

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

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Re: My Story - Reallygettingthere

Posted by Gevura Shebyesod - 17 Jan 2015 02:08

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 20 Jan 2015 03:09

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Traveling this week. Made a Taphsic to \$100 to my wife's high school if I turn on the TV

(I really don't like that institution so I have one more reason not to turn on the TV)

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KOLPSW!!!

Re: My Story - Reallygettingthere

Posted by nitzotzeloki - 30 Jan 2015 21:34

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i finally get to say this.

LEICHTER!!!!!!

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 30 Jan 2015 22:01

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Welcome to the club!!

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Re: My Story - Reallygettingthere

Posted by cordnoy - 30 Jan 2015 22:05

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Illustrious club!

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 06 Feb 2015 22:31

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Hi everybody. here's the update:

BH for the most part Im doing great. slipping every so often and that can be improved but haven't had a fall in a while. I am slowly learning (it's been two years) not to make lust part of my routine

Oh

Make no mistake

I'm an addict

BUT

Taking lust out of my routine had a significant impact on me being able to manage the addiction.

AND understanding what sort of void the lust fills and filling it with something else.

(stress mostly)

Baruch Hashem things are great.

Love you all

Eli

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 06 Mar 2015 19:30

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I just had the realization that I turn to lust for validation...

(I'm not psychologist but I'm guessing that this is what goes on in my brain: Oh no, someone  
dissed you are hurt your feelings etc. here, this will make you feel real and alive)

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Re: My Story - Reallygettingthere

Posted by cordnoy - 08 Mar 2015 02:11

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Perhaps that has somethin' to do with the question that therapists have asked: When watchin'

porn, do you view yourself as an active participant, or as a bystander?

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 08 Mar 2015 04:19

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I have certainly have made myself an active participant not just a bystander when watching porn although not always.

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Re: My Story - Reallygettingthere

Posted by Dov - 24 Mar 2015 02:07

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[reallygettingthere wrote:](#)

I just had the realization that I turn to lust for validation...

(I'm not psychologist but I'm guessing that this is what goes on in my brain: Oh no, someone dissed you are hurt your feelings etc. here, this will make you feel real and alive)

I relate 100%, chaver.

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Re: My Story - Reallygettingthere

Posted by cordnoy - 26 Mar 2015 16:23

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[Dov wrote:](#)

[reallygettingthere wrote:](#)

I just had the realization that I turn to lust for validation...

(I'm not psychologist but I'm guessing that this is what goes on in my brain: Oh no, someone dissed you are hurt your feelings etc. here, this will make you feel real and alive)

I relate 100%, chaver.

or if you get angry

or if you are afraid of somethin'

or if you are rejected

or if you are pained

or if you are jealous

bottom line....it is all because of self

that's what you, and I don't mean you; I mean I am worried about.

now that I have that realization, what am I gonna do about it?

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 21 Apr 2015 00:27

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or because I like to look at naked women...

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Re: My Story - Reallygettingthere

Posted by cordnoy - 21 Apr 2015 03:21

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We like ice cream, steak (together?), bowlin', ice skatin', etc.

Yet, when we are stressed, we don't generally storm up to the bathroom to go bowlin'!

We don't drive around our hotel room for an hour and a half to see if there is an ice skatin' rink.

I'm no chacham, but what it seems to me is that yes 'naked women' (and we will leave our private chat off this discussion) is somethin' we like to look at, but it is more than that. And whatever that 'more' is, is comin' from the stress, fear, tiredness (I'BAD WORD REMOVEDascha), hunger, etc.

And yes, i know some people eat when they're stressed as well.

b'hatzlachah

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 17 Jun 2015 18:26

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UPDATE:

I acted out last night.

...after walking away from a gemora.

No real shock though. That's my nature. I need to deal with it and accept the reality that my learning and teaching is not some sort of magic charm.

I have been very lax in some of the things that contribute to me keeping my sanity and i am reaffirming my commitment. (not watching any sort of Movies, TV, etc. ANY... EVER they are poison for me. all of them... always)

Eli

(That being said, I do not remember the last time I acted out. I am not obsessing over my fall... much healthier... veiter)

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