

Reflections

Posted by Chaimel - 21 Apr 2017 17:22

(Disclaimer: feel free to read on but I'm just rambling so no need for response even though it would be appreciated)

taking the plunge and starting a thread because today was my first fall since joining GYE (217 days clean!) Before GYE the longest I went was about a week or so but usually fell daily. Thanks to the wonderful people behind GYE and all who take time to read/post/moderate the forum.

its amazing how far I've come as my first response to my fall was: now is a time to restart and reflect on how far I've come!

The greatest thing GYE gave me this far was that it's all about this moment and getting through the day. Celebrate the ups and don't let the downs be downfalls only stepping stones to improve.

i don't have time now but iyh bn I'll continue over shabbos to analyze why this took place and how to prevent falls in the future.

Thanks again to all and have a wonderful Shabbos!

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Re: Reflections

Posted by TzedekChaim - 08 May 2017 16:59

Chaimel!! Wonderful posts! Hatzlacha with the Shidduch. (my rebbe always gave me the bracha when I was dating to have yishras hadaas (clarity of thinking). IT can be a beautiful time, but it can also be a bit confusing emotionally. like a roller coaster, at least in my experience. May Hashem bless you and your efforts and may you see much bracha and hatzlacha in your
)

Remember it's just one day at a time!!

I love your positive attitude. (I relate very much to your depression, I haven't been to formal therapy, but It is something I work on on a regular basis). but You sound great and sincere in your simchas hachaim and it is really inspiring!!!

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Re: Reflections

Posted by Chaimel - 08 May 2017 17:12

[TzedekChaim wrote on 08 May 2017 16:59:](#)

Chaimel!!! Wonderful posts!

Thank you very much for the kind words and encouragement!

Question to all:

as dating goes on I'm supposed to be getting 'into it' obviously. But that makes things much more difficult, having this girl on my mind all day. Am I supposed to continue trying with the same tools I've used until now or start with new ones?

It feels like a contradiction to have your head stuck in it and still remain pure.

im realizing just how much more difficult this must be after being married (niddah, moods, babies, etc)

Generally at night these days i start heading to sleep and take out my phone to get on GYE before my mind may start wondering. But then I start typing a post trying to keep a clean mind and as I'm typing in the back of my head I'm lusting away!!! Aaaaahhhhh!

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Re: Reflections

Posted by Chaimel - 09 May 2017 04:12

unsure how to proceed

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Re: Reflections

Posted by Hashem Help Me - 09 May 2017 04:32

[Chaimel wrote on 08 May 2017 17:12:](#)

[TzedekChaim wrote on 08 May 2017 16:59:](#)

Chaimel!! Wonderful posts!

Thank you very much for the kind words and encouragement!

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A young healthy man dating will have nisyonos. Its normal and natural. Much has been written about how husbands should not view wives as pleasure objects but rather as people they want to support and give to. Similarly when thinking about a date you are excited about, veer away from the sexual thoughts and concentrate on her good qualities and how you can help nurture them. No, its not easy, but it can be done. Do you have a rebbi you can speak this over with?

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Re: Reflections

Posted by Singularity - 09 May 2017 08:31

b'sha'ah tovah!

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Re: Reflections

Posted by MayanHamisgaber - 09 May 2017 11:06

[Chaimel wrote on 09 May 2017 04:12:](#)

unsure how to proceed

Day 0.

Sorry to hear

First step was already done beautifully reaching out...

next read from the post that the [link](#) sends you to and read the next 2 pages....

After that keep on posting or post now and read later

KOMTNMW

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Re: Reflections

Posted by Chaimel - 09 May 2017 15:14

Thank you everyone for caring and for riding the waves with me.

just trying to stay focused through the haze right now.

more later.

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Re: Reflections

Posted by Chaimel - 09 May 2017 17:37

Thinking of buying a pair of undershirt tzitzis to wear at night in order to help keep my thoughts more pure, thoughts anyone?

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Re: Reflections

Posted by MayanHamisgaber - 09 May 2017 17:41

They say the pants ones are more affective

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Re: Reflections

Posted by GrowStrong - 09 May 2017 17:43

[Chaimel wrote on 09 May 2017 17:37:](#)

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Won't work if you don't also wear a gartle

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Re: Reflections

Posted by cordnoy - 09 May 2017 17:48

[Chaimel wrote on 09 May 2017 17:37:](#)

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Try it; let us know please.

DoDo the tzitzis help durin' the day?

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Re: Reflections

Posted by Chaimel - 09 May 2017 17:59

"Hashem Help Me" post=312624 date=1494304330 catid=4

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I don't generally sexualize women, yet somehow it's happening more often with this date and thank you for pointing that out. B'ezras hashem will try as you said to focus on the good qualities when I'm with her. Is that supposed to apply when I'm not with her?

I think now I can understand why it says without 'taivas nashim' people wouldn't get married.

i am very close with a rebbi that guided me through therapy and the like. Really didn't think of discussing it with him, not that he wouldn't understand just seems like a hard thing to describe and constantly follow up with.

"MayanHamisgaber" post=312670 date=1494351688 catid=4

They say the pants ones are more affective

"GrowStrong" post=312671 date=1494351818 catid=4

Won't work if you don't also wear a gartle

"cordnoy" post=312673 date=1494352082 catid=4Try it; let us know please.

DoDo the tzitzis help durin' the day?

Will do bli neder starting tonight

Not specifically but I'm thinking that at night they are literally 'right there' and they'll be an extra line of defense

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Re: Reflections

Posted by MayanHamisgaber - 09 May 2017 18:32

B'hatzlacha rabba u'm'ruba

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Re: Reflections

Posted by Ihavenostrength - 09 May 2017 21:01

[Chaimel wrote on 09 May 2017 17:37:](#)

Thinking of buying a pair of undershirt tzitzis to wear at night in order to help keep my thoughts more pure, thoughts anyone?

I think that leaving your phone outside the bedroom may be even more effective. (I use the tzitzis to tie my pants closed, works wonders.)

Sorry about your fall. I'm just getting up myself. Let's walk together. No need for perfection, only progress. Seems like you're making alot of it B"H.

Tzitzis never stopped me, but hey, don't think it can hurt.

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