

Connecting the days

Posted by connected - 05 May 2022 17:34

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I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by connected - 28 Dec 2022 15:20

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**Day 7**

a: ...so, therefore, I say yes.

**b:** ...I respectfully disagree. No.

**a:** I see what you're saying, but I think you're wrong. Yes.

**b:** Let's agree to disagree. No.

**a:** Good, like two adults. Yes.

**b:** Exactly, no need to fight about it. No.

*Cold silence*

**a:** I Still say yes.

**b:** Well, I still say no.

**a:** You have your head stuck in the sand! Yes.

**b:** And your head is stuck in other places. No.

**a:** Yes.

**b:** No.

**a:** Yes!

**b:** No!

**a:** YES!

**b:** NO!

**Warning: Spoiler!**

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Re: Connecting the days  
Posted by connected - 29 Dec 2022 19:38

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## Day 8

**Me:** [Notices a finely presented female.]

**Him:** Oh my goodness! 9 o'clock, check it out!

**Me:** [Takes a stealthy peek.] Oh, Fudge! My goodness, indeed!

Only I didn't say fudge, I said %^\*@

**Him:** Now, find a safe place from where drink it all in.

**Me:** Yeah...! Hey, wait a second, why?

**Him:** What do you mean by "why"? You have the perfect opportunity!

**Me:** Opportunity for what?

**Him:** Oh, c'mon. You know how that image makes you feel inside. You got it right next to you!

**Me:** Yeah, I've been thinking about that too. Why *do* I feel that way when I see that? I mean, it's not like I can have it or touch it. I can't even masturbate to it. For goodness sake, I'm in the grocery.

**Him:** Stop being so analytical! It's a simple equation: it feels good + you have the opportunity = do it.

**Me:** Hmmm, I'll pass.

**Him:** You'll what now?!

**Me:** Pass. I said I'll pass.

**Him:** I heard what you said! What does "pass" mean?

**Me:** It means that I don't need to pounce on every opportunity. I'm fine.

**Him:** Idiot.

**Me:** Oh, look, this would be great for shabbos nosh!

**Him:** Yeah, whatever...

This whole conversation took place in about ten seconds.

Yesterday.

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Re: Connecting the days

Posted by connected - 02 Jan 2023 15:53

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## **Day 12**

What did I wanna say? Donno. Anyhow.

Markz rebranded. Congrats Markz. Or is it a sorry situation where his old car finally gave up?

Oh, yes, Sunday.

I spent a solid few time-measures waiting in the car while the wife went shopping. As the minutes turned into more minutes, I observed a familiar desire to watch porn and masturbate.

"Why?" I asked myself, "What's triggering my current craving?"

It could be that while I'm waiting, other women are passing to and fro, and my eyes are working overtime. This is certainly a possibility. I won't rule that out.

But I think it's deeper than that.

"What am I feeling?" I ask my (other) self.

Sitting in the car makes me feel insignificant. It makes me feel taken advantage of. Like my wife doesn't respect me.

"You just wait out here for an undetermined amount of time so you'll be available when I need you."

How does porn make me feel (At least the particular genre I wanted then)?

Wanted. Needed.

Of course. The desire for porn increases at the same rate as the time marches indifferently ahead. It gives me validation.

Now that I see it this way, I have something to work with. Whether I'll be triumphant or not is a whole 'nother discussion.

But at least I (think I can) see clearly what's what.

So I didn't end up watching porn or masturbating yesterday. Do we call it a win? Is this what winning feels like?

Weird.

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Re: Connecting the days

Posted by jackthejew - 02 Jan 2023 17:58

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[connected wrote on 02 Jan 2023 15:53:](#)

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Rabbi Dr. Twerski ZT"L used to tell a story about how discovering that sitting in a hot tub for more than 5 minutes was torturous for him brought him to the understanding that he really wasn't comfortable being by himself, because he didn't like himself too much. He says that all activities most people do "to relax" are actually distracting us from ourselves. Not saying this is the case by you. It was by me. And it may be something to consider.

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Re: Connecting the days

Posted by connected - 02 Jan 2023 18:35

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[jackthejew wrote on 02 Jan 2023 17:58:](#)

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There might be an aspect of this, but I think in this particular case (the Sunday blues), it's more about feeling unimportant and seeking validation. Those cravings are always served with a side of resentment toward her too.

In the past few months, I've actually been learning to spend time with myself: no music, no calculations, just stillness. 'Twas nearly impossible in the beginning, but I gotta say, I'm getting to know myself a little better.

I'm quite fascinating.

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Re: Connecting the days  
Posted by Avrohom - 03 Jan 2023 04:44

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[connected wrote on 02 Jan 2023 15:53:](#)

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So I didn't end up watching porn or masturbating yesterday. Do we call it a win? Is this what winning feels like?

Weird.

Very interesting. Years ago, I arrived at the same conclusion myself - often I sought stimulation and storylines that made me feel wanted and needed, and that's where fantasies tended to go. Along with that, the predictable triggers (aside from feeling used) are feeling rejected (which can often come from asking too much or being manipulative - *exactly when you're feeling you want to be wanted*).

I'm wondering if you've had further success in unraveling the cause or solution to these thoughts. For me, I've been very successful of late, with various strategies - but I haven't really tried addressing this piece head-on. Feel free to PM if you prefer.

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Re: Connecting the days  
Posted by connected - 03 Jan 2023 16:04

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[Avrohom wrote on 03 Jan 2023 04:44:](#)

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Very interesting indeed.



The more I think about it, the clearer it gets.

The type of fantasy I'd choose to seek out is directly reflective of the reason for seeking it in the first place.

Wife issues, Mommy issues, Daddy issues, etc.

An emotion would come up, and the healthy thing to do would be to acknowledge it and let it heal. Instead, I'd find the tailored fantasy played out on screen to numb it. And the cycle would continue...

Wow... Thanks, @Avrohom, for your input!

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Re: Connecting the days  
Posted by connected - 03 Jan 2023 19:30

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**Day 13**

Asara B'teves.

I'm hungry.

In more than one way.

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Re: Connecting the days  
Posted by cordnoy - 03 Jan 2023 20:12

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[connected wrote on 03 Jan 2023 19:30:](#)

**Day 13**

Asara B'teves.

I'm hungry.

In more than one way.

Thanks.

Godspeed.

I'm hungry .... and starvin'.

My wife is neither.

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Re: Connecting the days

Posted by DavidT - 03 Jan 2023 21:03

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[cordnoy wrote on 03 Jan 2023 20:12:](#)

[connected wrote on 03 Jan 2023 19:30:](#)

### **Day 13**

Asara B'teves.

I'm hungry.

In more than one way.

Thanks.

Godspeed.

I'm hungry .... and starvin'.

My wife is neither.

In some cases if you starve it, it is satiated; but if you satiate it, it is starving.

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Re: Connecting the days

Posted by connected - 04 Jan 2023 15:04

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### **Day 14**

I finally broke my fast (one of them), so I'm no longer hungry but still starving.

At what point of starvation does it become satiated?

The email says: *Congratulations on reaching level 4!*

Blah blah blah

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Re: Connecting the days

Posted by connected - 05 Jan 2023 16:57

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### **Day 15**

This is the furthest I've gotten since my crash in the summer.

So?

Live to fight let go and surrender another day.

Fighting doesn't work, at least not for me. When I fight, I'm under stress, and stress makes me want to escape.

Learning to become a mindful observer is where I'm currently at in my journey.

What will be tomorrow?

I don't know, and I don't need to know.

I can be okay and enjoy this moment because that's all there is.

Lest anyone think I'm at peace now, hell no. I've been in that state of mind, so I know it's attainable.

But right now, I'd really enjoy some porn.

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Re: Connecting the days

Posted by connected - 06 Jan 2023 15:53

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## **Day 16**

I'm sitting and watching the lust race around inside. It's waiting for me to jump in a dance along, as I've done many times.

("Many times", I say. What an understatement.)

It looks tempting. I want to take a sip and get drunk.

It feels so weird to disconnect from it. So foreign.

Sigh...

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Re: Connecting the days

Posted by Eerie - 06 Jan 2023 21:06

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Hi there Mr. ?????! It sounds like your constantly thinking about your lusts, and sitting watching them run around, getting to know them...maybe you should try refocusing on something less dangerous, channel your thoughts to something productive...Keep trucking, my friend!

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