

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.

=====
=====

Re: Connecting the days

Posted by Misgaber96 - 29 Apr 2023 13:00

[yippidoo wrote on 28 Apr 2023 15:19:](#)

Very observant of you, I have the same issue when I am not mad at my wife, but somehow when I am caught of guard eyes levitate towards shiksas (especially now I'm 60+ days clean) any advice

Not sure I understand the situation, What works for me is to share what I want to share and move on. If I need to share again I do. I share what I want with Hashem. Daven for the person I am lusting after. I daaven that Hashem helps me (Hashem bless her, Hashem please help me). And move on. If I can't I share again and daaven again. Pray the serenity prayer...

=====
=====

Re: Connecting the days
Posted by connected - 01 May 2023 16:01

Day 1

[some stuff about falling and getting up again]

=====
=====

Re: Connecting the days
Posted by Grant400 - 01 May 2023 17:09

[connected wrote on 01 May 2023 16:01:](#)

Day 1

[some stuff about falling and getting up again]

=====
=====

Re: Connecting the days
Posted by connected - 01 May 2023 20:17

[connected wrote on 01 May 2023 16:01:](#)

Day 1

[some stuff about falling and getting up again]

Update:

Day 0

[some stuff about falling and staying down in the cozy mud]

=====
=====

Re: Connecting the days

Posted by connected - 26 Jun 2023 17:29

One of the strongest things I'm learning is that if I hold off my desire to masturbate when I feel an internal squeeze, there are big chances that I'll emerge on the other side with a newfound realization about myself.

Usually, these realizations are not pretty, to put it mildly.

About my fear of rejection and how that negatively impacts my marriage.

About how I think I'm better than others.

That I'm lazy even though I put up a mask of the opposite.

I've come to appreciate these "downloads" as they cut through my bulls**t defenses and point out where I'm at.

Right now, I'd love to masturbate like I haven't in three weeks.

I wonder what load of steaming manure will be revealed to me if I remain centered.

Kinda scary and exciting at the same time.

Asking The Almighty for *the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

=====
=====

Re: Connecting the days

Posted by connected - 27 Jun 2023 17:33

Why is she never available?

Why doesn't she ever initiate?

Does she even have sexual desires at all?

Is she healthy?

Dude, ever considered pointing that finger at yourself for a minute?

Why am I always thinking about sex?

?Why does everything I do carry with itself an undertone of "Maybe this will make her wanna have sex."?

Why did I program my brain that orgasm is the only way to cope with stress, anxiety, and any unknown emotions?

How much porn did I watch that created this false narrative in me of her initiating?

You're not her victim. If anything, you're your own.

Now stop kvetching and start accepting your issues as your own - because they are.

End rant

=====
=====

Re: Connecting the days

Posted by redfaced - 27 Jun 2023 18:20

[connected wrote on 27 Jun 2023 17:33:](#)

You're not her victim. If anything, you're your own.

End rant

And just maybe we can say - You're not her victim . If anything she is yours.

=====
=====

Re: Connecting the days

Posted by connected - 27 Jun 2023 18:33

[redfaced wrote on 27 Jun 2023 18:20:](#)

[connected wrote on 27 Jun 2023 17:33:](#)

You're not her victim. If anything, you're your own.

End rant

And just maybe we can say - You're not her victim . If anything she is yours.

Now that's what we call too true to be good!

=====
=====

Re: Connecting the days

Posted by doingtshuva - 27 Jun 2023 20:51

Thank you connected

Great stuff

=====
=====

Re: Connecting the days

Posted by connected - 03 Jul 2023 20:03

So now I'm at this point of my cycle:

What's wrong with masturbation? Porn, I understand; it creates unrealistic expectations, it objectifies women (or men), but masturbation?

My wife should thank me that I masturbate. If I wouldn't, I'd be nudging her non-stop.

Usually, after this point in the cycle, I indeed masturbate, and then I somehow remember my initial reason for wanting to stop.

This life thing, I tell ya, it's a heck of a ride.

=====
=====

Re: Connecting the days

Posted by connected - 04 Jul 2023 19:22

Y'know, at some point, I realized that this "struggle" has nearly nothing to do with porn or masturbation.

This realization keeps hitting over and over again.

And every time, I'm all like, "Oh, my! What a realization!"

And then I feel kinda stupid because I said this last time too.

But seriously, I feel like one of the biggest tricks employed by the Other Side is fooling us into thinking that *this* is the issue that needs to be focused on. The particular action, the fetish, the urges, the desires, all that nonsense. So that even when we decide we want to grow in life, we end up falling for the decoy.

I'm not saying that *this* can't be an issue in its own right, it sure can, and it sure is - in some cases. But for most of us, I'd say that *this* is a veneer, diverting our attention from the real crap.

Wait, have we discussed this already?

Awkward...

I guess I didn't end up masturbating yesterday, and I have some post-**not** clarity.

=====
=====

Re: Connecting the days

Posted by richtig - 05 Jul 2023 01:18

[connected wrote on 04 Jul 2023 19:22:](#)

Y'know, at some point, I realized that this "struggle" has nearly nothing to do with porn or masturbation.

This realization keeps hitting over and over again.

And every time, I'm all like, "Oh, my! What a realization!"

And then I feel kinda stupid because I said this last time too.

But seriously, I feel like one of the biggest tricks employed by the Other Side is fooling us into thinking that *this* is the issue that needs to be focused on. The particular action, the fetish, the urges, the desires, all that nonsense. So that even when we decide we want to grow in life, we end up falling for the decoy.

I'm not saying that *this* can't be an issue in its own right, it sure can, and it sure is - in some cases. But for most of us, I'd say that *this* is a veneer, diverting our attention from the real crap.

Wait, have we discussed this already?

Awkward...

I guess I didn't end up masturbating yesterday, and I have some post-**not** clarity.

My friend, you are mamash connected- chazara is the ikar. The realization hitting repeatedly is a wonderful truth to bear, if it can be held, and contained, in action. The more times we think and act in tandem, the deeper it sinks in.

=====
====

Re: Connecting the days

Posted by connected - 10 Jul 2023 17:21

I have this stupid itch to post - even though I have nothing to share.

It's that little kid inside desperately flailing about and yelling, "Hey, everybody! Look at me! Gimme some attention."

Dude, shut up.

You're embarrassing yourself.

That's what I wrote before realizing that I can just be honest and write what I've been up to the last few days.

After making it to 30 days without watching porn or masturbating, I did both. That was last week Wednesday.

Last night I got hold of an unfiltered device (leave it up to me), and I watched porn but did not masturbate. So as an added treat, I get to feel self-righteous.

It's funny how the mind will rationalize whatever direction it sees fit.

When I masturbate without watching porn: *Hey, this is a natural thing to do; at least I'm not watching that stuff that messes up my expectations, yadda yadda yadda.*

When I watch porn and don't masturbate: *Wow! Now that's real strength. You're awesome, man!*

Oh, for the love of fig newtons...

=====
=====

Re: Connecting the days

Posted by connected - 03 Aug 2023 18:13

I'm feeling empty.

That's usually one of the ingredients in the recipe for acting out.

GYE - Guard Your Eyes

Generated: 8 April, 2025, 11:17

=====
=====