

Singularity's Journey

Posted by Singularity - 12 Jul 2016 09:18

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Well here I am, aaaagain! Actually this is the first time I've posted in this forum but I've decided to give it a 90-days go. Again. Oh boy.

BH married, 2 wonderful kids and a good job. Good learning and constantly striving for closeness to Hashem. Now have to kick this habit.

I'm in two minds. One one hand, it's good to track progress and discuss your falls and high moments. It gives chizuk for the long haul ahead. However is there not also an idea that the less attention you give something, the less of a problem it is? Any ideas?

Well here I am on day 1. The bulk of Shavuos to Rosh Hashonah is about passed. We're in Bamidbar - a desolate stretch of Torah (from Beha'aloscha at least) where we as a nation fell gravely and were beaten time and time again, due to Ta'avah and Kavod. All put to an end by Pinchas's sole act of zealousness, the seal to all the impure outflow. And I feel it reflects in the time of year. Nothing's happening! No Chagim. Worse, 17th of Tammuz, 9th of Av. It's the Yetzer Hara's playing ground and I always get knocked down strongest here. It's a *metzi'us*. So I wish to be a phoenix rising from the ashes of a downtrodden nation. And let's all be that together iyH.

Elul will be a lot easier I feel. It's the desolate months of Tammuz and Av that pose the real challenge. But let's see how it goes. Day 1!

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Re: Singularity's Journey

Posted by Singularity - 03 Apr 2017 10:41

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[cordnoy wrote on 30 Mar 2017 13:17:](#)

[Singularity wrote on 30 Mar 2017 10:06:](#)

I read through my thread. I see the posts are getting progressively more depressing.

But I want to think I'm a happy guy.

BH all is going well.

Though boy do I want to act out! GRR!!....

BH Haven't raped anyone in a long time

Women are unnerving me. I flipped through a magazine yesterday, about food and recipes, 'cause I thought maybe there'd be some woman. There was. I put it down. Ugh.

Getting caught up in my head. Played a good game of squash yesterday.

My truck's on an icy patch for sure!!!!

Eat the squash and play with your woman.

Need more of a *peirush* on this one..

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Re: Singularity's Journey  
Posted by Singularity - 04 Apr 2017 08:31

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I FELL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

I missed a *Krias Shema!!*

Decided to transform it into an exercise in deflating my ego. BH.

2 minutes 'til neitz, I asked the Chief Rabbi (yup, the Shabbos Project guru), if there was any opinion that allowed the night Shema to work before Neitz. He said no. I shrugged. Smiled, said thanks. Now he knows I didn't say night Shema.

Early maariv's. Something's gotta give sometime...

In a way I blame Cords. and Trouble.

BH all well and good. I am grateful for my recovery. I have a wonderful wife, two beautiful kids and all the wealth one could ask for.

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Re: Singularity's Journey

Posted by cordnoy - 04 Apr 2017 11:16

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[Singularity wrote on 04 Apr 2017 08:31:](#)

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Gee thanks.

What did I do?

What did he do?

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Re: Singularity's Journey

Posted by Singularity - 04 Apr 2017 12:34

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[cordnoy wrote on 04 Apr 2017 11:16:](#)

[Singularity wrote on 04 Apr 2017 08:31:](#)

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you made the PM thread that made me go to an early mincha/maariv. Trouble made that thread

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Re: Singularity's Journey

Posted by Shlomo24 - 04 Apr 2017 13:39

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[Singularity wrote on 04 Apr 2017 08:31:](#)

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Could I have some of that wealth?

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Re: Singularity's Journey

Posted by Singularity - 04 Apr 2017 14:36

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Re: Singularity's Journey

Posted by Singularity - 19 Apr 2017 09:06

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Go on a Pre-4/10s 8km run. Worked for me  
Things I realised over Pesach:

- I still completely malfunction when I get sick. I beat myself up and don't know how to process from one minute to the other. Obviously, such, I get very into my lust (PS I got sick second day)
- I can transform reality how I want it. I wanted to upskirt aforementioned arousing wife's third cousin when we went there for a meal and it felt like the whole world collaborated with my efforts. What a fail.
- I *still* want to have sex and / or do all depraved, lustful and gratifying activities with any woman / womanly-looking man I come across. And I hold myself fully responsible for this.

BH I have not actually acted out. I have wished to on many occasions. I feel I'm in a period of drug drunk, but I do not believe that needs to be my axiomatic reality forever.

Scared as hell going back to work. Not sure what the future holds. I wanted to have sex with myself due to the tension. I said, "Listen, going back to work might not be as bad as you're making it out to be. Why not go back, and if it really is that bad, *then* think about masturbating it away."

And I got back to work. And it wasn't that bad.

I'm still sick. A cold. And lust. but I can't do much. My wife's always uncomfortable, last stretch of pregnancy, and our kids are up every night all the time. BH I had the resolve to change our

house over to normal from pesach. usually I'd just be a lazy shmo.

Haven't been to SAA for 2 weeks due to the chagim. I really need a meeting.

Things I don't really need:

- A hotter wife
- Tons of money
- Overwhelming social acceptance

It's getting close to winter (southern hemisphere). Unlike the norm, I associate the feeling of winter, the smell of the air, the crispness of the cold, with porn, sex and depravity a lot more than summer. Actually, I am very strong in Summer BH, usually.

I went over steps 1 and 2 a lot in my head over Yomtov. I am grateful for I believe they stopped me from making things worse.

I am also grateful I had the resolve to filter my wife's phone. It saved me in a particularly low moment.

May we be girded with strength coming to the months of lust.

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Re: Singularity's Journey  
Posted by Markz - 19 Apr 2017 11:01

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[Singularity wrote on 19 Apr 2017 09:06:](#)



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My months of lust were limited to the spring, summer, ~~fall~~ autumn and winter...

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Re: Singularity's Journey

Posted by Singularity - 19 Apr 2017 12:16

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maybe it's because we're almost in bamidbar (HASHTAGFULLCIRCLE)

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Re: Singularity's Journey

Posted by Shlomo24 - 19 Apr 2017 13:41

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Thanks for sharing, Sing. So you're feeling like a dry drunk. I have felt like that many times. I have some comments if you would appreciate that. Are you open for comments?

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Re: Singularity's Journey  
Posted by MayanHamisgaber - 19 Apr 2017 16:42

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I am if he is not.....

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Re: Singularity's Journey  
Posted by LifneiHashem - 19 Apr 2017 17:11

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[MayanHamisgaber wrote on 19 Apr 2017 16:42:](#)

I am if he is not.....

Ditto

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Re: Singularity's Journey  
Posted by Shlomo24 - 19 Apr 2017 17:29

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Alright, so this is for all of ya'll. I have felt like a dry drunk on many a time. But in order to improve I need to change something. "Change requires change." This happened to me about a month ago. My change was cutting out YouTube, making a daily self-care checklist, most importantly making a bedtime and an awake time, among other things. Also if one hasn't been to a meeting in a while then it's quite natural to feel that way. There's always supplemental meetings, such as phone or Skype, if face-to-face isn't available. As my sponsor says, our natural inclination is to lust. When we **don't** lust is when we are going against our nature. So if we aren't taking care of ourselves and immersing ourselves in program, then we will resort back to what we are inclined to do.

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Re: Singularity's Journey

Posted by Shlomo24 - 19 Apr 2017 17:30

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[Shlomo24 wrote on 19 Apr 2017 17:29:](#)

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We = me or I.

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