

Day 1!

Posted by formywife125 - 18 May 2020 12:08

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Ok, here is my first day of the new life. Yesterday I acted out twice with soft-porn. I have identified 2 triggers so far:

1) When I get really really aroused and decide I NEED to watch porn or masturbate, then even when the lust cools down, I am attached to the IDEA that I need to act out.

2) When I am in a very flat state, like when I over-eat, and dont feel any other possibility of healthy enjoyment.

The first trigger needs cognitive work- just because I decided I needed to act out then, the situation changed! I don't need to be so obsessive about things. I need brain flexibility!

As far as trigger #2- I don't know what to say. In a state like that, I have no pleasure. Maybe just go to sleep as soon as possible? That's really not so practical for many reasons.

I need some advice about that...

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Re: Day 1!

Posted by yosef10 - 26 May 2020 02:58

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@colincolin posted this on another forum, I haven't read it but it may help. Let me know what you think.

<https://www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior>

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Re: Day 1!

Posted by good1 - 12 Jun 2020 13:19

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I'm with you. I am going to make today day 1, again. I've succeeded in the past for a time, a few times, but definitely late nights, movies, too much food, or visual imagery in secular pop culture plants a seed of wanting more, and the yetzer harah has fooled me to not think sometimes.

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Re: Day 1!

Posted by BHYY - 12 Jun 2020 14:10

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[formywife125 wrote on 21 May 2020 04:18:](#)

[BHYY wrote on 18 May 2020 14:50:](#)

Welcome! You're doing great already posting about your struggle.

For your first trigger I really recommend mindfulness. It will teach you that these urges are external and you have the power to say no. A chashuve member of these forums (forgive me I forget who) once said "we have no recorded deaths on account of not giving in to that urge". Feel free to reach out to me ([bhyy@protonmail.com](mailto:bhyy@protonmail.com)) and I can recommend some great material on frum mindfulness including audio exercise.

Welcome to the club! Hatzlocha!

Thank you! I actually am trying to practice Mindfulness, but am having a hard time detecting if it's helping.

So sorry I didn't see this response until now. Feldheim recently put out a great book on Mindfulness, it might be k'dai for you to get a copy (<https://www.feldheim.com/mindfulness>) I know several members here going through it, myself included.

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Re: Day 1!  
Posted by formywife125 - 14 Jun 2020 14:30

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Hi Yosef10- thanks for the reply! Sorry my replies arent as long and involved- I dont get much time to be on GYE. My wife cannot see me on it, and she's usually around.

I have done a full MBSR course, and lots of classes etc. I guess I am putting too much stock into meditating, and losing focus that meditating is just a means to get to mindfulness. Im also a perfectionist. So I just need soem sort of external gage to know if the effort is worth it.

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Re: Day 1!  
Posted by formywife125 - 14 Jun 2020 14:32

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I hear you. I just dont often have the option just to go to sleep (I have a busy schedule and kids BH). Walk and Loud Jewish Music may work. I need to try.

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Re: Day 1!  
Posted by formywife125 - 14 Jun 2020 14:33

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Tremendous Hatzalacha!!!!

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Re: Day 1!  
Posted by yosef10 - 16 Jun 2020 01:53

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[formywife125 wrote on 14 Jun 2020 14:33:](#)

Tremendous Hatzalacha!!!!

I'm happy to help, keep it up. Trust me, I need the Chizuk and advice as much as everyone else...

Also just a random thought, maybe it's a good idea if you would include your wife in your journey through mindfulness. Studies show those that meditate together feel a closeness in a different way. You don't really have to tell her about your struggle, just say someone suggested to you, make up a story, and say you think it could be beneficial for both of you... Especially in corona times.

Just a random idea that popped into my head, either way keep up the great work, and thanks for keeping us posted.

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Re: Day 1!

Posted by formywife125 - 25 Jun 2020 08:34

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Thank you Yosef10. You always have helpful and sweet posts. You should be blessed.

My wife knows almost EVERYTHING about my struggle. I don't know if I should publicly share my story, bc it may not be relevant for people, but I made some really bad decisions. Thank

She hates meditation and mindfulness.. Very practical type of person.

The dynamics of our marriage (though very good now BH,) are complicated.

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