

withdrawal

Posted by Hashem Help Me - 29 Dec 2016 12:27

Hello I think this system is brilliant Such a chizuk to see how it works for so many people Personally i was obsessed with sex I am BH clean for 2 weeks now, and its real! My thoughts dont even wander "there" However I am having a major challenge with withdrawal The discomfort, irritability, and hypersensitive emotions and even physical sensations are similar to withdrawal i experienced when i discontinued a medication a few years ago Other than rigorous exercise does anyone have any ideas how to get relief?

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Re: withdrawal

Posted by Markz - 29 Dec 2016 13:40

Welcome brother

What system are you referring to?

If it's the 90 day chart, how do you know it **alone** works for people?

I don't mean to interrogate you - it's just a friendly welcome mat

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Re: withdrawal

Posted by Hashem Help Me - 29 Dec 2016 18:01

Thanks for the welcome Much appreciated To answer your question: I mean the whole GYE system with all its various components For me personally my being monitored and seeing how many people want my success are the best incentives to succeed but the articles, chizuk emails etc are very helpful too Excuse my ignorance Whats this "Karma system" mentioned on the forums?

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Re: withdrawal

Posted by Shlomo24 - 29 Dec 2016 18:26

Oh gawd, here we go again...

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Re: withdrawal

Posted by Markz - 29 Dec 2016 18:37

The Hindu Karma has been removed from gye

Thank the Lawd

Shlomo I saw you on this thread yesterday before I posted - go on say hi.

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Re: withdrawal

Posted by Yosef Tikun HaYesod - 29 Dec 2016 19:09

Hi, (whatever you'd like us to call you)

I have found that intense exercise is probably the best thing to do.

But even a walk outside or learning in the Beis Medrash helps me to
switch gears to something way more productive.

I have to ask, do have something against periods/full stops "." ?

You left them completely out of both posts.

Chanuka Somayoch!

Yosef

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Re: withdrawal

Posted by newbeginning - 29 Dec 2016 19:21

What about socialising, that can help forge new connections in the brain thus overwriting the old addictive one. I'm sure that will help overcome the withdrawal symptoms, even if it just makes you forget about them for a bit?

Good luck!

Feel free to PM,

Eli

I found a full stop in the "!"

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Re: withdrawal

Posted by czworking123 - 29 Dec 2016 22:00

[Hashem Help Me wrote on 29 Dec 2016 12:27:](#)

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[cordnoy wrote on 13 May 2015 16:09:](#)

Some guy sent me this in an email this mornin'

When the tayvah comes a brewin'

And the desires begin to stirrin'

Need a checklist of actions to do some churnin'

To get rid of this fire that's burnin'

First things first, say it out loud

Scream it from the rooftops; it's not the time to be proud (hear that fellows)

Verbalize to God that I know I aint in control

And then perhaps, take a five minute stroll (in a safe place)

Time to reassess where it is I am holdin'

Go back to Step 1 - to which we are beholden

Make sure I accept that I will always have this struggle

And that's ok... livin' life on a bubble

No; I will not be one who in life is white-knucklin'

For one can get bogged down if he is constantly strugglin'

Review those tools and make sure they penetrate

to go on livin' life in a true happy state

Nothin' to be gained by lettin' in da little sneak

He will never be satisfied with just one click or quick peek

So throw him da hell out! Let him prow! on da weak!

I am a "12 stepper" and a strong GYE Geek!

So in conclusion for now, for that's all that counts

I have the wherewithal to give him that bounce

I will go on with life to a life that is fit

Not the one ha has in mind, for that's a bunch of ***!

[Wonder which idiot wrote that!]

sorry for the longy (but the next one is even longer)

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Re: withdrawal

Posted by czworking123 - 29 Dec 2016 22:04

here it is!!

[vidtryingharder wrote on 30 Oct 2014 00:11:](#)

I've been reading this thread from cover to cover and want to thank all involved for all the pearls of wisdom that lie here within these quotes are things that struck me as gr8 and usefull (not to say the other stuff wasn't) more to come as I come to the finish line. (im on page55/62)
Enjoy!!!!!!!!!!!!

Dear Yetzer Hara,

As advise from Skeptical and Pidaini, I am writing you this letter. This is what I will be telling you when you come knocking again, and I know you will...you @\$%.

At first, I was afraid, I was petrified

Kept thinking, I could never live without you by my side

But then I spent so many nights thinking, how you did me wrong

And I grew strong and I learned how to get along

And so you're back from outer space

I just walked in to find you here with that sneaky look upon your face

I should have changed that stupid lock

I should have made you leave your key

If I'd known for just one second you'd be back to bother me

Go on now, go, walk out the door, just turn around now

Cause you're not welcome anymore

Weren't you the one, who tried to hurt me with your lie?

Did you think I'd crumble? Did you think I'd lay down and die?

Oh, no, not I, I will survive

Oh, as long as I know how to live, I know I'll stay alive

I've got all my life to live, I've got a family to give

And I'll survive, I will survive, hey, hey

It took all the strength I had not to fall apart

Kept trying hard to mend the pieces of my broken heart

And I spent, oh, so many nights just feeling sorry for myself

I used to cry but now I hold my head up high

And you see me, somebody new

I'm not that chained up little person still infatuated with you

And so you felt like dropping in and just expect me to be free

But now I'm saving all my living for Someone Who's loving me

and that's God...every moment

b'hatzlachah

Hear ye; hear ye!

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So throw him da hell out! Let him prowl on da weak!

I am a "12 stepper" and a strong GYE Geek!

So in conclusion for now, for that's all that counts

I have the wherewithal to give him that bounce

I will go on with life to a life that's well worth it

Not the one ha has in mind, for that's a load full of ...

Can I hold out for the next day or two?

Doubt it....but I shouldn't be thinkin' about that.

Can I hold out for right now?

Myself....probably not.

With God's help?

He can do anythin'!

Do I need to ask him?

Probably.

Have I?

Not yet.

So what da @\$% are you waitin' for?

"The journey of a mile begins with a single step"

My head is dizzy from all this thinkin'....

God bless ya' all.

I know I am addicted.

I know the lust, desire for.....will always be there.

I thank God that I am learnin' the tools to deal with this.

The big battles I have been winnin' for 15 months.

The last two times, it wasn't even a struggle, which is real good.

the daily battles, issues, temptations, I know when I win and when I lose.

Winnin' feels much better.

To all you addicts out there....

To all you non-addicts out there....

To all ya' guys who are uncertain what you are....

To all ya' fellows who are a hybrid....

hatzlachah

Title

FREE AT LAST (without bein' overconfident)

My wife goin' away

brings back memories

of all that i'd plan

on how I would please

my lustful desires

which knew no limits

what would I start with

and how would I finish?

Several days beforehand

the fantasies would have begun

and nothin' else would matter

no work or learnin' would get done

Mind focused intensely

on fulfillin' (ha...like that's possible) my lust

Slowly buildin' up

for that (slowly) was a must

The porn and the clothin'

plus my object of desire

my blood would be racin'

excitement pulsin' higher

The freedom in the house

the bedroom especially

everythin' would be perfect

the ultimate ecstasy

in my olden days I'd get graphic

every detail I would share

but now that's no longer my focus

so we'll leave the past right there

suffice it to say

that when it was over and it reached closure

a dream come true of lust and sex

and a 'hope' for a 'next time' in the near future

And now I am free again

the wife is away

and im busy at work

there's no time to play

entered my mind

not a thought of fantasy

should I pinch myself

is this sobriety?

In a mode of recovery

there is no room for a stray thought

for there will only be one endin'

death or doom will be brought

So, do I have control?

Am I an addict?

Addicted, I am

I know that I'm sick.

There is just one thin' that I own

and that is the ability

that when that urge invades

I can stay in reality

Acceptance and surrender

Whatever you call it

Is it God or twelve steps

Who gives a @\$%?

I never had time after desire would strike

couldn't hit a button to snooze

Now, there are precious seconds

and it's my life to choose

Do I wanna choose death

where I will be spiralin' outta control

Or will I do the smart thin'

and choose life instead?

Will this freedom always last

so long as this poem does rhyme?

I'll leave that for the thinkers

I'm one day at a time.

thank you all

found them on old threads

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Re: withdrawal

Posted by Hashem Help Me - 30 Dec 2016 04:57

Thank you to everyone who responded. Everyone's advice has already been put to use - some more, some less, but more important is that you guys responded and cared. May Hashem bless all of you with loads of brocho! Michel

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Re: withdrawal

Posted by czworking123 - 30 Dec 2016 11:03

Amen have a great clean Shabbos a goten chodesh and a frielichen chanukah

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