

My Book of Business

Posted by Shivisi_Hashem - 19 Apr 2017 16:41

Hi all ?????? ????? ?????,

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ?????? ?????? ?????, you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

=====

=====

Re: My Book of Business

Posted by Shivisi_Hashem - 30 Jun 2017 17:57

[attachment:1]C:\fakepath\20170630_001451.jpg[/attachment]

=====

=====

Re: My Book of Business

Posted by Michael94 - 02 Jul 2017 18:46

Hi shvisi_hashem, how was it in the catsKILs for shabbos, and how's Today?

=====

=====

Re: My Book of Business

Posted by Shivisi_Hashem - 02 Jul 2017 19:53

Its my 6th clean day, im bz setting up kids in camp, will update tonight.

Sorry

=====

=====

Re: My Book of Business

Posted by Hashem Help Me - 03 Jul 2017 01:17

Its very interesting. Here I am in the Catskills in a very tznusdik place removed from the city streets. Stress level is down bh. But the struggle is great. My wife is off limits and I need that hug..... If only I could act out and "hug" myself..... I think b'ezras Hashem I will pull through. Maybe posting and being honest and sharing with the oilam will help... Sort of hoping/not hoping that it happens while I am asleep to release.... Thanks for reading.

=====

=====

Re: My Book of Business

Posted by Ihavestrength - 03 Jul 2017 15:15

[Hashem Help Me wrote on 03 Jul 2017 01:17:](#)

Its very interesting. Here I am in the Catskills in a very tznusdik place removed from the city streets. Stress level is down bh. But the struggle is great. My wife is off limits and I need that hug..... If only I could act out and "hug" myself..... I think b'ezras Hashem I will pull through. Maybe posting and being honest and sharing with the oilam will help... Sort of hoping/not hoping that it happens while I am asleep to release.... Thanks for reading.

Warning: This post is highly pretentious. However, if even one word is relevant to you it will have been worth it. Wishing you the very best. You can do it. It's not about keeping a streak. Rather, you know that these behaviors truly have nothing to offer you in the way of anything good.

I'll hug you. Here's your hug: You are not special. Probably, anyways. Neither am I. Neither is your neighbor, probably. We are all just human beings. Our job on this earth isn't to be a perfect snowflake. Have a little compassion for yourself. You don't need to be perfect to be loved, and you won't need anyone to hug you if you realize that. What's the connection? Well it sounds like you want a life with no desires. So you try fighting these thoughts and emotions. It ain't gonna work though. You make emotions stronger when you argue with them. It's not bad to have these desires. It doesn't represent what you truly want. Also, they get weaker when you accept they are there, simultaneously recognizing they don't necessarily represent what you truly feel. For example, when someone bumps into me I may feel annoyance. I might even think, wow, what a useless person. Can't they get their act together. That thought occurred automatically. Does that represent my true feelings about this person? You can apply to lust quite easily. You see someone...

But that was just my own nonsense. Here's what I can tell you with absolute certainty. Having a wet dream ain't gonna help you one bit. You don't need any "release". It's complete hogwash. Actually it increases desire sometimes in my experience.

Lastly, you say you are sort of hoping it will happen. I don't believe that for a second. *You* don't want it. The real you. The nefesh elokis inside you. The desires that you feel are **not totally under your control**. Stop struggling with them and realize it's not *you* that wants it. It's the nefesh habahamis. It's the thinking mind. The primal mind. Whatever you want to call it. The *you* who represents your true desires (long term plans etc.) Is the real you. What's the proof? It's the only part of you that you control.

It sounds like you are falling for the old trick of the nefesh habahamis. He convinces you that *you* want what he's telling you. So you argue with him etc. You can't argue with negativity! It just pulls you down and makes the emotions stronger. You can't try to get rid of a feeling. All you can do is accept it and let go.

Stop trying to feel good and just live.

Peace

=====
=====

Re: My Book of Business

Posted by Shivisi_Hashem - 03 Jul 2017 15:30

Day #7 – One week clean

B"H I passed **Day #3, 4, 5 and 6, and Today is Day #7 – One full week!!!**

(Sorry for the delay, I had poor internet connection upstate)

Today is number #7 – one clean week, what a pity, I could have been today at 88 days, but I won't look back, it is what it is, it won't help me, as I know from experience to focus only on **TODAY**.

it's just a few days in the summer, and its murder, I had a very lusty night, i couldn't for haven sake fall asleep, and I worked very hard to distract my head from the lust, my wife is upstate, and I'm staying in the city by myself, it's the most toughest time from all year round, I used to act out for no good reason, with no regret at all, I don't know if it's because I'm lonely and bored, or is it because I'm too relaxed, since my wife and kids are not home, so I'm not that stressful, or is it because I'm missing my intimacy from my wife, or something else which I can't pinpoint, or is it all together, I need your help and tefiles, I must pass the summer clean... I hope I will..

I sew in the sefer ?? ??? a few lines, which was a very big chizik for me, ill write it word by word from the sefer:

?? ?? ?? ????? ?? ????? ????? ????? ?? ????? ?? ?? ????? ??????? ????? ????? ?????
?????? ?? ????? ????? ?? ??????? ???' ?????? ??? ?? ??????? ?????? ??? ?? ?? ?????? ??? ???
????????? ??? ??????? ????? ????? ??????? ??????? ?????? ?????? ??????? ?????? ?????? ?????
??? ?? ????? ?? ?' ??? ??? ????????? ??????

Comments are not necessary, Pintel...

Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Today is Day #7, and **Today** only, it's the best & easiest way to recovery, when I focus on **Today** only, looking backwards is like walking up the hill, it looks depressing, so much more to go up, it's hot, sweaty, tough, so many falls and slips, falling rocks, look forward is like going down a steep hill, so scary, looks impossible, so far away and so much to go, so many rocks and potholes on the way, but the **Today** is so short, just one step at a time, "Hayoim Kutzar" its really short, so that way is more doable, it's a matter of a few hours, so let's do it together.... lets not mess it up...

Yes! I do have lusty moments, hashem gave it to me for good reasons, and I'll try to use it just for that, and ill try not to use it for something else, that's part of my test, and I will try to get a 100 mark, if hashem sent it to me, Im positive that I can control it, and I will try with your help, I cant alone, and one day I will control my lust, and not the lust will control me..

Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together

=====

=====

Re: My Book of Business

Posted by Shivisi_Hashem - 03 Jul 2017 15:41

[Hashem Help Me wrote on 03 Jul 2017 01:17:](#)

Its very interesting. Here I am in the Catskills in a very tznusdik place removed from the city streets. Stress level is down bh. But the struggle is great. My wife is off limits and I need that hug..... If only I could act out and "hug" myself..... I think b'ezras Hashem I will pull through. Maybe posting and being honest and sharing with the oilam will help... Sort of hoping/not hoping that it happens while I am asleep to release.... Thanks for reading.

Oh my! i feel your pain, i know what you are going trough, im in the exactly same shoe size like you, yes its tough, but remember, the pain of the fall is much much much harder, its soo painful and depressing, yes, the best way to stay clean, is:

1) stay positive, think and talk positive, then you will be positive, i feel that being negative, is a trigger of acting out.

2) posting and reading on GYE, should it be the handbook or the forum, or the chatting lines, its a great tool to stay clean.

?3) be in touch with a partner or sponsor, its a great tool to help you survive, to guide you in case of a triggering moment.

Stay Strong! stay Positive! stay happy! and stay clean!!!

=====

=====

Re: My Book of Business

Posted by getthere - 03 Jul 2017 15:51

Shivisi - good to see you up and running again. Keep posting the news and also what makes you have to restart. It gets easier but don't forget an addict has his own mind and needs to be reminded that its an addict.

Keep strong we are counting on you

=====

Re: My Book of Business

Posted by Shivisi_Hashem - 03 Jul 2017 15:58

[lhavestrength wrote on 03 Jul 2017 15:15:](#)

[Hashem Help Me wrote on 03 Jul 2017 01:17:](#)

Its very interesting. Here I am in the Catskills in a very tznusdik place removed from the city streets. Stress level is down bh. But the struggle is great. My wife is off limits and I need that hug..... If only I could act out and "hug" myself..... I think b'ezras Hashem I will pull through. Maybe posting and being honest and sharing with the oilam will help... Sort of hoping/not hoping that it happens while I am asleep to release.... Thanks for reading.

Warning: This post is highly pretentious. However, if even one word is relevant to you it will have been worth it. Wishing you the very best. You can do it. It's not about keeping a streak. Rather, you know that these behaviors truly have nothing to offer you in the way of anything good.

I'll hug you. Here's your hug: You are not special. Probably, anyways. Neither am I. Neither is your neighbor, probably. We are all just human beings. Our job our this earth isn't to be a perfect snowflake Have a little compassion for yourself. You don't need to be perfect to be loved, and you won't need anyone to hug you if you realize that. What's the connection? Well it sounds like you want a life with no desires. So you try fighting these thoughts and emotions. It ain't gonna work though. You make emotions stronger when you argue with them. It's not bad to have these desires. It doesn't represent what you truly want. Also, they get weaker when you accept they are there, simultaneously recognizing they don't necessarily represent what you truly feel. For example, when someone bumps into me I may feel annoyance. I might even think, wow, what a useless person. Can't they get their act together. That thought occurred automatically. Does that represent my true feelings about this person? You can apply to lust quite easily. You see someone...

But that was just my own nonsense. Here's what I can tell you with absolute certainty. Having a wet dream ain't gonna help you one bit. You don't need any "release". It's complete hogwash.

Actually it increases desire sometimes in my experience.

Lastly, you say you are sort of hoping it will happen. I don't believe that for a second. *You* don't want it. The real you. The nefesh elokis inside you. The desires that you feel are **not totally under your control**. Stop struggling with them and realize it's not *you* that wants it. It's the nefesh habahamis. It's the thinking mind. The primal mind. Whatever you want to call it. The *you* who represents your true desires (long term plans etc.) Is the real you. What's the proof? It's the only part of you that you control.

It sounds like you are falling for the old trick of the nefesh habahamis. He convinces you that *you* want what he's telling you. So you argue with him etc. You can't argue with negativity! It just pulls you down and makes the emotions stronger. You can't try to get rid of a feeling. All you can do is accept it and let go.

Stop trying to feel good and just live.

Peace

ihavestrength you are so to the point, Hshem Help me! you really dont want that, i promise you!!! you will feel awful afterwards, its just in your mind, but the really you dont want that... i know its hard, we all have the same struggles, but thats why we are here, and thats waht hashem wants from us and "Hashem Will Help you", just hang around here, and in any case, any struggle, any lusty moment, just reach out to any of us, we are her for you at any time...

=====
=====

Re: My Book of Business

Posted by Shivisi_Hashem - 03 Jul 2017 16:09

[getthere wrote on 03 Jul 2017 15:51:](#)

Shivisi - good to see you up and running again. Keep posting the news and also what makes you have to restart. It gets easier but don't forget an addict has his own mind and needs to be reminded that its an addict.

Keep strong we are counting on you

thank you for your support,

so far i dont see any light of the tunnel, its not getting easier, i still go trough very difficult nights, day is not that hard, i BH dont have any Taveh for porn, and no Taveh to look on ladys on the street, which is big win for me, i never thought that i will one day be at this stage, im fully clean from those stuff, i know by now that this things are just fake and empty, but the nights are very tough, and its only the lust, the lust triggers are so high, that sometimes its almost impossible to make it trough. i cant wait it should get at least easier, i know that lust is here to stay, but it should get easier to control.

=====

Re: My Book of Business

Posted by Shivisi_Hashem - 04 Jul 2017 16:19

Day #8

B"H I passed **Day #7 and Today is Day #8 !!!**

Today is number #8, I had a clean day yesterday, at night is tough, but I'm managing,

The interesting part is, that at day time, I'm doing fine, I'm not struggling at all, I'm busy at work, I don't have that much time to think about anything other than work, (I used to have more time for porn then work, but now it's the opposite, thank you GYE.....) but when I come home after work, wife and kids are not home, there is where my problem starts, and after a lot of thoughts, I decided, that my issue is not lust! and not addiction, its bad habit, I am an addict, and bad habit might be the definition of addiction, but I feel, that its not the same, it's more of habit, that when my wife is not home, I have to act out, I have to get occupied with those activity's, and I think that a habit is easier to work on, then to work on an addiction.... I don't know, will see as time goes by..

Last night I couldn't fall asleep, no clue why, maybe because of lust? maybe, but finally when I did fall asleep, after an half an hour a fly bzzzzzzed in my ears, and it wake me twice, so my partner sent me this:

??? ??, ??? ??? ????? ?????, ????? ?????, ????? ?? ????? ?? ????? ????? ????? ?????, ????? ????? ?? ????? ????? ????? ????? ????? ????? ?????, ?? ??? ??? ????? ??? ????? ??????? ?? ?????,

Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Today is Day #8, and **Today** only, it's the best & easiest way to recovery, when I focus on **Today** only, looking backwards is like walking up the hill, it looks depressing, so much more to go up, it's hot, sweaty, tough, so many falls and slips, falling rocks, look forward is like going down a steep hill, so scary, looks impossible, so far away and so much to go, so many rocks and potholes on the way, but the **Today** is so short, just one step at a time, "Hayoim Kutzar" it's really short, so that way is more doable, it's a matter of a few hours, so let's do it together.... let's not mess it up...

Yes! I do have lusty moments, hashem gave it to me for good reasons, and I'll try to use it just for that, and I'll try not to use it for something else, that's part of my test, and I will try to get a 100 mark, if hashem sent it to me, I'm positive that I can control it, and I will try with your help, I can't alone, and one day I will control my lust, and not the lust will control me..

Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together

=====

=====

Re: My Book of Business

Posted by Hashem Help Me - 04 Jul 2017 22:27

Shivisi, thank you for allowing me to use your thread to share my recent struggle (being that it was similar to what you had written) Thank you to all who responded. The challenge now is very specific. I am not thinking of any pornographic images or animalistic behavior. I just really miss being with my wife. I miss that warmth, the physical connection, and yes, the eventual release of healthy appropriate sex. I am not even imagining body parts. I guess it's similar to homesickness. When I am busy, and I BH am very busy, it's not on my mind. The most difficult point is when I wake up too early and want to go back to sleep for half hour or so, and I can't get these images out of my mind.

=====

=====

Re: My Book of Business

Posted by bb0212 - 05 Jul 2017 04:18

[Hashem Help Me wrote on 04 Jul 2017 22:27:](#)

Shivisi, thank you for allowing me to use your thread to share my recent struggle (being that it was similar to what you had written) Thank you to all who responded. The challenge now is very specific. I am not thinking of any pornographic images or animalistic behavior. I just really miss being with my wife. I miss that warmth, the physical connection, and yes, the eventual release of healthy appropriate sex. I am not even imagining body parts. I guess its similar to homesickness. When I am busy, and I BH am very busy, it's not on my mind. The most difficult point is when I wake up too early and want to go back to sleep for half hour or so, and I cant get these images out of my mind.

HHM, you're describing what sounds like a very difficult time. You've been fighting this fight for a long time and have succeeded so many times, you can make through this time again too! If only I had the perfect advice, all I can do is hope that I can help, I'll spew a bit. If it helps good, if not, don't dwell on it.

The first thing that I realized when I read your post was how often I feel that I want to have that close relationship with a woman. I haven't been married for practically two years, and before that the marriage wasn't too rosy for around a year. I can't see myself remarrying any time soon, so when I get that feeling of loneliness, it doesn't do much good to dwell on it. It's so far out that I can't tell myself "in two weeks" or "in two months". Perhaps it could help you if you focus on when she'll be available to you and focus on how blessed you are to have that opportunity. This isn't meant to be a guilt trip, I'm just hoping it will help you see your challenge in a different light.

=====

Re: My Book of Business

Posted by GrowStrong - 05 Jul 2017 06:51

[Hashem Help Me wrote on 04 Jul 2017 22:27:](#)

Shivisi, thank you for allowing me to use your thread to share my recent struggle (being that it was similar to what you had written) Thank you to all who responded. The challenge now is very specific. I am not thinking of any pornographic images or animalistic behavior. I just really miss being with my wife. I miss that warmth, the physical connection, and yes, the eventual release of

healthy appropriate sex. I am not even imagining body parts. I guess its similar to homesickness. When I am busy, and I BH am very busy, it's not on my mind. The most difficult point is when I wake up too early and want to go back to sleep for half hour or so, and I cant get these images out of my mind.

The strong urge and desire for a hug and closeness is something i identify with a lot.

I remember a few months ago, lying there, asking myself - If i am meant to be able to get everything I need from God, then how i can i get this also, How can i get a hug from God.

I think the answer lies in the same prayer that SA's say daily when close to danger.

God. Whatever it is i am looking for in that hug, may i get it from you...

In other words, just acknowledging the fact that its God who can give it to us if we ask Him for it, and bringing it to Him, is already enough of a move towards Him that we will get it from Him in return through that connection.

=====
=====