

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that usually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

=====
=====

Re: Yaakov's Ladder

Posted by cordnoy - 05 Jan 2016 14:27

[stillgoing wrote:](#)

wedding...?

I was told that the Hassidim get married young, but this would be ridiculous.

Please give him my address, for I would tell him a thin' or two (red hair, blue pj's) about marriage that will probably make him think twice.....once they're older, they don't listen, for the fantasy of bliss becomes entrenched in their brain.

=====
=====

Re: Yaakov's Ladder

Posted by cordnoy - 18 Mar 2016 13:00

I found this post in the archives: it seems to me that it's worth sharin'.

There were two issues that were laying heavily on my mind regarding my last fall.

1. How could it take a mere few minutes of giving in to lust to fall backwards in to the filth I was into from over 13 months beforehand (granted that there were another two falls in between)? Haven't I learned enough with therapist and SA group to be a bit smarter than that? Have I zero control? Ok...lust, but so low (and sorry that I'm not delineating here).

2. Why was I in such emotional pain this time? Why did it hurt so much? Last time (after 100+ days of being clean), it was an enjoyable week with three falls? Why was this time (after 150+ days) so short and nauseating?

After speaking with an expert today, it seems that there is one answer to both. Yes, I am in recovery (I have not recovered - ain't that the truth?...I am in the recovery process), but recovery does not mean "free from lusting." That can be an outcome if one is working the steps or whatever way he is recovering, but the definition of recovery is not free of lust. Recovering means to understand and accept that I am an addict. It is the understanding that I know and realize that this poison will make my life unmanageable (as it has in the past, and as it will do in the future). Recovery means the coming to grips that the female body and sex in general is not to be worshiped and sought after, and if I can't have my fill then it affects my entire life. A woman on the street is merely that...she is a woman on the street, and she has nothing to do with me. Relations with my wife is not my business! if it happens, it happens. [We take this station break to point out and emphasize that I am nowhere near thinking like this all the time and not even most of the time, but sometimes....and I am coming to terms that this is the way I should be thinking.]

Accordingly, when these realizations don't play a roll, and I succumb to my old style of thinking, I am immediately transformed back into the crazy porn addict low life I always was and always

will be (without recovery), and no action is deemed too low, for why should it be? Life is about indulging in pleasures and this right now is what excites me and turns me on. And my friends, there is a drawback (a minor one) of being somewhat in recovery. I have become sensitized to lust like I never was in my life. In my previous three decades, the lust was part of my life and enjoyment. I could "go" for five hours, three days, a week and a half until "giving in (so to speak)," for there was no thought process behind the pleasure. But now, I know precisely what it is I am doing. I am not living life; I am throwing it away. This break ain't no party; it is nauseating and bitter. Nobody stays overtime at a funeral. It ain't pretty and it's over as soon as it started.

I know that I have a certain style of writing and perhaps here it may even come out that I know what I'm talking about. Fellows, I don't really. Some of what I wrote makes sense to me; some of it is banging around inside of me and it may have merit. Parts (that I made up) may even be shtussim gemmurim.

I write for myself and for whoever might get something from it.

Peace out!

=====
=====

Re: Yaakov's Ladder
Posted by TehillimZugger - 06 May 2016 18:36

yankel?

Yankel??

YANKEL?!?!?!?

doctor!!!!!!!!!!!!!!!

yankel?

Yankel??

YANKEL?!?!?!?

doctor!!!!!!!!!!!!!!!

Huh?! [blink] [squint] Whe....Wher.....Where am I?!

=====
=====

Re: Yaakov's Ladder
Posted by markz - 01 Jun 2016 11:59

Hi Yaakov

Nice to meet you!!!!

Hey the new emojis work

=====
=====

Re: Yaakov's Ladder
Posted by cordnoy - 01 Jun 2016 12:33

[Pidaini wrote on 01 Jun 2016 11:53:](#)

[TehillimZugger wrote on 06 May 2016 18:36:](#)

yankel?

Yankel??

YANKEL?!?!?!?

doctor!!!!!!!!!!!!!!!!!!!!

Huh?! [blink] [squint] Whe....Wher.....Where am I?!

Truth is, it is difficult for me to truly ascertain what's going on here, for I was here during this metamorphosis, but there might be things that you do not recognize. Either way, welcome.

Strange, but a different voice from the past gave me a holler just yesterday.

B'hatzlachah to all

=====
====

Re: Yaakov's Ladder

Posted by Pidaini - 01 Jun 2016 13:02

[cordnoy wrote on 01 Jun 2016 12:33:](#)

[Pidaini wrote on 01 Jun 2016 11:53:](#)

[TehillimZugger wrote on 06 May 2016 18:36:](#)

yankel?

Yankel??

YANKEL?!?!?!?

doctor!!!!!!!!!!!!!!!

Huh?! [blink] [squint] Whe....Wher.....Where am I?!

Truth is, it is difficult for me to truly ascertain what's going on here, for I was here during this metamorphosis, but there might be things that you do not recognize. Either way, welcome.

Strange, but a different voice from the past gave me a holler just yesterday.

B'hatzlachah to all

metamorphosis?! Mine? The site's?!

Anyway, thanks for the welcome, and it's nice to meet you too, markz!!

=====
=====

Re: Yaakov's Ladder

Posted by cordnoy - 01 Jun 2016 14:23

[Pidaini wrote on 01 Jun 2016 13:02:](#)

[cordnoy wrote on 01 Jun 2016 12:33:](#)

[Pidaini wrote on 01 Jun 2016 11:53:](#)

[TehillimZugger wrote on 06 May 2016 18:36:](#)

yankel?

Yankel??

YANKEL?!?!?!?

doctor!!!!!!!!!!!!!!!

Huh?! [blink] [squint] Whe....Wher.....Where am I?!

Truth is, it is difficult for me to truly ascertain what's going on here, for I was here during this metamorphosis, but there might be things that you do not recognize. Either way, welcome.

Strange, but a different voice from the past gave me a holler just yesterday.

B'hatzlachah to all

metamorphosis?! Mine? The site's?!

Anyway, thanks for the welcome, and it's nice to meet you too, markz!!

1 the site.

2 for you did not appear as pidiani (insert wink emoji, however the Hell that is done) here.

3 pleasure.

=====
=====

And what makes me from the past?

Re: Yaakov's Ladder

Posted by stillgoing - 01 Jun 2016 14:40

[9494 wrote on 25 Jun 2015 08:47:](#)

As the verse clearly states in Chapter 17:

"...And Jacob shall return...and I shall return large font to the inhabitants of GYE, and all its members will know..."

Once again.....!!!!!!!!!!!!!!!!!!!! (drumroll) THE FALCON (dum dum dum dum!!!)

STICK AROUND!!!!!! unless you're just so sober, you don't need this anymore, but even then,

=====
=====

Re: Yaakov's Ladder

Posted by Bigmoish - 01 Jun 2016 15:54

I've heard of post partum depression for the wife, but not for the husband.

Welcome, stranger.

Keep in touch, will ya?
do it for us. Anyways, you're always welcome here.

=====
=====

Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 01 Jun 2016 16:43

[stillgoing wrote on 01 Jun 2016 14:40:](#)

[9494 wrote on 25 Jun 2015 08:47:](#)

As the verse clearly states in Chapter 17:

"...And Jacob shall return...and I shall return large font to the inhabitants of GYE, and all its members will know..."

Once again.....!!!!!!!!!!!!!!!!!!!! (drumroll) THE FALCON (dum dum dum dum!!!)

STICK AROUND!!!!!! unless you're just so sober, you don't need this anymore, but even then,

I've heard of post partum depression for the wife, but not for the husband.

do it for us. Anyways, you're always welcome here.

<https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/258645-enough-is-enough!?limit=15&start=15#258846>

=====
=====

Re: Yaakov's Ladder
Posted by inastruggle - 01 Jun 2016 16:55

You're not going to believe this but I spent way more time than i care to admit reading about 20 pages of your thread last night. The whole time I was wondering, where's yankel now?

It's great to see you. I came back at the beginning of bein hazmanim from a loong break as well.

How long are you going to be back for?

=====
=====

Re: Yaakov's Ladder
Posted by Watson - 01 Jun 2016 17:48

R' Yankel!!!!!!!!!!!!!!
Warning: Spoiler!

=====
=====