

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

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 frequentand 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 laughingman - 11 Nov 2014 02:17

I am right now experiancing a severe anxiety attack

It has lasted a long time ...

It flarew up when someone upsets a family member and i need to deal with it

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Re: laughingman tries to count to 90.....
Posted by ineedchizuk - 12 Nov 2014 14:07

Laughingman, thinking of you.

Hope things have cooled down...

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Re: laughingman tries to count to 90.....
Posted by shomer bro - 12 Nov 2014 18:58

We all have things that trigger us. For me it can be stress from family and life. Hope you're feeling better today.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 20 Nov 2014 23:32

At 14 daysand today was toughwas in the heart of tel aviv todaydidnt see anything but floor for a whileim taking it real slowevery slip costs me nowas per my taphsicbut i think its workingbut the yetzer is working overtimethere are stressful things every dayits possible i will never halachically be able to touch my wife againi am not iyovi cant take pressure pain and anxiety let alone real damagei dont even have time to write on here much just im on a bus for an hour nowif G-d my king would only lend me His kindness and free me

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Re: laughingman tries to count to 90.....
Posted by ineedchizuk - 20 Nov 2014 23:39

OY! !!!

I feel for you, Laughingman!

But impressive streak there- keep a good thing going.

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Re: laughingman tries to count to 90.....
Posted by shomer bro - 20 Nov 2014 23:45

It may be helpful to speak to your rav and possibly a therapist who deals with marriage. There is probably a reason why she's no longer going to the mikvah. Any ideas? Is she more irritable, depressed, sick, etc. Also, does she know how hard it makes it for you? What if you want to have more children? Is she fine not having tashmish ever again? You don't neef to answer the questions here, they're here for you to think through. I really believe that she has a reason and with effort youll find out what it is and be"h solve it.

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Re: laughingman tries to count to 90.....
Posted by shomer bro - 21 Nov 2014 01:06

I thought of a real possible reason- maybe she heard of the rabbi who was recently caught having hidden video cameras in a mikva. So she's now worried that maybe the one she normally goes to might have them as well.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 21 Nov 2014 13:21

I know whyits simple reallyits just frustratingi really should be using this time to work on breaking my lust problems

Also im certain that she neither heard that story nor does she need to nor do i think that is a problem here where i live....(if we have sunk that low ??? ???? ..)

This is more of a matter of timeassuming that none of these issues turns worse than they are

Its just i have a lot on my plate nearly everyday and there is very little i can do to alleviateeither for myself or others in my family

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Re: laughingman tries to count to 90.....
Posted by laughingman - 24 Nov 2014 16:59

So far so goodbut yesterday i was pretty sick...

Couldnt even pray and it was rosh chodesh and all ...that really made me feel upset

Im feeling alittle better right now

Even when im sick ...if im not careful i can get involved in bad thinking and its consequences
....shows how sick i really am in another sense

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Re: laughingman tries to count to 90.....
Posted by Dov - 26 Nov 2014 09:18

Hope you are doing better today and see you....?

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Re: laughingman tries to count to 90.....
Posted by laughingman - 30 Nov 2014 17:45

I fell last weekright during a good streak too...but thats not the chidush ...

Last week was definitely a case of learning more from falling then doing well ...

I have learned more about how far my addiction lies and what i am willing to damage to keep
doing something i know is wrong in the heat of the moment ...

I have done my taphsic and restrengthened my commitmentand even though like dov says i
am "hiding behind a net persona" this is sometimes all i gotespecially with my schedual

Both my parents are in a nursing home ...my parents apt which used to be my home eons ago
is being closed out (and probably renovated asap) i feel like i am being orphaned before my
parents even pass G-d forbid

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Re: laughingman tries to count to 90.....
Posted by shomer bro - 30 Nov 2014 21:16

It's so sad to see that you're going through such a hard time. But remember that we're all here for you, and we share in your pain. As we go through life, we all encounter pain and suffering and sometimes we may wonder what is going on, and why Hashem is letting this happen to us. While we may not understand the big plan, there is comfort in knowing that we're not alone and that we have shoulders to cry on. IY"H all will be well, and we're looking forward to hearing good news from you.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 04 Dec 2014 08:56

Sometimes things happen and if you dont give yourself the benefit ...then no one will

But it needs to be reciprocated to alleven Him ...to give the benefit of the doubt is to stop being a hypocrite alittle bit

But that doesnt mean you have to be an open target ...or your family ...sometimes i feel ...like the schools in our time really push our kids and by extension us too far

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Re: laughingman tries to count to 90.....
Posted by Dov - 04 Dec 2014 09:12

Wow. Agreed.

Who is making you or anybody a target, tho? Care to clarify?

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