

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 chaimoigen - 25 Aug 2023 14:13

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[connected wrote on 25 Aug 2023 14:01:](#)

[chaimoigen wrote on 25 Aug 2023 12:56:](#)

You quoted Nietzsche. Here's a quote from Lovecraft:

*"The process of delving into the black abyss is to me the keenest form of fascination."*

It hurts, though, like a itchy scab that bleeds when you pick at it. **I've personally been working on not delving into the abyss, because it bites.** I have been there plenty, though not recently, BH.

I hope, friend, that you have a Shabbos full of Menucha.

You've been bitten by the abyss? Dude, you're in the wrong place. Get yourself a new abyss.

Here's Jordan Peterson in conversation with Lex Friedman on this subject:

**Lex:** *And if you gaze into the abyss, the abyss gazes also into you.*

**JP:** *I would say, bring it on. If you gaze into the abyss long enough, you see the light, not the darkness.*

**Lex:** *Are you sure about that?*

**JP:** *I'm betting my life on it.*

**Lex:** *That's a heck of a bet. Because it might distort your mind to where all you see is abyss; is the evil in this world.*

**JP:** *Yeah, then I would say you haven't looked long enough. It's gazing into the abyss that makes you better.*

*Sometimes your gaze is forcefully directed to the abyss, and then you're traumatized. If it's involuntary and accidental, it can kill you.*

*The more it's voluntary, the more transformative it is.*

The sources I prefer say differently:

Mi Ha'Ish HaChofetz **Chaim** - Ohev Yamim **Li'Rois Tov**

Sincerely,

Chaim Oigen

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Re: Connecting the days

Posted by connected - 25 Aug 2023 14:58

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[chaimoigen wrote on 25 Aug 2023 14:13:](#)

The sources I prefer say differently:

Mi Ha'Ish HaChofetz **Chaim** - Ohev Yamim **Li'Rois Tov**

Sincerely,

Chaim Oigen

Interesting that you chose this particular quote from this author. From what it seems, he spent his fair share of time in the abyss, many of his compositions came from there.

Here's a classic example:

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???? ???? ????????? ?????? ?????. ?? ??? ?????? ?????? ?????? ?? ?????????

In any case, I don't see the conflict here.

All JP said is that if you voluntarily accept and acknowledge your darkness, you'll see the light.

Seems like our king did the same.

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Posted by chaimoigen - 27 Aug 2023 15:36

chaimoigen wrote on 25 Aug 2023 14:13:

**Mi Ha'Ish HaChofetz Chaim - Ohev Yamim Li'Rois Tov**

Chaim Oigen

Here's a classic example:

???? ???? ?? ????????? ????? ???? ?? ????? ?????. ????? ????? ???? ???? ???? ??????. ???? ????  
 ????? ????? ????????? ????? ?????, ?? ??? ????? ????? ??????? ?? ?????????

In any case, I don't see the conflict here.

All JP said is that if you voluntarily accept and acknowledge your darkness, you'll see the light.

Seems like our king did the same.

I understand and appreciate what you are saying, very much.

I have related to the unbridled pain in Tehillim much, in some very strange and dark places....

For myself, I have found that when I focused much on, and identified deeply with the darkness inside of me, the outcome reflected that darkness.

So I choose instead to focus on the the path out of the darkness, the promise in the bright gleam of hopefulness on the horizon. Without denying the truth of the ???? ????? ???? , but with my energies fixated on ???? ????? ??, ?? ??? ?? ??? ????

Actually, Kipittle ?? talked to me much over the years, and I've been yearning towards ????? ?? ????? ????? ????? ???????,????? ???? ?

Staying in the fight with the courage that comes to me from working on ???? ????? ?????? ???...

I once heard from an Adam Gadol to try to stay out of the ????? , even when cleaning it off....

This is what works/worked/didn't work for me.

What works for you, my friend? I am not arrogant or foolish enough to try to answer that question.

But I hope that you discover the answer, and I hope that you keep sharing with us.

KOT,

Respectfully,

CMO

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Re: Connecting the days

Posted by connected - 28 Aug 2023 14:51

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[chaimoigen wrote on 27 Aug 2023 15:36:](#)

I understand and appreciate what you are saying, very much.

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For myself, I have found that when I focused much on, and identified deeply with the darkness inside of me, the outcome reflected that darkness.

So I choose instead to focus on the the path out of the darkness, the promise in the bright gleam of hopefulness on the horizon. Without denying the truth of the ???? ????? ???? , but with my energies fixated on ???? ????? ??, ?? ??? ?? ??? ????

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**What works for you, my friend?** I am not arrogant or foolish enough to try to answer that question.

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KOT,

Respectfully,

CMO

The two most helpful tools I've come to learn over the past few months are acceptance and not assuming that "this time I figured it out."

I don't know, and that's okay.

My ego hates both, and I (still) identify closely with my ego.

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Re: Connecting the days

Posted by connected - 05 Sep 2023 16:54

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Here's my current thought process:

It's the obsession that drives me crazy.

Whether the obsession with lust or the obsession to stay away.

Whether the obsession to post on GYE or the obsession to mind my business.

It's almost never flatline. It's extreme.

Either way, whichever side I'm leaning, I'm not in a calm place.

(I think I recall hearing someone explaining the mind of an addict in these terms.)

For the past two weeks (approximately), I've tried (obsessively) not to obsess.

When I was working, I worked.

When I was with my kids, I played with my kids.

When I felt the desire to masturbate, I masturbated.

I understand that from a Jewish perspective, this is wrong, and even from a natural/material/physical perspective, I have no idea what the long-term implications might be, but life is so simple like this.

That's where I'm at, folks.

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Re: Connecting the days

Posted by chaimoigen - 07 Sep 2023 13:25

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Hey, how are you doing?

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Re: Connecting the days

Posted by connected - 07 Sep 2023 15:09

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[chaimoigen wrote on 07 Sep 2023 13:25:](#)

Hey, how are you doing?

Are you so sure that I'm doing in the first place that you asked "how" I'm doing?

I think the proper line of questioning would be:

- 1) Are you doing?
- 2) What are you doing?
- 3) How are you doing?
- 4) Why are you doing?

Some philosophers (aka, drei-kup) switch 3 and 4.

Having said all that, I think I'm in a pretty good place. I'm not "clean" in the GYE sense, but my mind isn't preoccupied with sex as much.

(Basically, like I wrote in a [previous post](#).)

It's sort of a paradox, the more I try to stop and stay clean, the more I need to obsess with it, so the more it's on my mind. On the other hand, if I decide I'm not trying to stop, then I inevitably act out, but my mind is clear the rest of the time.

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Re: Connecting the days

Posted by mailer - 07 Sep 2023 15:32

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Hey connected!

Click [HERE](#) to get connected to THOUSANDS of local Drei Kups in your area!!

Sorry there's no live link....

But if I may ask....I'm not sure if I understood your earlier post,

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Re: Connecting the days

Posted by connected - 07 Sep 2023 21:08

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[mailer wrote on 07 Sep 2023 15:32:](#)

Hey connected!

Click [HERE](#) to get connected to THOUSANDS of local Drei Kups in your area!!

Sorry there's no live link....  
Are you doing?

But if I may ask....I'm not sure if I understood your earlier post,

Don't you worry; we drie-kups know where to find and abhor each other (ourselves too, sometimes).

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Re: Connecting the days

Posted by chaimoigen - 10 Sep 2023 06:16

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[connected wrote on 07 Sep 2023 21:08:](#)

we drie-kups know where to find and abhor each other (ourselves too, sometimes).

Know the feeling.....

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Re: Connecting the days

Posted by chaimoigen - 10 Sep 2023 07:06

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Just spent a post-slichos hour reading your thread from the beginning.

(yawn). It's early/late. [This was better than the other things I wanted to look at.]

You are good with words, friend. And better with thinking. And there's a lot of painful stuff that resonates. Especially the reflections on online persona, ego, pain and abhorrence.

I am thinking of you. Machshavos Tovos.

Stay Connected .

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Re: Connecting the days

Posted by connected - 10 Sep 2023 20:28

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[chaimoigen wrote on 10 Sep 2023 07:06:](#)

Just spent a post-slichos hour reading your thread from the beginning.

(yawn). It's early/late. [This was better than the other things I wanted to look at.]

**You are good with words, friend.** And better with thinking. And there's a lot of painful stuff that resonates. Especially the reflections on online persona, ego, pain and abhorrence.

I am thinking of you. Machshavos Tovos.

Stay Connected .

Whatever it takes to stifle the honesty.

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Re: Connecting the days

Posted by connected - 20 Sep 2023 14:56

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Something happened to me after the last time I watched porn.

It was on Monday morning (Tzom Gedalya). I came out of the bathroom (like many times in the past), and I saw my wife sleeping (like many times in the past), but this time, I was hit with a sudden feeling that I just cheated on my wife. It was unlike anything I've experienced in the past. Like an authoritative figure looking at me disapprovingly, saying, what are you doing, man? And I had nothing to answer.

Before anyone gets philosophical, I know it's technically not cheating and that, in Jewish law,

cheating works only in one direction. I know, I know. I also know that If I want to get better, I need to quit philosophizing (and I'm a darn skilled philosopher).

This isn't the usual good ol' post-acting-out guilt because I usually have none. I've come out of the bathroom and seen my wife countless times; I never gave it a second thought.

Something shook my apathy.

I need to stop. I need to get better.

At the same time, I don't want to obsess.

I just want to live. The words ??? ????? come to mind.

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Re: Connecting the days

Posted by taheerlibeinu - 20 Sep 2023 15:10

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I know of a special Tzaddik who has tremendous Eitzas on how to move forwards.. read his post

here: [guardyoureyes.com/forum/2-What-Works-for-Me/383913-Doing-the-impossible#383913](https://guardyoureyes.com/forum/2-What-Works-for-Me/383913-Doing-the-impossible#383913)

hoping it will help..

Wishing you a gmar tov.

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