

Connecting the days

Posted by connected - 05 May 2022 17:34

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 - 17 Jan 2023 19:53

Checking in.

Bye now.

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Re: Connecting the days

Posted by connected - 07 Feb 2023 21:04

Open GYE.

Look around a bit.

Sigh.

Leave.

Hey, I just realized I regularly do this same routine with my fridge.

Warning: Spoiler!

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Re: Connecting the days

Posted by Ybird - 07 Feb 2023 21:19

[connected wrote on 07 Feb 2023 21:04:](#)

Open GYE.

Look around a bit.

Sigh.

Leave.

Hey, I just realized I regularly do this same routine with my fridge.

Warning: Spoiler!

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Re: Connecting the days

Posted by sleeepy - 07 Feb 2023 21:33

[connected wrote on 07 Feb 2023 21:04:](#)

Open GYE.

Look around a bit.

Sigh.

Leave.

Hey, I just realized I regularly do this same routine with my fridge.

Warning: Spoiler!

thats why i opened up the new cheer up thread ,just for you !

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Re: Connecting the days

Posted by sleepy - 07 Feb 2023 22:27

[sleepy wrote on 07 Feb 2023 21:33:](#)

[connected wrote on 07 Feb 2023 21:04:](#)

Open GYE.

Look around a bit.

Sigh.

Leave.

Hey, I just realized I regularly do this same routine with my fridge.

Warning: Spoiler!

thats why i opened up the new cheer up thread ,just for you !

i know it doesnt come close to porn , but i have to be careful with what i post here, rules are rules...

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Re: Connecting the days

Posted by Geshmak! - 08 Feb 2023 03:18

[sleepy wrote on 07 Feb 2023 21:33:](#)

[connected wrote on 07 Feb 2023 21:04:](#)

Open GYE.

Look around a bit.

Sigh.

Leave.

Hey, I just realized I regularly do this same routine with my fridge.

Warning: Spoiler!

thats why i opened up the new cheer up thread ,just for you !

And for me... I love it!

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Re: Connecting the days

Posted by sleepy - 08 Feb 2023 14:54

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Re: Connecting the days

Posted by jackthejew - 08 Feb 2023 20:09

[connected wrote on 07 Feb 2023 21:04:](#)

Open GYE.

Look around a bit.

Sigh.

Leave.
ty! yup,for you too!

Hey, I just realized I regularly do this same routine with my fridge.

Warning: Spoiler!

Every time you open it, the light in the sky goes on... Keep Truckin Bro!

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Re: Connecting the days

Posted by connected - 19 Apr 2023 14:10

Happy first anniversary of my first serious attempt to "break free."

I've recently been having flashbacks of these months last year. I don't recognize that guy.

He was energetic, upbeat, and fighting uphill.

And winning.

And feeling awesome about himself.

Summer went by, and winter came along... and many things shifted in my life.

I'd say I've climbed pretty darn high in terms of perspective on my life. Looking down, I see myself last year, and I can't help but be mildly amused. It's quite obvious what was driving me. Life had dumped some pretty serious excrement on my plate, and this was how I was coping with it. I created a strong, positive alter ego, started writing up a storm, and kept checking for *thank yous* and comments. The whole shpiel. This numbed and protected me from what was actually going on. My emotions were under total lockdown. Of course, that's not how I saw it at the time.

Ironically, for as long as I remember, my go-to escape from reality was masturbation, and now my escape was the opposite. Whatever it takes.

Once I reached 90 days - which I kept saying was *not* the goal (yeah, right), I started running out of energy to maintain this charade and began craving my old pacifier. Slowly the reality of what life has served started hitting me, and I needed to take more serious action.

After sitting in some groups over the last few months, where we had some open, honest discussions, I'm beginning to accept what the OGs of GYE say: the forum might be nice, but for real healing and growth, you need to talk to an actual human being.

Fast forward to the present (oh, the blessed present), and part of me wants to jump back on the GYE train. The other part wants no part of it. (The third part is just walking in circles, blathering incoherently, ignore him.) I'd love to experience the high I felt last year, but nothing is fueling the ascent.

In a way, the high was artificial.

But it was so good.

Sorta like porn.

In any case, today is **day 2**, should I choose to accept it.

Day 2 of what though?

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Re: Connecting the days

Posted by doingtshuva - 19 Apr 2023 16:26

[connected wrote on 19 Apr 2023 14:10:](#)

After sitting in some groups over the last few months, where we had some open, honest discussions, I'm beginning to accept what the OGs of GYE say: the forum might be nice, but for real healing and growth, you need to talk to an actual human being.

I have heard this from R' Dov many times

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Re: Connecting the days
Posted by connected - 24 Apr 2023 14:53

Day 7

A special thanks to the Almighty for helping me get through an extremely rough Shabbos/Sunday.

I had multiple reasons and opportunities to escape, but instead, I was able to sit there in my misery and not act on it.

BH I emerged with some good lessons for the future.

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Re: Connecting the days
Posted by connected - 27 Apr 2023 16:30

Day 9

Y'know what's funny? A fish wearing a tuxedo.

But I wanted to talk about a different point.

And as I was typing it up, I lost interest, so that'll be all.

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Re: Connecting the days
Posted by Horizon - 28 Apr 2023 04:59

this happens to me all the time!

except i dont post it... but i like your style.

anyway hatzlacha

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Re: Connecting the days

Posted by taherlibeinu - 28 Apr 2023 09:38

Day 2 of what though?

I think about this sometimes too..

Three tremendous shiurim by Rav Moshe Weinberger that really help me are here.

www.yutorah.org/lectures/lecture.cfm/1046980/rabbi-moshe-weinberger/succos-the-joy-of-gathering-all-those-tiny-good-deeds/

www.yutorah.org/lectures/lecture.cfm/1029668/rabbi-moshe-weinberger/address-at-ncsy-teen-boys-fabrengen/

www.yutorah.org/lectures/lecture.cfm/934127/rabbi-moshe-weinberger/shabbos-shuva-5780-is-teshuva-easy-or-impossible-/

Have a wonderful shabbos and BH you should be matzliach.

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