

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

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as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m\*\*\*\*\* habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequent ....and eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching \*\*\*\*

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....  
Posted by Workingguy - 03 Jul 2018 04:11

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[mzl wrote on 27 Jun 2018 10:19:](#)

Your older posts from back in April scares the daylights out of me because it sounds like a severely depressed guy about to kill himself.

If you are looking for some out of the box thinking I'd be happy to speak with you more and listen. There's no room in my brain for witch hunts, believe me.

Why are you bringing those up? These posts sound healthy and even hopeful; leave those behind.

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 07 Jul 2018 22:18

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It's fine really ....I am always teetering ....it is part of my illness .....and for 10 years+ I was in complete denial about the extent of my condition and it's effect on my family and friends and even myself

and even as I return here haphazardly i am unable to truly be free

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Re: laughingman tries to count to 90.....  
Posted by growup - 08 Jul 2018 20:21

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i didnt read you whole thread - but one positive thing you should think - i dont think i would have made it nearly as far as you did

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 20 Jul 2018 09:01

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In the end I have learned to begin accepting HIS will and whatever comes my way

I understand that I have done many wrong ....including living members of my family

enough so that whatever happens I truly earned and deserve and any positive that comes by is an absolute mercy ....and maybe it's not really for me per se but to facilitate for others which is still a mercy ...being part of the positive ...even inadvertently

but my only true wish is that somehow in all the chaos that is my life and the result of all my feebleness and insanity that HE will accept me and I will merit somehow to be part of the end .....it's all I truly want .....that and to control my insanity .....now I teeter between addiction to games and addiction to lust ....in various forms ...it's not po\*\* or se\* or mas\*\*\*\*n in themselves ...it is the fulfillment of lust pursuance that has been my "other"illness ,

and whether it came from birth ,or I somehow created it myself by not listening enough, or through my childhood traumas (many many traumas) or a combination of them all

it is unacceptable and it harms others and myself and I continue to fight even when I lose

because every lititle bit (I hope) helps and matters

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Re: laughingman tries to count to 90.....  
Posted by JoyOfLife - 20 Jul 2018 11:37

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You might not realize it but its a big chizuk for people like me to hear how someone who has been through so much still has some will to get back up and fight. That is truly impressive. Just a thought that perhaps being more social will help you overcome your difficulties. I'm not saying its easy but social interaction does worlds of good for giving a person hope especially if its some sort of chesed and giving to others. Often times giving picks a person up like nothing else. This is true even if its just growing a plant or taking care of a pet. In any case, Hashem should give you the siyata dishmaya to navigate through this tough time in you life (which bh is only temporary) and that what you view as a weakness should be your strength.

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 29 Jul 2018 22:07

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My journey has been like a person who climbs a ladder that starts on a step stool ....and every time I was on the step stool I fell on my head ....and sometimes on other people's heads....and it would be bad enough if I only slipped once!! ...it is after all only a step stool.....but I have slipped and fallen hundreds....maybe thousands of times, yet I can't stop trying anymore then I could stop vital body functions

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Re: laughingman tries to count to 90.....  
Posted by JoyOfLife - 30 Jul 2018 06:52

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I'm not breslov but I think its appropriate. "kol zman shehaner dolek efshar letaken" The mere fact that trying to get back up is ingrained in you makes you miles ahead of the majority of people. It might not feel like it but bh you'll eventually get wherever you keep on trying to get to. Hashem should give you the siyata dishmaya that you need

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 07 Aug 2018 10:00

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Soo ...I have been having some issues with my wife being nidda nearly either never or for extended periods of time do to the way her pills work and her availability to toival...(in a natural body of water, she refuses a mikveh ar this point and even the natural bodies of water .....the choices are very few and almost only by chance

and there are times that due to the way my life currently works .....I have tremendous pressure to relieve myself every so often and she wishes to help .....and she does .....and it is questionable as motze zera levatala or being with a nidda entirely or ...somehow both

this causes me considerable mdental anguish that can affect my every day life

i haven't been in contact with my previous go-to-rav as I feel being in 2 different continents makes the conversation thinner

I am still trying ....but I am falling all the same

I am guilty of karet many times over .....I dont know how to accept that yet

or deal with it

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Re: laughingman tries to count to 90.....

Posted by mzl - 07 Aug 2018 10:43

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[laughingman wrote on 07 Aug 2018 10:00:](#)

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I'm sorry this is happening to you. It must be very hard to have a wife who's often nida.

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Re: laughingman tries to count to 90.....

Posted by kavod - 07 Aug 2018 22:33

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Recently, I joined a website recommended by GYE. [joinfortify.com](http://joinfortify.com)

I have learned a lot, but lately, I came up with a book recommendation in one of the videos.

[The power of habit](#)

I am very sceptical of non jewish self help content, but I checked its kosher status.

[here](#) and [here](#)

In a nutshell explains how we have habits processes that take control of our actions to save energy, but we can understand them, and consciously start changing its actions.

In our context, simply means that the cues that makes us fall, simply are cues, that trigger a procedure (masturbating) to get a reward.

Now, we think the reward is the chemicals, but that is not true. These as I understand are the cravings this procedure uses to signal we got the reward. The real reward is different reasons. Escape from problems, lack of self stem, boredom or feeling lack of accomplishments (sometimes not true, so we just have to be aware all the things we did awesome in the past), lacking maybe connection to our beloved.

In all of them, we just have to be attentive when the cues are being triggered, and substitute the procedure (masturbation) by another healthy procedure that has the same gain, reward. That is. Keep cues and reward, change procedure, a procedure that also has a distinctive signal called craving that announces it got the same reward.

Ej. Have a night out if you are stressed. Give a present to your wife if you feel disconnection. Learn Torah if you feel lack of self stem, or do exercise.

Little by little we get the real rewards, changing the fake procedures, by the good ones.

Hope it makes sense what I said.

And please. Pray Hashem and work on improving your inner life meanwhile because sometimes, this cues are signals that we are doing things wrong, and we are not meant to react in the bad way, but the good way.

Mind it is a constant process of rewiring, so only by being aware and conscious you do it helps change the habits by other ones.

Studies show, (In London College I think) that one fall here and there does not stop your recovery or rewiring your habits, as soon as you keep really moving into the right direction.

These studies are catching up with the concept of teshuva.

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 25 Aug 2018 22:24

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So after all this time me and my wife have in a way become closer than ever

and it turns out my problems stem from a different maturity problem than an addiction problem.....also more of a selfishness control issue

now I don't feel cured in any way

I just feel I gave more handle on my problems

I still have difficulty with waiting for my wife to cleanse of nidda before resuming relations

hopefully i will figure out that too

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Re: laughingman tries to count to 90.....  
Posted by cordnoy - 26 Aug 2018 03:16

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[laughingman wrote on 25 Aug 2018 22:24:](#)

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Il am so excited to hear this. This positive post of yours is worth tons! Continued hatzlachah.

Godspeed to you!

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Re: laughingman tries to count to 90.....

Posted by laughingman - 29 Aug 2018 18:05

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Soo ....a development that is many years but I never posted about it .....my wife has become very anti religion and Hashem .....she has very little patience for when I take a moment to daven

everyday i feel like i turned her against Judaism by being fake all the years ....but now I am trying to be different .

...I am really learning about the "y" behind my real problems ....and deafening and trying to be closer to Hashem is something that not only is I feel crucial for my corrections but also helps center me

she feels as an athl eat that prayer is a waste of time .....I can only talk here because being an anonymous forum more or less identifying is nigh Impossible and this for me is therapeutic.....but this rift in belief might be what finally breaks us

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Re: laughingman tries to count to 90.....

Posted by JoyOfLife - 29 Aug 2018 18:15

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I don't know if this is helpful or not but I remember hearing once that R' Uri Zohar (famous Israeli actor who was chozer betshuva) had a similar situation when he first started becoming religious. What got his wife on board was seeing the beauty of Judaism and not the seemingly stifling restrictions. I don't know your situation but it seems to me that if you would be able to show her the good side of Judaism aka true Judaism you would have a better situation. Obviously this takes time but ultimately you'll be better off. Even if this advice is totally unhelpful remember that there are people out there that take from their time to try to help because they care about you. Hashem should help you in all the ways you need help. Hatzlacha!

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Re: laughingman tries to count to 90.....

Posted by laughingman - 03 Sep 2018 04:23

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Sooo I have identified that every time I indulge in smut or porn or wtvr I end up losing that day and if I do it on motzai shabbat I can possibly lose a week

lose meaning my spritual intake for the week usually somehow takes a BIG hit as does my family life ....it always ALWAYS HAPPENS ....almost at least

and even though I KNOW this i STILL indulge about once a week though master a...n and other issues I had seem to sometimes have more handle on

soo I might have an addiction now completely identifiable because it hurts and has no positive and I only do it for the "high"

well that makes it an illness ....not better but maybe I can now learn more about myself ad how to let go

hitting bottom is hitting bottom

nothing else is

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