

I AM HIGHER THAN ALL THIS!!!

Posted by higher - 01 May 2019 14:39

High!

I have been on and off/lurking/etc... this site for a while. ive been struggling with erotic audio, erotic reading material, and looking for inappropriate websites, occasional mb but no p. (one exception when there was a really bad break in the filter but i only saw muted previews bh) either way i wanna quit all this garbage! this is really not ME. this stuff is fueled by being starved for intimacy and my wife is disgusted by it. in addition, there are heavy duty shalom bayis issues. so since i feel starved, its hard for me not to act out...i am working on the last two issues and iyh things will improve. for now, i feel like i can use the chizzuk as well as accountability that a thread like this can give me. thus begins my 90 day program. awaiting the gye's welcoming committee's response...

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 02 May 2019 15:05

thanks qwerty,

im unsure if the maamar chazal that you qouted (im pretty sure its sourced in a gemara) refers to completely abstaining from sex. but you may be right, im not sure. its largely academic either way, in terms of that most people (99.9999999999%) , v'gam ani b'soichum, are not holding by completely starving and there could be a very big "kickback" effect if you try-along the way to

look i think it must be that if Hashem gave anyone this nisayon, we could assume that he can somehow pass it, **no matter how much a person does not want to admit it.** (giving up is always the easiest short way out if your in a ton of pain) none of the above should be misconstrued by a suffering individual as an excuse to act out. the question is just what are good eitzos and i am still in middle of reviewing cordnoys list it takes a long time to chazzer shiur...im also still verifying the quotes and who they are from and seeing if he broke any of the rules in answering the question...if he did it im gonna get him in trouble!! (pun intended) at the end of the day an eitzah can sound great and make alot of sense but if it doesnt **practically work for you**, then that and whatever it costs where you live to get u on the train will get you on the train.

but its important to realize that as long as we believe in Hashem and nothings random,

there **is** a solution.

hatzlacha raba to all, me included.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 02 May 2019 15:09

DAY #2

(i mean i had a full day and im starting day 2 thats what this means from now on and im not repeating it.)

buruch Hashem yom yom.

positive devolopement happened recently with the wife. im holding my breath....bah! (had to breathe at some point...) but things are looking positive for the first time in months. and if its maintained...for the first time in years....

all tefillos are welcome.

higher ben ???? (someone jewish)

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by ColinColin - 02 May 2019 15:45

Welcome.

To add to Cordnoy's post.

The sexual urge is a genuine "drive", that must be channeled in the correct way i.e. marriage.

So never feel bad if you have the urge.

Alongside this, the need for companionship is genuine too.

Sometimes looking at porn can be fuelled by loneliness and/or depression,

so that real need for company and conversation might be lacking..in which case it might be related to relationships with your wife, family and friends.....and/or simply tiredness.

What has worked for me is recognising when I have a sexual urge, and treating it as a cloud...which can float away after a short period of time.

I am not compelled to act on it.

This is the mindfulness technique, of which there is a lot of information online

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 02 May 2019 15:54

i am familiar with mindfulness. i appreciate your post. i am not experienced at using it for such an urge but sounds interesting!

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 03 May 2019 14:21

#3

yom shenichpal bo ki tov.

(thought it sounded good anyways).

had some fantasizing coming from spacing out (batalah brings to...)

but i snapped out of them quite quickly. have not excited myself and thats a big thing for me.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by stillgoing - 03 May 2019 16:44

Cords, Truly a great post, I don't think that I can top it. Maybe I can jump in (it's already been done without too much impunity) with my 2 shekels. [I but my thoughts in blue] pps, number

have a wonderfull shabbos!!!!

"cordnoy" post=340828 date=1556738619 catid=4

to quote one of the resident experts on the site:

1. The "need" is imagined, not real....
2. If you come to terms with that and are at peace with the fact that there will be urges, but those urges do not define who you are, you will iyh be able to pull through.
3. As far as learning about this subject i think a first education is to once and for all destroy the mantra/belief that one NEEDS to ejaculate. Although pleasurable it is but an urge. Unlike eating and sleeping it is not a need.
4. Distract yourself for a few minutes and you will see the urge disappear into thin air. It is a desire, not a need.
5. They do not panic when faced with an urge, rather they use the methods they learned here among the chevra. For some, it is to call a friend, another makes a Taphsic, another goes for a walk or turns on a shiur/music, another reads a previously written list bullets got all messed up. How did you write it cords, with windows 2089?) whatev

of things Hashem does for him on a daily basis.

6. The first step in stopping mzl is to recognize that although it is pleasurable (for a very short time), it is not a need. A person can live a happy and fulfilled life without ejaculation or other sexual stimulation. Food, drink, and sleep are necessities, not sex.
7. (why would I think that food, drink, and sleep are s*x)?
8. When someone is hungry and distracts himself, when the distraction is over, he is starving. When one is tired and gets very busy, when done he "crashes". However when one feels the urge to masturbate and instead gets on a treadmill, goes for a walk, gets busy at work, etc, the urge does not automatically reappear when that distraction/task is over. i have woken up with strong erections "ready to go" and forced myself to get moving and bh the urge did not return. that shows us that ejaculation is not a need, rather a very pleasurable activity which some of us have gotten into the habit as using as a stress reliever, boredom escape, or rejection pacifier. (As we all know the relief is extremely short lived and simply not worth the depression/anxiety/guilt/ feelings we develop immediately after acting out.)
9. [What you are discussing is change of mindset, definitely works and urges lesson, but this is commonly confused with white-knuckling. Holding ourselves back from acting out while biting out fingers or screaming, while still better then acting out - it will eventually burst - not lessen. Do we hold in the urge, letting it build until we just can't hold it in anymore? Or do we let in go - filling our uncomfortableness/anxiousness with something completely different, not related to sex. That I believe is the crucial difference.]
10. I would like to add that my own feeling of liberation has been incredible: Before abstinence, I was convinced that I had sexual needs, and I was constantly obsessed with fulfilling those needs, not being satisfied, and suffering from terrible frustration (and blaming my wife most of the time).

Now I realize: Today I don't NEED sex. I brainwashed myself into thinking I need, and hence all of the above. I see how emotionally/physically dependent I was on sex.

11. [I love the last paragraph the best. This is true for everyone- no matter if drunk, sober, or drunk/sober again. We brainwash ourselves into thinking we need.]

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by cordnoy - 03 May 2019 17:05

[stillgoing wrote on 03 May 2019 16:44:](#)

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by stillgoing - 03 May 2019 17:12

[cordnoy wrote on 03 May 2019 17:05:](#)

[stillgoing wrote on 03 May 2019 16:44:](#)

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Never said you made it up. It's all on this site (as well as a whole lot of other things, like does batman have ssa, but that's for another time...), most of it is in Sa as well (although modified a bit), and before them the great musser giants said it too. I need a translator today, but nothing new in that post. age doesn't make it stale though. Just stronger.

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 05 May 2019 02:31

#4 (i think ill just go with where im holding in terms of complete days ayin l'eil for more info)

4 whole days and soon to crack a 5th.

4 is the # oisiyos of the shem.

4 is the # " " of the word "yesod" (dont try being a smart aleck)

4 is the four ruchos haolam.

4 isyou know what else? it means its ONE more day that i overcame my yetzer hara. i think that for none addicts it gets easier with the more consecutive times, days etc. which really is based on the sefer hachinuch but i would like to exp. it heavily first before commenting on that. (although ive felt this in the past with watching myself where i look in the streets.)

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 06 May 2019 04:06

#5

...

that perhaps a married couple that has the same "love language" lets say touch-and they hit it off right away, could be that their love is really superficial and each one is just a means of pleasure in the other's eye's. so if c'v a challenge/crises/wtvr hits-they cud be ttly out to lunch in terms of working together etc. even in a regular situation they dont love each other-its like loving pizza.

so it would follow that the more difficult a marriage is-be it personality clashes or wtvr, thats actually MORE opportunity for REAL love...of course we dont want nisyonos and everyone

needs to take to an extent. im just wondering if a mature way of looking at a struggling marriage is really a gift to (work hard but...) have REAL LOVE. just a thought....

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 06 May 2019 04:12

p.s. which would explain the (famous?) rav dessler on love is generated through giving. any other possible source which comes from taking is loving yourself, (sharf but true obviously relative to each person on his level accordingly). i believe he explains all of this at length. (the beginning of michtav meliyahu)

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 06 May 2019 19:29

btw thanks to everyone for all their reaching out and encouragement and advice to start me off.

thanks for the thank you's as well.

y'all.) thanking

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 07 May 2019 03:14

#6

almost fell today but bh caught myself in time.

regardless if a "slip" is not a "fall" and the chart is still intact, its **assur** on the real chart. so i shouldnt be engaging in slippery behavior, which unfortunately i was. still, im grateful for the 6 "clean" days.

i look forward to an even better, and squeaky clean, next 6 days!

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 08 May 2019 04:31

#7

i had alot of reasons to be bent out of shape recently and really mess things up in terms of shalom bayis.

bh i controlled myself even though it was hard, and saw a positive result.

perhaps things r going in the right direction...

Warning: Spoiler!

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