

enough is enough!

Posted by i-man - 04 Jul 2015 21:54

I am a new member of the gye family and i feel that with chizuk from my brothers in arms will give me additional ammo in this battle of good vs evil

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Re: enough is enough!

Posted by i-man - 13 Aug 2019 00:27

I'm 2 weeks clean B'H with His help,

right now im stressed out for certain reasons and this type of stress is a big trigger for me , I know however that acting out is not the solution and will only cause bigger problems so IY'H I will say NO to lusting tonight.

Thanks for listening

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Re: enough is enough!

Posted by Dave M - 13 Aug 2019 12:47

Hazlacha. We are all behind you.

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Re: enough is enough!

Posted by i-man - 13 Aug 2019 13:15

I followed through and did not turn to acting out as an answer, I am in the process (long term) of learning how to deal with these situations that result in me going after lust.

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Re: enough is enough!

Posted by ColinColin - 13 Aug 2019 21:52

Wel done i man.

This is the key...you get the urge..but you do not have to act on it.

You replace it with positive action.

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Re: enough is enough!

Posted by i-man - 15 Aug 2019 03:20

A few triggers tonight ...

But I know that opening the door to lust will trap me in a cage of misery...

if you would tell mme"if you look at porn you will have to go to the Dentist , dmv ,and any other awful government agency of choice " I would probably find something better to do - Tonight I choose something better to do than spiral into a temporary indulgence of insanity.

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Re: enough is enough!

Posted by i-man - 20 Aug 2019 07:24

I'm doing very good B'H

This week due to ccircumstances Im particularly vulnerable, (that doofus yetzer horah had me being lazy about contacting a gye friend about these circumstances)

I did slip a little tonight, but nothing like what I did 3 weeks ago, so...slip aheen slip aher and vayter we go ...the same way when you slip on ice and flail around comically upon gaining your balance you wont go on to purposely fall on it , oy the "chidushim" the brain comes up with late

at night..

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Re: enough is enough!

Posted by sleepy - 20 Aug 2019 07:37

[i-man wrote on 20 Aug 2019 07:24:](#)

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you should see my posts on the public chat ,sleepy(3:36 **AM**)

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Re: enough is enough!

Posted by i-man - 20 Aug 2019 07:42

[sleepy wrote on 20 Aug 2019 07:37:](#)

[i-man wrote on 20 Aug 2019 07:24:](#)

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you should see my posts on the public chat ,sleepy(3:36 **AM**)

I did - it made my head hurt like when you cross your eyes

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Re: enough is enough!

Posted by sleepy - 20 Aug 2019 08:01

the closest form of cross eyes that i could find in the emoji arsenal

this is

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Re: enough is enough!

Posted by i-man - 21 Aug 2019 06:30

Alas I have fallen woe is to me ..

its unfortunate it wasnt even the regular triggers that led to it

I think it underscores that which I have realized already - that i need to do something bigger than what im already doing - either 12 steps or therapy,

iy'H it will be good , Hashem loves me and knows that i want to do the right thing and with His help I will overcome all of this .

sorry ,that was not my intent(i just tried the cross eye thing and i know what you mean)

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Re: enough is enough!

Posted by sleepy - 21 Aug 2019 06:53

[i-man wrote on 21 Aug 2019 06:30:](#)

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hi i-man sorry to hear, but i know youll get up again,you sound like a guy with alot of spirit!

Reb Chatzkel Levenstien ZTL used to say concerning ones falling after a climb to a man who was building a beautiful palace, up went one story and another and another until it was very high ,along came a strong wind and blew him off the scaffolds and he fell to the ground and he started to cry , oy my palace ,my palace ,blown to the ground,all that hard work! came along one wise man and said ,no ,youre wrong ,your palace is still standing, YOU are the one who fell to the ground , just get up and climb again and continue where you left off!

Hatzlacha!

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Re: enough is enough!

Posted by i-man - 22 Aug 2019 04:13

Today was a pretty good day considering...

Thank you Hashem for allowing that to happen.

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Re: enough is enough!

Posted by i-man - 22 Aug 2019 18:56

[i-man wrote on 22 Aug 2019 04:13:](#)

Today was a pretty good day considering...

Thank you Hashem for allowing that to happen.

I was thinking - maybe this is just because I'm desensitized...

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Re: enough is enough!

Posted by Tzvi5 - 22 Aug 2019 19:09

[i-man wrote on 21 Aug 2019 06:30:](#)

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What's the urgency ? Meaning: why now is it more urgent then it was before? Or if before wasn't as urgent, why is it so urgent now?

What difference does it make whether it was the regular trigger vs an irregular one? If "acting out" is urgent then what's the difference what lead to it, and if its not a concern then also what is the difference what precipitated it?

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Re: enough is enough!

Posted by i-man - 22 Aug 2019 19:20

Sounds like some good questions

However I didnt write anything about urgent/cy so that might answer them.

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