

Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 10 Apr 2016 17:17

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We have our first day under our belt, and I am finding that I really like the GYE approach. The only thing I probably disagree with is the promotion of the 12-Step program, but I really am excited about putting the TaPhiSiC method to work! I am fleshing out the details of my Nusach. Inspired by the "emergency turn off" photos, I decided that I would collect such photos that could be used as emergency turn off..(of a much more revolting nature), and want to even combine that with a horrible smell to really snap me out of it. So I want to say that I will look at these pictures and smell some horrible smell as one of the things that I will do when an urge comes on.

Tomorrow, I am supposed to go to a SMART recovery meeting -- (a different approach from the 12-Step programs). I have never been to one before so it is new for me:

[www.smartrecovery.org/](http://www.smartrecovery.org/)

I am not making a SMART recovery endorsement, because I don't know enough about it to do so, but this is what I am trying. I will keep you posted!

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 27 Apr 2016 23:12

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I am fighting the urge, and praying Minchah seemed to have helped.

Be"H!

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 28 Apr 2016 00:43

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I have made it to Day 19 without suffering any MZ"L. If it happens while I am sleeping, so be it. I suppose I may still feel bad about it, but I will let nature take its course. May Hashem's will be done.

Prayer had taken the edge off a bit for a little while.

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Re: Meyer Lemon: 90 Day Challenge

Posted by Shlomo24 - 28 Apr 2016 07:32

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What's so scary about wet dreams?

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 28 Apr 2016 16:53

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Shlomo, a wet dream per se is not scary. If it happens, it happens and I had no control over it. Usually what happens is that I will start having one, and I realize what is going on and will wake up. So it doesn't happen, but it seems to linger the next day, and I have had it happen in the past, that when things get to that point, if I allow the thoughts to flow through, I don't have to do anything else other than think and it will happen. So this is what I was afraid of yesterday, that while I was conscious, I would MZ"L without physically or actively trying to induce it by looking at objectionable material or using hands.

Although, according to the book, *The Garden of Purity: for Men Only*, by Rabbi Shalom Arush, nocturnal emission is a big deal, and that one should go to a mikvah afterwards, and make tikkun for the lost souls lost due to the nocturnal emission....Actually, a very interesting read.

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Re: Meyer Lemon: 90 Day Challenge

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Posted by inastruggle - 28 Apr 2016 17:39

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He belongs to the breslov sect. They make a big deal about nocturnal stuff. A lot of other sects of Judaism don't.

I can't remember a single time I saw someone on gye gain from being worried about it. I do recall a lot incidents where it affected them negatively.

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 29 Apr 2016 22:47

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inastruggle: thanks for the clarification: still an interesting read, because in some places it sounds very RC Xian.

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 29 Apr 2016 22:59

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B"H,

I am happy to report that after the nisayon of a few days ago, my body has calmed down, and it wasn't a relentless urge. No MZ"L, or even a wet dream. -- (No, I am not really obsessing over that point.)

B"H vBe"H, after the nisayon, I have had some clarity about my life goals and situation, and decided to drop the computer job, and go back to working with developmentally-disabled full-time. The computer job, while paying a lot better, is a temp job, and I was definitely not effective in doing my work from home. I have been anxious even when not specifically trying to act out in a sexual way, and I can't focus on the computer stuff.. Eventually, I want to go back to school to get my Masters and working with developmentally disabled will be a part of that.

A gut shabbes, everyone!

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Re: Meyer Lemon: 90 Day Challenge  
Posted by Shlomo24 - 30 Apr 2016 20:59

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And why do you care if you ejaculate without coercion on your part?

Rav Arush is a very holy man and there may be a lot of scary stuff about wet dreams, but I am not at that level and I leave it up to God. Honestly, and I know this is controversial, where I am at now I couldn't care less about hell. Hell is all I cared about before SA and I didn't live then. I've had enough hell just in my life on this world. Now I'm living, thinking about hell will have to come later (maybe).

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Re: Meyer Lemon: 90 Day Challenge  
Posted by MeyerLemon - 01 May 2016 01:02

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Shlomo24: Have you ever been dreaming in what seems to be a wet dream, but you wake up suddenly when you realize what is happening? This happens to me, and it had happened that I had such a dream, but the lustful feelings that accompanied it continued through my conscious, awake hours. I was worried that mz"I would occur merely on thought, but thought that if the wet dream was "supposed to happen", then maybe I wouldn't be culpable.

I was able to fight the urge, Be"H, and found a peace again. So I think my notion of a wet dream "supposed to happen" was a trick of my yetzer hara.

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Re: Meyer Lemon: 90 Day Challenge  
Posted by inastruggle - 01 May 2016 02:55

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I'm impressed by your choice to quit the computer job.

I'm happy to hear about you getting over this recent hard time.

KUTGW! and KOMT!

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Re: Meyer Lemon: 90 Day Challenge  
Posted by MeyerLemon - 01 May 2016 18:08

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A sheynem dank, chaverim, for helping me through my difficult period.

I needed to hear the very common sense advice, which helped me to persevere. B'ez"H.

Now I am also working on a path to becoming more frum.

I have a question for the frume yidden: Would you say that certain restaurants that are kosher cater more to a "conservative" Jewish understanding than an "Orthodox" one? What I mean to say is that suppose a place sells their branding on other items, including one with a seemingly double-entendre that would be considered immodest. Would such a place then be considered to be catering more toward a "conservative" Jewish market?

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Re: Meyer Lemon: 90 Day Challenge  
Posted by Workingguy - 01 May 2016 19:12

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[MeyerLemon wrote on 01 May 2016 18:08:](#)

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I do t know if they're catering to a more conservative crowd, but they are unlikely to get the good kosher supervision. The Orthodox Union, if I remember correctly made a restaurant named Jezebel change its name.

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Re: Meyer Lemon: 90 Day Challenge  
Posted by Shlomo24 - 02 May 2016 05:01

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[MeyerLemon wrote on 01 May 2016 01:02:](#)

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Yes. I am very familiar with what you described. I'm still not understanding you completely though. What bothers you, the wet dream or the thoughts that accompany?

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 02 May 2016 12:07

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The lingering thoughts while awake, and the feeling that something "should have" happened.

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