Think Good
Posted by think good - 08 Mar 2009 14:38

_____

Hi Everyone,.

This is a little difficult taking the first step and making a post.

Let me start with a short introduction.

Firstly, this is my 10th clean day. Actually not a big deal for me, as I have reached 10 days literally hundreds of times. Going from 11-20 is much much harder. I know if I can do 10 why not more? but ......

I have "lived" with this problem for over forty years! Many years before anyone had heard of the internet. I even stayed clean for over 7 months, but that was a long time ago when I was learning full time in Yeshivah.

Internet porn is very rarely my problem, I took out the internet at home, and my only connection is at work. It is very difficult to view porn at work when my large screen can be seen by anyone, (BH). However, if I happen to be in the office very late at night (which is rare), by yatza hara may well gain control.

My main problem is an tremendous attraction to women. As the Germoa says "even a women's little finger can arouse...". Frum married women, young girls with long hair etc etc almost

Amazingly, I never did anything with a women, just bad thoughts and zera vbatola.

Of course I have had many ups and downs there are times when I see women with no effect,

and at other times be so hot I am an embarrassment to the Torah.

OK, I think that's enough for an introduction.

I will try in future posts (bn) to go into more details of my very long fight. I have some interesting tips and advice which may help others..

I will leave with a small tip. My forum name "Think Good" is very fundamental in winning the war. The Germor is Soter says a women does not commit adultery until "a spirit or folly enters her". The same is true of most avaras. If one is able to fill ones mind with good thoughts and prevent the "folly" from entering, one will never sin.

Doing this in actuality is very hard.

==
====

Re: Think Good
Posted by think good - 02 Aug 2012 09:25
_____

day 10 it that better?

0xA means hexidecimal also base 16, or hex

Meaning

A=10

B=11

C=12

.....

F=15

10=16

==
====

Re: Think Good
Posted by think good - 02 Aug 2012 09:42

_____

Some thoughts OK bn i will try

only I'm overloaded with work and still have to find some time to prepare to give an Halacha shiur for tonight.

Two ideas I am working very hard on

1) Shmiras Ainayim - I getting much better trying even to avoid the first glance, but not always possible. Sometimes I feel my eyes are stuck in cement and just want move.

2) Thinking of one idea - meaning not fight the lust thoughts just ignoring them and trying to think more holy thoughts or at least listen to a Torah mp3 to keep my mind occuped. Its the emply mind which see's then thinks, then magines and you understand the cycle.

I know I have to stop while I am in control. If the lust attact takes control I'm finished.

I have control at the begining, after that first drink is a differnt story

==
====

Re: Think Good
Posted by Gevura Shebyesod - 02 Aug 2012 10:49

_____

==
====

Re: Think Good
Posted by think good - 02 Aug 2012 13:06

_____

_____

12 squared (12x12) 0x90 = 144

I have time - I'll be there

==
====

Re: Think Good
Posted by Gevura Shebyesod - 02 Aug 2012 13:25

_____

0x00000001 day at a time!!!!! ;D

==
====

Re: Think Good
Posted by think good - 05 Aug 2012 06:48

_____

0xD = 13 days

==
====

Re: Think Good
Posted by tehillimzugger - 05 Aug 2012 11:29

_____

Hi there, welcome to GYE and congrats on your progress, but pleeeeeeeeease, all this math is
going waaaaaaaaaay over my head.

==
====

Re: Think Good
Posted by think good - 06 Aug 2012 06:50

_____

At least you noticed TehillimZugger

_____

0xE = 14 days

==
====

Re: Think Good
Posted by think good - 06 Aug 2012 06:51
_____

The soul has three garments: thought, speech and action

– Tanya

==
====

Re: Think Good
Posted by think good - 11 Sep 2012 09:18
_____

0x1D or 29 days

==
====

Re: Think Good
Posted by think good - 12 Sep 2012 12:16
_____

0x1E 30 days

==
====

Re: Think Good
Posted by Blind Beggar - 12 Sep 2012 14:44
_____

30 days is 11110 in binary aka 0b11110 which looks like a long time. 32 days is a nice round number 100000. One day at a time is 1 in any base, of course.

==
====

Re: Think Good
Posted by E-Tek - 12 Sep 2012 21:34

_____

Which reminds me, there are 10 kinds of people, those who understand binary and those who don't.

==
====

Re: Think Good
Posted by Blind Beggar - 13 Sep 2012 07:17

_____

I knew there were 3 types of people in the world - those who understand mathematics and those who don't. Your line is even better.

==
====