

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

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Re: My Story - Reallygettingthere

Posted by gibbor120 - 31 Oct 2013 20:29

Mazal Tov! Just remember, you are always "getting there" and never "there".

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Re: My Story - Reallygettingthere

Posted by skeptical - 31 Oct 2013 20:36

Mazel Tov!

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Re: My Story - Reallygettingthere

Posted by Pidaini - 31 Oct 2013 20:46

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Just wanted to point out that R' eli did not make any grand big to do about it, he just mentioned the number of days he is clean. It's the rest of us that went beeeeeeeeeeeeeeezerk

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 31 Oct 2013 20:49

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All of you are correct

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 31 Oct 2013 20:53

[gibbor120 wrote:](#)

Mazal Tov! Just remember, you are always "getting there" and never "there".

Yes. "*Sheim*" is "*mahus*"

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Re: My Story - Reallygettingthere

Posted by Gevura Shebyesod - 01 Nov 2013 00:33

Mazel Tov!! KUTGW & KOMT!!!

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 08 Nov 2013 23:18

Leichter!!

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 08 Nov 2013 23:36

A short summery of what I do to keep myself away from acting out:

(or the things that I do now that I didn't do 14 months ago)

1. Participate in the GYE forum
2. **Make honesty an integral part of my life**
3. Learn daf yomi
4. Exercise regularly
5. I told my wife that I am a lust addict
6. Have a safe friend to talk to when I'm feeling weak
(this was a turning point in my recovery because they key is to avoid the first sip)
8. I let my wife know that she should NEVER feel pressure to have relations with me if she does not want to, ever
9. I make myself available to others that need someone to talk to when they are feeling weak
10. I talk to Hashem in plain english

I'm sure there'e more...

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Re: My Story - Reallygettingthere
Posted by gibbor120 - 09 Nov 2013 00:32

[reallygettingthere wrote:](#)

7. **I don't not watch movie or movie trailers**
(this was a turning point in my recovery because they key is to avoid the first sip)

[reallygettingthere wrote:](#)

I'm sure there's more...

If you think of more, let us know.

Have a Great Shabbos!

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Re: My Story - Reallygettingthere

Posted by Gevura Shebyesod - 09 Nov 2013 00:48

KUTGW and have a great Shabbos!

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Re: My Story - Reallygettingthere

Posted by Pidaini - 10 Nov 2013 00:21

WOOOOHOOOOOO!!!

Awesome!!

(just want to reaffirm that telling one's wife should not be taken lightly, and as a given which one must do, as the other things on that list ARE must-do-ers.
Very en"light"ening

Telling one's wife should be discussed with higher athaurity before doing so)

Thanks for sharing!!!!

KOT!!! KUTGW!!!

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Re: My Story - Reallygettingthere

Posted by israel613120 - 10 Nov 2013 05:50

I'm really stuck on the movies thing, I know its the correct thing to do, to stop watching anything, but I kind of grew up with it and find it hard to let go, but I fully see that it can lead to slips. and was part of my recent slip.

Please give me some advice and chizzuk maybe.

Israel

Maybe a PM?

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Re: My Story - Reallygettingthere

Posted by SIB101854 - 10 Nov 2013 06:52

I used to watch poprn when noone else was home or awake. Now, I close the door to room where the computer is located at those times, and make sure that I go to sleep at the same time as my wife. As far as regular TV is concerned, the language and plots make most, if not all TV, highly problematic,

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 15 Nov 2013 02:59

dunno.

I guess I was so frustrated trying not to lust and then fall and wanting to watch movies at the same time. I ultimately made the decision that I wanted sobriety more than I wanted movies.

I really really like movies, but I was not addicted which is why I was able to make that decision.

Had I tried to say, "I like being sober and I like porn. I can't have both so I'll pick sobriety" I never would have been successful.

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