

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 - 24 Oct 2023 15:50

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[chancy wrote on 24 Oct 2023 15:27:](#)

Dear Connected,

I dont know if you have been told, and if you were told it was probably not enough.

YOU. ARE. FUNNY..... I can always count on your posts to make me laugh.

Lightheartedness in general and laughter in particular has proven to be a major antidote in fighting addictions, as it makes the problems seem smaller and less daunting.

Please keep on making us smile, and dont forget to smile yourself.....

Love

Chancy

I have been told, but you're right, not enough.

Thanks for reminding me and making me squirm uncomfortably in my office chair far, far away from you - or could be next door.

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Re: Connecting the days

Posted by chaimoigen - 25 Oct 2023 13:07

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[connected wrote on 24 Oct 2023 14:47:](#)

Thanks, Foolie, for the sage advice.

Thanks, Redfaced.

Thanks, Chaimoigen.

Merry way, here I come.

3 suits of lincoln green, as much ale as you can quaff, a stout quarterstaff and a bow of yew. That shall ye have, and more, if thee shall joineth me and my merry band in good Sherwood Forest, mate.

Grievance is as grievance does, methinks.

I love when you air thoughts, feelings, agony, and triumph. You think far better than most.

But **complaints** and kvetching ought to be in the dustbin with guilt, I say.

Eyes on the horizon, friend, not backwards.

Chaim Oigen

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Re: Connecting the days

Posted by connected - 25 Oct 2023 14:34

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

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Forest, mate.

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Chaim Oigen

Here's a grievance for you, I have no idea what you're offering me. Heck, even Google got all  
bent out of shape trying to figure it out, maybe I ought to try GPT.

Pass me the ale, perhaps that'll put me in the right state.

Also, you should sign as *Robin, from da Hood*.

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Re: Connecting the days

Posted by youknowwho - 25 Oct 2023 15:30

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Public service announcement: translations of chaimoigens post into plain English:

**Lincoln green** is the color of dyed woolen cloth formerly originating in Lincoln, England, a major cloth town during the high Middle Ages.

*Lincoln green* is often associated with Robin Hood and his Merry Men in Sherwood Forest, Nottinghamshire.

**quaff** : (Noun) — A hearty draft.

**Quarterstaff**: noun, plural

a former English weapon consisting of a stout pole 6 to 8 feet (1.8 to 2.4 meters) long, tipped with iron.

**Bow of yew**: Until the advent of firearms, the English longbow was the most formidable weapon of Medieval times. It was made of yew wood, a very ancient species of evergreen conifer so long-lived, some specimens still living in the countryside date back to the Bronze Age.

**Sherwood Forest** is a royal forest in Nottinghamshire, England. Its peculiar fame arises from its historic association with the legend of Robin Hood

Courtesy of Google

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Re: Connecting the days

Posted by redfaced - 25 Oct 2023 15:34

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[youknowwho wrote on 25 Oct 2023 15:30:](#)

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Courtesy of Google

I have no idea what your talking about .

You just made a word pudding out of an entirely sensible post

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Re: Connecting the days  
Posted by connected - 25 Oct 2023 19:49

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In other news, the Dow is down 79 points today, and the Tao couldn't care less. Or more, for that matter.

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Re: Connecting the days  
Posted by chancy - 25 Oct 2023 20:13

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I didnt get that.

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Re: Connecting the days  
Posted by ainshumyeiush - 26 Oct 2023 00:02

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Tao is a reference to stoic eastern philosophy of not being effected by outside things. To oversimplify

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Re: Connecting the days  
Posted by connected - 26 Oct 2023 14:29

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[chancy wrote on 25 Oct 2023 20:13:](#)

I didnt get that.

It's okay, let it go.

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Re: Connecting the days

Posted by connected - 26 Oct 2023 14:54

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Yo, porn, wassup?

Remember how I wrote a few days ago that I hope never to see you again? I still maintain that position.

You presented yourself to me at the perfect time. Last night, while everyone was asleep despite the relatively early hour.

I even started engaging with you, remember? By the way, you're just as beautiful and intoxicating as I remembered.

For a fleeting moment, I thought, let's do this all the way. But I realized where that thought came from. It came from that one-dimensional "I anyhow need to reset my counter because I peeked, so I might as well get the full experience for that price."

Well, guess what, porn, I don't have a counter. That's right, I've got nothing to reset. There's no public price. The only price I'll pay for enjoying you is my peace of mind.

I didn't watch porn for a couple of weeks, and then I did for a moment.

Veiter Gegangen.

I hope I get over our breakup soon; till then, I miss you.

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Re: Connecting the days

Posted by chancy - 26 Oct 2023 18:10

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Dear connected, tell me something and be honest.

If you had to choose between the two which one would you choose?

1. Th freedom to look at porn and masturbate wherever and whenever you choose, without **any** consequence whatsoever?
2. The freedom never to be pulled or interested in any sexual activity?

Of course there is a healthy middle ground, but that is a very tight rope for many of us.

I would 1,000 choose option 2. I have thought about this at length. Im as serious as a heart attack. I am willing to forgo any sexual pleasure for the rest of my life if i can be free of this addiction. If there would be a pill i would take it. So even when im in the throws of a lust attack, i know for sure that i would rather not have this at all and that makes it somewhat easier.

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Re: Connecting the days  
Posted by connected - 26 Oct 2023 18:48

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[chancy wrote on 26 Oct 2023 18:10:](#)

Dear connected, tell me something and be honest.

If you had to choose between the two which one would you choose?

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You told me to be honest, so I'll assume you were honest when you said you'd choose the latter.

I'd choose the former, and honestly, I don't understand your reasoning.

If it's without **any** consequence whatsoever, as you stated, then there is no problem of addiction. You'd never be caught in a "lust attack." It'll just be an enjoyable thing that you have unlimited access to. Kinda like breathwork (for those who enjoy it).

We probably differ on the definition of "no consequence whatsoever."

Also, I'm in the process of learning how to express and enjoy my sexuality with my wife, another reason why #2 is out.

In any case, this is all hypothetical and philosophization, at least for me.

Hashem gave me sexuality, and before I knew what it was, I twisted and perverted it - I'm not blaming myself or anyone else. Now, it's up to me to set myself straight. True, it's hard. Sometimes, I slip; other times, I jump intentionally. But this is what it is.

I hope never to lose my sexual desire.

If you're adamant about choosing #2, there are medical ways to get there.

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Re: Connecting the days

Posted by chaimoigen - 27 Oct 2023 13:08

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[connected wrote on 26 Oct 2023 18:48:](#)

Also, I'm in the process of learning how to express and enjoy my sexuality with my wife, another reason why #2 is out.

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Hashem gave me sexuality, and before I knew what it was, I twisted and perverted it - I'm not blaming myself or anyone else. Now, it's up to me to set myself straight. True, it's hard. Sometimes, I slip; other times, I jump intentionally. But this is what it is.

I hope never to lose my sexual desire.

Just had to frame these masterful words in the quote box and read them again. Thanks.

Have a good Shabbos, brother.

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Re: Connecting the days  
Posted by chaimoigen - 30 Oct 2023 14:37

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Vos Heartzach, mate? Thinkin about you.

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