

Think Good

Posted by think good - 08 Mar 2009 14:38

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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 Germon says "even a women's little finger can arouse...". From 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.

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Re: Think Good

Posted by nederman - 13 Sep 2012 10:41

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Hi ThinkGood,

I have read your thread. So you are not the SA type I guess. You are already thinking great, but I think understanding some concepts of cognitive therapy will help you go even further. Read Intimate Connections by David Burns. It's going to help you greatly dealing with your wife as well. If you make the right choices she is going to run after you, not the other way around.

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Re: Think Good

Posted by mifatfait - 13 Sep 2012 11:16

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34D + 4TG6 x 34F = I'm not sure how many days clean, one day at a time.

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Re: Think Good

Posted by think good - 13 Sep 2012 12:29

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So you are not the SA type I guess.

Yes, I am the SA type, just because I know what I should be thinking often isn't enough. Even doing it 99% is not enough, it's the first thought, or the second glance which if I allow it linger ....the fall will normally come.

I've read some David Burns, but not Intimate Connections. I will get hold of the book. (bn).

Thank you nederman

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Re: Think Good

Posted by Machshovo Tova - 13 Sep 2012 14:50

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[Think wrote on 13 Sep 2012 09:55:](#)

0x1F(Hex)=37(Oct)=11111(Bin)= 31 days!

Part of the reason I made it this far is because I'm so busy I have no time for s\*n!

I think that's a great idea. We should spend each day figuring out our days in Hex, Oct and Bin -

On the other hand, it dawned on me that perhaps the reason they advocate to focus on "only today - one day at a time", is because "1" is the only number that is the same in Dec, Hex, Oct and Bin - so that's easiest to keep track of.

So, how are you today? I am fine B"H and hope to hear the same from you.

Hatzlacha to all,

MT

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Re: Think Good

Posted by think good - 19 Sep 2012 08:20

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0x25(Hex)=45(Oct)=100101=37 days

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Re: Think Good

Posted by think good - 20 Sep 2012 08:41

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0x26(Hex)=46(Oct)=100110=38 days

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Re: Think Good

Posted by think good - 20 Sep 2012 08:47

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I just realized I made it through Ellul clean!

Which makes me a little frightened! I'm worried I will be overwhelmed by a lust attack.

Meaning I must be extra on guard and ask for more help from HaShem

Gmar vechatima tova

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Re: Think Good

Posted by Blind Beggar - 20 Sep 2012 10:02

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Your next post will be post number 100 which is 0x64 and 0b1100100 and 0o144

Just stay sober and clean and keep posting.

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Re: Think Good

Posted by think good - 23 Sep 2012 09:17

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0x29(Hex)=51(Oct)=101001=41 days

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Re: Think Good

Posted by think good - 24 Sep 2012 08:48

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0x2A(Hex)=52(Oct)=101010=42 days

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Re: Think Good

Posted by alexeliezer - 24 Sep 2012 14:38

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[Think wrote on 20 Sep 2012 08:47:](#)

I just realized I made it through Ellul clean!

Which makes me a little frightened! I'm worried I will be overwhelmed by a lust attack.

This is flawed addict thinking. He who starves it is satisfied. The "I'll explode" argument is false.

One day at a time. That's all.

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Re: Think Good

Posted by think good - 27 Sep 2012 10:14

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0x2D|(Hex)

55(Oct)

101101|(Binary)

45 days

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Re: Think Good

Posted by think good - 27 Sep 2012 10:24

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This is flawed addict thinking. He who starves it is satisfied. The "I'll explode" argument is false.

One day at a time. That's all

I know it's all about - one day at a time.

I still have this inner fear as the clean days go up so does the risk of a fall.

Just last night after davening hard on Yom Kippur, putting up the Succa followed by mid-night learning Shulcha Aruch. When I went to bed I suddenly found myself thinking about my wife, not actually lust thoughts but close, nothing else happened and I fell asleep.

Yet this is my fear after all the ruchnius with no distractions the lust suddenly comes out of

nowhere!

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Re: Think Good

Posted by Machshovo Tova - 27 Sep 2012 14:27

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I guess that proves you're actually a human being.

A famous mashgiach once told a bochur who complained of nisyonos and hirhurim, "You see this chair? It has no nisyonos and no hirhurim. It will just sit around until it will eventually rot away. But you are eternal, with a mission to accomplish. And this is part of your Avodah, to overcome those nisyonos and hirhurim".

Hatzlacha

MT

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