

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 ColinColin - 16 Feb 2019 18:55

I am writing this Motzei Shabbat here in the UK.

I think Motzei Shabbat is a dangerous time, because we restrain ourselves on Shabbat then have this night where it feels like usual obligations are nto present.

Teh main thing is that oy are awar eof this.

Then plut a plan in place.

I am careful now to either have a social arrangement for this time, or if alone, to make a plan i.e.

Some exercise

Some study

A film to watch

A book to read

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Re: enough is enough!

Posted by i-man - 17 Feb 2019 04:30

Gut vocht checking in here pretty boring unproductive night so I need extra shemira unfortunately theres a small loophole on my computers filtering that I'm having difficulty taking care of .

I think my main issue is that I dont have the proper coping mechanisms to deal with stress anxiety and boredom... maybe I should see a therapist- if I could adress this than I would be on a whole different playing field.

feeling like giving in but I really dont want to deal with the crappy empty feeling that comes after masterbating myself ...

will check in in the Am

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Re: enough is enough!

Posted by lhavestrength - 17 Feb 2019 04:39

[i-man wrote on 17 Feb 2019 04:30:](#)

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will check in in the Am

Highly recommend therapy. Paying people to listen to ur problems feels awesome:)

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Re: enough is enough!

Posted by ColinColin - 17 Feb 2019 16:37

[i-man wrote on 17 Feb 2019 04:30:](#)

I think my main issue is that I dont have the proper coping mechanisms to deal with stress anxiety and boredom... maybe I should see a therapist- if I could adress this than I would be on a whole different playing field.

feeling like giving in but I really dont want to deal with the crappy empty feeling that comes after masterbating myself ...

I understand you.

My coping mechanisms are:

Phone a friend or family member

Visit a friend or family member

Study

Daven

Go for a walk - it really does brighten one's mood

Read

Watch a film

Perhaps learn to play an instrument?

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Re: enough is enough!

Posted by i-man - 18 Feb 2019 01:01

Most of these dont really work for me

amongst many other things...

I'm missing something and I'm not sure what it is

I hope I'm not putting too much faith that a therapist would have the magic answer..

conversely for some reason I'm being very resistant to actually going to one I'm not sure why that is my wife amongst other close relatives thinks it's a good idea.

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Re: enough is enough!

Posted by i-man - 18 Feb 2019 01:05

Almost forgot - still clean BH and not concerned about tonight, weekdays are easier for me because I have to be up very early to learn daven work (A big factor in motzai shabbos being hard is not having that push, maybe it's time for a Sunday morning chavrusah...)

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Re: enough is enough!

Posted by ColinColin - 18 Feb 2019 01:29

Sunday morning Chevrusa.....good idea!

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Re: enough is enough!

Posted by i-man - 19 Feb 2019 17:54

I spoke to tag this morning knocked out the "loophole" B'H

Time to get to work..

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Re: enough is enough!

Posted by i-man - 28 Feb 2019 05:08

Oy waves of lust were coming in hard tonight

bh I managed to reach out as a way of stopping it

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Re: enough is enough!

Posted by Ihavestrength - 03 Mar 2019 22:31

[i-man wrote on 28 Feb 2019 05:08:](#)

Oy waves of lust were coming in hard tonight

bh I managed to reach out as a way of stopping it

Nice job! So far the score for this round is 5-0 you. KUTGW!

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Re: enough is enough!

Posted by i-man - 08 Mar 2019 22:03

As I was dunking in the mikvah today I reflected on the fact that it was a really good week and how much menuchas hanefesh I felt because of that - good thing to keep in mind when the lust rears its ugly head.

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Re: enough is enough!

Posted by stillgoing - 08 Mar 2019 22:34

[i-man wrote on 08 Mar 2019 22:03:](#)

As I was dunking in the mikvah today I reflected on the fact that it was a really good week and how much menu has hanefesh I felt because of that - good thing to keep in mind when the lust rears its ugly head.

I used to have a hard time with the french menus at restaurants, but a menu that has a nefesh is truly a catch. It might even fill me with minuchas hanefesh!

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Re: enough is enough!

Posted by i-man - 30 Jul 2019 05:03

I have not posted on this thread in quite some time, things are okay - not the best in terms of being clean , some new forms of the challenge have arisen , and I've taken steps to mitigate them. I think it would be beneficial for me to post some updates for the short term, iy"H some big things coming down the pipeline...

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Re: enough is enough!

Posted by i-man - 31 Jul 2019 04:15

Great day today.

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