

I need to change my attitude again

Posted by DanielTeshuva - 09 Jun 2014 09:56

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yes, I need to do that.

I did stil read the chizuk mails, but not much more than that anymore. The last week I didn't try that hard to stay sober anymore. Yesterday evening I m\*\*'d and didn't even try to do anything first like what I described in my taphsic. I even one time did it but eased my way out of it saying 'well this time I take it as a slip, but next time its a fall'. But with such a (dishonest) attitude I will never get there. So first thing to do is to do the penalty I described as my taphsic. Then I may need to adjust that taphsic somewhat to make it more serious. I need to stay honest to myself and everyone else. And I will take to my heart the advice that is often said: to stay sober one

I have reached 50 days before, and I can do it again, with the help of hashem  
AND the right attitude.

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Re: I need to change my attitude again

Posted by cordnoy - 09 Jun 2014 17:25

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keep to the one day at a time and forget about the 50.

youre on the right path.

b'hatzlachah

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day at the time

Re: I need to change my attitude again

Posted by dd - 09 Jun 2014 17:45

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[DanielTeshuva wrote:](#)

But with such a (dishonest) attitude

there you go your attitude already changed your being really honest now!!!!

KUTGW!!!!

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Re: I need to change my attitude again  
Posted by cordnoy - 09 Jun 2014 17:47

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thanks dd

I edited my post.

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Re: I need to change my attitude again  
Posted by DanielTeshuva - 09 Jun 2014 22:41

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[dd wrote:](#)

KUTGW!!!!

sorry for asking, but what does that stand for? I know KOP/KOT, but not this one...

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Re: I need to change my attitude again  
Posted by DanielTeshuva - 09 Jun 2014 22:52

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Today I also wrote down questions for myself and a list of things I can change in my life. For example, there are body parts, clothing (like panties) or other things that can arouse us. So I asked myself the question: why lust for something that in reality is nothing special? I guess we (as in our society) make it something to lust at.

Then I also said to myself to more actively avoid any trigger item or trigger area, which I only loosely did before. But I want to take things more seriously now. Because at this moment I wasn't seeing lust as an enemy, and G'd only saves us from our enemies - not from our friends.

For the rest all I wrote down is basically what is also taught here, like finding another point of focus in a place with females that are scarcely dressed or trigger fantasies or thoughts. Better

So far so good, so only two or so hours to go and I can count today as blessed and successful!

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Re: I need to change my attitude again  
Posted by cordnoy - 09 Jun 2014 23:50

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keep up truckin' (the) good work

watching flowers, birds, a house or anything else  
countin' the hours, hu?

panties are not special?

now you tell me!?

I was lustin' after them for over 30 years.

i'm afraid to hear what you'll tell me next.

b'hatzlachah

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Re: I need to change my attitude again  
Posted by dms1234 - 09 Jun 2014 23:56

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Great work! You are absolutely right! Why should I lust for (Read: "like" as i shouldnt be lusting at all) something that is not even special. For me, it doesn't even give me pleasure!!!

I don't look at lust as my enemy, something i have to defeat. I do know that lusting is bad for me though and i should stay away. I don't particular like looking at recovery as a battle. To me seems counterproductive. My measly opinion.

anyhow: Great work. One hour at a time!!!

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Re: I need to change my attitude again  
Posted by DanielTeshuva - 10 Jun 2014 00:25

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[cordnoy wrote:](#)

keep up truckin' (the) good work

I was lustin' after them for over 30 years.

i'm afraid to hear what you'll tell me next.

b'hatzlachah

Heh, well I know. Sometimes I still have that thought like 'what would be under that woman's skirt/dress?' One could plainly say 'underwear like anyone else (and panties are just a piece of fabric', or stay with that initial thought to get in a lusting loop. I have enough years behind me in which I did the latter, but am now going to focus on the first.

b'hatzlacha!

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Re: I need to change my attitude again  
Posted by DanielTeshuva - 10 Jun 2014 00:27

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[dms1234 wrote:](#)

Great work! You are absolutely right! Why should I lust for (Read: "like" as i shouldnt be lusting at all) something that is not even special. For me, it doesn't even give me pleasure!!!

I don't look at lust as my enemy, something i have to defeat. I do know that lusting is bad for me though and i should stay away. I don't particular like looking at recovery as a battle. To me seems counterproductive. My measly opinion.

anyhow: Great work. One hour at a time!!!

Maybe you're right and we shouldn't look at it as being our enemy, but more as something to try and stay away from. Labeling lust as our enemy may give it too much credit, which it does not

deserve.

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Re: I need to change my attitude again  
Posted by cordnoy - 10 Jun 2014 00:39

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[DanielTeshuva wrote:](#)

Heh, well I know. Sometimes I still have that thought like 'what would be under that woman's skirt/dress?' One could plainly say 'underwear like anyone else (and panties are just a piece of fabric', or stay with that initial thought to get in a lusting loop. I have enough years behind me in which I did the latter, but am now going to focus on the first.

Personally (although I don't always necessarily listen to this advice), I wouldn't think either....don't bother thinkin' what's under her skirt...it'll just get you into trouble...big time!

b'hatzlachah

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Re: I need to change my attitude again  
Posted by dd - 10 Jun 2014 03:37

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[DanielTeshuva wrote:](#)

[dd wrote:](#)

KUTGW!!!!

sorry for asking, but what does that stand for? I know KOP/KOT, but not this one...

KEEP UP THE GOOD WORK!!!!

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Re: I need to change my attitude again

Posted by DanielTeshuva - 10 Jun 2014 09:14

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[cordnoy wrote:](#)

Personally (although I don't always necessarily listen to this advice), I wouldn't think either....don't bother thinkin' what's under her skirt...it'll just get you into trouble...big time!

b'hatzlachah

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