

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 Yeshayahu 41:6 - 16 Oct 2023 16:42

I think you speak for many of us

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Re: Connecting the days

Posted by connected - 17 Oct 2023 15:53

Dear God,

Thank you for helping me stay physically clean yesterday.

Today, as you know, I masturbated. It felt every ounce as good as I imagined it would.

Please help me move on and not have this drag me into the porn-watching cycle.

I want to stay in the ring.

Thanks for helping me stay away from porn.

So help me You.

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Re: Connecting the days

Posted by chaimoigen - 18 Oct 2023 02:52

[connected wrote on 17 Oct 2023 15:53:](#)

Dear God,

Thank you for helping me stay physically clean yesterday.

Today, as you know, I masturbated. It felt every ounce as good as I imagined it would.

Please help me move on and not have this drag me into the porn-watching cycle.

I want to stay in the ring.

Thanks for helping me stay away from porn.

So help me You.

Umain.

Do not go gentle into that dark night, friend.

I feel that a request to remain in the ring is being there.

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Re: Connecting the days
Posted by Trouble - 18 Oct 2023 14:07

damn! i have been found.

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Re: Connecting the days
Posted by connected - 18 Oct 2023 14:16

[Trouble wrote on 18 Oct 2023 14:07:](#)

damn! i have been found.

So you're anti-trans, but you're an "it".

I smell Trouble.

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Re: Connecting the days
Posted by chancy - 18 Oct 2023 14:54

Dear Connected,

I feel you coming thru loud and clear, I love the way you are able to analyze and articulate your mind to yourself and to us.

I want to go back to a previous comment you made about enjoying the momentary pleasure and not worrying about the future.

I think the way i was able to get passed is, it to realize that the pleasure we feel in the moment is not 'really' good. It just 'feels' good. There is a huge distinction.

We as believing Yiden know that nothing in this world just exists without Hashem giving it life constantly, we can however choose if we want to receive this life energy directly pure from Him or we can ruin and clog the pipes that contain this energy in which case we will receive a very weak stream of energy filled with a lot of stuff we dont want, so when we sin we are ruining the energy flow to us immediately and causing all kinds of bad energy to come into this world.

ergo (am i using it correctly?) if you wanna to focus on the present and not think about the future, think about the choice you have in connecting or cv disconnecting you the flow of life right now!

Thank you.

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Re: Connecting the days

Posted by connected - 18 Oct 2023 15:00

Dear God,

Thanks for giving me whatever the heck it took not to watch porn yesterday. Really, I appreciate it.

And now I turn to this side:

Dear porn,

You know I love you, well, most of the time. But I think we can both agree that you don't exactly have the purest intentions.

I wish we could just be friends, you know, not besties, just friends who see each other on occasion and make some small talk and then don't think about each other till the next time their

paths happen to cross.

I wish that could be the case.

But one of the things the last ten years has taught me is that it's impossible for me to have this type of relationship with you.

You're intoxicating. You can take that as a compliment, but ultimately you're not good for me.

You made me insecure with my body.

You made me insecure about my performance.

You put a barrier between myself and my wife.

You created unrealistic expectations. Heck, you created expectations, realistic or not.

Am I blaming you for my ills? No.

You didn't impose yourself on me; I'm the one who sought you out.

For as long as I remember, I've always used my sexuality to deal with my issues, so when I had the opportunity to engage with you, I happily pounced on it.

I'm kinda messed up, and I've been using you in an attempt to fix myself. I'm begrudgingly admitting that contrary to the immediate appearance, you're making my problems worse, not better.

So, with that, I say, Porn, I haven't seen you in over four weeks, and I sorely miss you, but I hope to never see you again.

Love, [redacted].

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Re: Connecting the days

Posted by Yeshayahu 41:6 - 18 Oct 2023 22:56

WOW!!!!!!

Absolutely jaw-dropping!!

(is there an emoji for that?)

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Re: Connecting the days
Posted by connected - 23 Oct 2023 15:20

"How's life?"

"Can't complain."

"Have you tried?"

Come to think of it, I have what to complain about right now. It's probably valid, too.

"How's life?"

"Sucks."

"BH, happy to hear," and he walks off.

They ask but aren't interested...

Dear God, please help me stay out of victimhood; it ain't good for me.

Shkoyach.

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Re: Connecting the days
Posted by redfaced - 23 Oct 2023 17:16

[connected wrote on 23 Oct 2023 15:20:](#)

"How's life?"

"Can't complain."

"Have you tried?"

Come to think of it, I have what to complain about right now. It's probably valid, too.

"How's life?"

"Sucks."

"BH, happy to hear," and he walks off.

They ask but aren't interested...

Dear God, please help me stay out of victimhood; it ain't good for me.

Shkoyach.

If you wanna complain about anything (or anyone) I'm here (hear) for you....

A sorrow shared is a sorrow .

(no need to finish the quote - its a sorrow . Period)

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Re: Connecting the days

Posted by chaimoigen - 24 Oct 2023 04:18

They say a "Nudnik" is the one who, when you ask him "Vos Heartzach?", he actually tells

you....

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Re: Connecting the days
Posted by connected - 24 Oct 2023 14:38

So redfaced gave me an opportunity to air my grievances, and then along came Chaimoigen and ripped it away from me.

Some might argue that CO saved me from exposing myself as that nudnik I really am, but on the other hand, would some blissful ignorance do so much harm?

I don't know which one of you to thank.

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Re: Connecting the days
Posted by foolie - 24 Oct 2023 14:39

Thank both of them and continue on your merry way

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Re: Connecting the days
Posted by connected - 24 Oct 2023 14:47

Thanks, Foolie, for the sage advice.

Thanks, Redfaced.

Thanks, Chaimoigen.

Merry way, here I come.

GYE - Guard Your Eyes

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