became willing to let go of my shame and talk openly and honestly to real people about the truth of what I had done, was doing, and felt like doing. And that was enough. So far.

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Re: Home of Gibbor120
Posted by Pidaini - 26 Nov 2013 02:41

Gibbor, just wanted to tell you how excited I am that you are back and kicking!!!

WOOOHOOOOOOOOOOOOOOO!!!!!!!!!!!!!!!!!!!!!!

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Re: Home of Gibbor120
Posted by gibbor120 - 27 Nov 2013 19:37

Thanks. I somehow missed this post until just now.

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Re: Home of Gibbor120
Posted by gibbor120 - 27 Nov 2013 20:38

Quoting Self. Old but good post.

[gibbor120 wrote:](#)

The gemara in [megilah 25b](#) discusses different kriyas hatorah and whether we should read them in public and be metargem (translate) them. The gemarah says that the maaseh of Yehudah and Tamar, we read and translate in shul.

The gemarah asks, P e s h i t a?! Obvious.

The gemara answers, I would think that we should be concerned about the kavod of Yehuda.

KM"L - Since he admitted it - THIS IS HIS PRAISE!

This gemarah ~~was~~ is a big chizzuk for me. The gemarah doesn't say that we can learn a lot from Yehuda's mistake. The gemarah says, that there is nothing to be embarrassed about. If we admit our mistakes - it is a source of PRIDE for us!

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Re: Home of Gibbor120
Posted by gibbor120 - 27 Nov 2013 20:39

Another gemara:

Sanhedrin 31b

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