

Hopeful

Posted by thumbsup - 15 Mar 2017 00:39

Hello rabosai. B"H i just reached a week, but i feel i need chizuk to keep going.

=====

=====

Re: Hopeful

Posted by cordnoy - 22 Mar 2017 10:29

[bb0212 wrote on 22 Mar 2017 06:46:](#)

[cordnoy wrote on 22 Mar 2017 02:32:](#)

[thumbsup wrote on 22 Mar 2017 01:11:](#)

Wow! Today i had a massive urge that lasted hours. I felt wiped, but then i read some posts on the forums and some people write really funny stuff and i started laughing and now b"H i feel so much better. Keep up the good work rabosai!

Il find that some of the serious posts are much funnier than those meant to be funny.

And no, I wasn't referrin' to any posts in particular.

Was this meant to be serious? Cause I found it funny. 'ot me lau'hin' there for a minute.

Yep.

=====

=====

Re: Hopeful

Posted by thumbsup - 28 Mar 2017 04:07

Hi dear chaverim. So i still consider myself clean, but i feel it mainly has to do with the removal of stimuli (ie. Filter, and web chaver). However i feel so vulnerable. The lusting was b"H a little less intense the past few days, but i don't know how long i can rely on the removal of outlets. The mail for example can be an overwhelming nisayon. Women clothing catalogs seem to arrive almost faster than they can be thrown out. I asked my wife to throw them away when they arrive, but i don't know if she realizes the extent of the michshol. I don't trust myself to be home alone with one of the catalogs in the garbage can. So far my only strategy is like i mentioned to rid the house of non tzniot material as if it's chometz. I don't know how long this strategy will hold up.

i read some of the posts and forums and see that all sorts of situations have been addressed, but if you have any advice for me that may be what it takes to save my soul.

You're awesome!!

=====
=====

Re: Hopeful

Posted by Markz - 28 Mar 2017 05:56

[thumbsup wrote on 28 Mar 2017 04:07:](#)

Hi dear chaverim. So i still consider myself clean, but i feel it mainly has to do with the removal of stimuli (ie. Filter, and web chaver). However i feel so vulnerable. The lusting was b"H a little less intense the past few days, but i don't know how long i can rely on the removal of outlets. The mail for example can be an overwhelming nisayon. Women clothing catalogs seem to arrive almost faster than they can be thrown out. I asked my wife to throw them away when they arrive, but i don't know if she realizes the extent of the michshol. I don't trust myself to be home alone with one of the catalogs in the garbage can. So far my only strategy is like i mentioned to rid the house of non tzniot material as if it's chometz. I don't know how long this strategy will hold up.

i read some of the posts and forums and see that all sorts of situations have been addressed, but if you have any advice for me that may be what it takes to save my soul.

You're awesome!!

I've been getting Lord and Weaver catalogs recently. with money saving coupons of course

some time back I called asking them not to send these, and it worked

Im planning to call them this week and tell them I'll tell my friends not to shop by you if you keep fe-mailing

=====

Re: Hopeful

Posted by Singularity - 28 Mar 2017 08:48

[thumbsup wrote on 28 Mar 2017 04:07:](#)

Hi dear chaverim. So i still consider myself clean, but i feel it mainly has to do with the removal of stimuli (ie. Filter, and web chaver). However i feel so vulnerable. The lusting was b"H a little less intense the past few days, but i don't know how long i can rely on the removal of outlets. The mail for example can be an overwhelming nisayon. Women clothing catalogs seem to arrive almost faster than they can be thrown out. I asked my wife to throw them away when they arrive, but i don't know if she realizes the extent of the michshol. I don't trust myself to be home alone with one of the catalogs in the garbage can. So far my only strategy is like i mentioned to rid the house of non tzniot material as if it's chometz. I don't know how long this strategy will hold up.

i read some of the posts and forums and see that all sorts of situations have been addressed, but if you have any advice for me that may be what it takes to save my soul.

You're awesome!!

How many people in your house need women clothing catalogues?? Or maybe it's actually an invitation to Hogwarts. How many letters/owls do you get on a Sunday? Look into it.

Aside from that, well done! You touched on the fact that you can't just get rid of outlets, 'cause there'll just be more. On Pesach we go on outings and there's chometz everywhere. Good thing our desire for bread ain't as bad.

I hope.

What you need is a simple life transformation so that you don't consider the need to lust in the first place.

=====

Re: Hopeful

Posted by thumbsup - 31 Mar 2017 04:30

Today was a big lusting day, mainly because i was home a lot by myself. I still say i'm clean according to the letter of the GYE law, but i don't feel so clean.

I'm still working my way through the GYE website and b"H i am becoming more educated, but i still can't figure out if i'm an addict and/or to what extant.

work! Keep up the good

=====

Re: Hopeful

Posted by lhavenostrength - 31 Mar 2017 14:52

[thumbsup wrote on 28 Mar 2017 04:07:](#)

I don't trust myself to be home alone with one of the catalogs in the garbage can.

Been there.

As far as removing michsholim.... Many times after acting out my lust, I'd decide to declare a "lockdown". I'd try to make sure lust would have no way to get in.
As always you are all great, and i'm often humbled by many of you posters.

It's impossible. So you can stop trying and save your energy. I have covenant eyes (webchaver) on my phone (where almost all my internet usage is). This ensures that I won't search for straight up porn. This is very helpful. However, if I really wanted to find something inappropriate, I could (as you are clearly recognizing). Whether on the internet or elsewhere.

=====

Re: Hopeful

Posted by cordnoy - 31 Mar 2017 16:13

[lhavenostrength wrote on 31 Mar 2017 14:52:](#)

[thumbsup wrote on 28 Mar 2017 04:07:](#)

I don't trust myself to be home alone with one of the catalogs in the garbage can.

Been there.

As far as removing michsholim.... Many times after acting out my lust, I'd decide to declare a "lockdown". I'd try to make sure lust would have no way to get in.

It's impossible. So you can stop trying and save your energy. I have covenant eyes (webchaver) on my phone (where almost all my internet usage is). This ensures that I won't search for straight up porn. This is very helpful. However, if I really wanted to find something inappropriate, I could (as you are clearly recognizing). Whether on the internet or elsewhere.

Declarin' a lockdown and actin' upon it is very important.

Knowin'I that this is not the answer by itself is also important.

=====

====