

On the way... Again

Posted by Hopefulposek - 26 Jul 2023 16:54

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Hi everyone,

I made it to 90 days once before and then had a fall shortly after. I have made several attempts since then but have not been successful. I'm hoping that starting this thread where I will post updates and insights throughout this journey will help me stay motivated and grounded. Any chizuk or advice in response to the updates my journey would help me on the way. Thanks everyone for being such a supportive community.

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Re: On the way... Again

Posted by hopefulposek - 30 Aug 2024 19:51

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Re: On the way... Again

Posted by hopefulswan89 - 01 Sep 2024 14:44

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[hopefulposek wrote on 29 Aug 2024 19:34:](#)

I just got a new phone and it hasn't been filtered yet. I am posting this as an accountability. I will IY"H post when it gets filtered which will hopefully be today or tomorrow.

Thinking that I should probably give the phone to someone else to hold until it gets filtered...

You need a filter asap

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~~BH~~ yup, got it last night, very happy with it. Thanks Frank.Lee for checking in on me

Re: On the way... Again

Posted by stopsurvivingstartliving - 01 Sep 2024 14:56

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[hopefulposek wrote on 30 Aug 2024 19:51:](#)

BH, yup, got it last night, very happy with it. Thanks Frank.Lee for checking in on me

R' hopefulswan89 I guess you missed the quoted post.

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Re: On the way... Again

Posted by hopefulswan89 - 01 Sep 2024 15:11

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[hopefulposek wrote on 12 Aug 2024 16:25:](#)

"hopefulposek" post=418998 date=1723479928 catid=4

Hi, Posting to keep grounded. B"H still clean and things are going well. Still have normal guy taaveh but feeling ok with where I'm holding. Intimacy is unsatisfactory and lots of frustration triggers at home, but that's part of life. the key is understand where the frustration comes from, give myself space to feel those feelings and slowly come to terms with the current situation. One thought which has helped me tremendously in combating anxiety which preludes frustration many times aimed at my wife (which can then lead to feelings of frustration in intimacy, manifesting in desires for other women who will "better understand and please me"), is that "I will take care of myself. I will make sure that I am cared for in whatever fashion necessary." I was surprised at how much this helped me, but I found it useful. I believe because much anxiety is catastrophizing situations ending in my being miserable, or not being able to do something

exciting or important to me, and this thought reminded me that even if my wife is not going to be able to help me with what I need, I will help myself.

On the point of the frustrating intimacy, I found one thought which had helped me in the past but I had stopped using it for no reason. But first, my initial thought which helped the frustration in the intimacy is "I don't need sex to survive and be happy." This is fundamental in combating an addictive/compulsive behavior which one uses for emotional regulation and escape. Constantly (daily) reminding yourself that what you have taught yourself and what your brain is telling you is false. However, even though this helped me be ok with not having sex anymore, I still had the frustration when we would have sex and it felt like a chore, like I simply existed for the sake of pleasuring my wife. So I changed the thought a tad and found it helpful, "I don't need lust to survive and be happy." Not %100 sure why it helped me so much, but I remember not being resentful and frustrated during intimacy then, I think pshat is that now I'm happy with whatever level of enjoyment I get from being together with my wife even if it doesn't have a lustful atmosphere to it. I am separating the lustfulness from the sex and therefore find the pleasure and meaning in just being together.

There will still be the physical discomfort of getting all revved up and then denied the release, but it's also not comfortable to see a very attractive girl, get aroused and then not masturbate. It is ok to be uncomfortable. I think the best thing for that is to discuss with my wife (which I have tried already unsuccessfully) that it is extremely uncomfortable to be left without release at the end of intimacy, but I'm not sure because once you tell her then if she doesn't fulfill it will create frustration.

On a related note, I would like to get back to regular journaling, I fell out of it a few weeks back and it makes a discernable impact.

Hope this is helpful for the hopefuls out there, just got to keep learning about ourselves and be honest with our situation.

We feel for you. That can be very frustrating. It's basically sadistic on her part. What's her rationale?

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Re: On the way... Again  
Posted by hopefulswan89 - 01 Sep 2024 15:17

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[hopefulposek wrote on 30 Aug 2024 19:51:](#)

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Yup I did

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Re: On the way... Again

Posted by hopefulposek - 02 Sep 2024 01:17

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[hopefulswan89 wrote on 01 Sep 2024 15:11:](#)

[hopefulposek wrote on 12 Aug 2024 16:25:](#)

"hopefulposek" post=418998 date=1723479928 catid=4

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Hope this is helpful for the hopefuls out there, just got to keep learning about ourselves and be honest with our situation.

We feel for you. That can be very frustrating. It's basically sadistic on her part. What's her rationale?

There are a few things that can make a woman not in the mood of "finishing". She could just have been in the mood for snuggling and even though I step it up a notch she still isn't in the mood. She could be very tired and OK with some interaction but is more falling asleep to the intimacy then getting revved up by it (which I understand to be a common difference between men and women). Or she could feel overly stimulated after she finishes and then is uncomfortable continuing. Any which way I don't think the average wife is sadistic or selfish, they may just not understand the intense discomfort and emotional stress which it puts men under, as women at times enjoy simply being close and intimate without actually having intercourse.

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Re: On the way... Again  
Posted by hopefulposek - 02 Sep 2024 01:34

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So excited for the zman to start, going to have a well structured day with time to take care of myself and also give to my wife and kids, while being an awesome oved Hashem.

An insight I had while jogging today (spoiler: long winded). I feel there have been many points in my life where I would get all worked up because I didn't have time to do things and activities which I felt were critical, such as journaling and exercising, and I would feel pinned against a wall by the weight of the various responsibilities which weighed me down and didn't allow me to care for myself.

The idea came to me like this: There are 24 hours in a day, 30-31 days in a month, and 365 days in a year.

I have a list of various responsibilities that I have either accepted upon myself or have been given to me by a higher power. I must look at this list and do the best job of fulfilling these responsibilities with the time and resources which I have been given.

One of these responsibilities is to care for the body and mind the Hashem has given me to use to work in this world. I must care for this Guf because without it, I will not be able to attend my other jobs. I don't have to be %100 everyday but I must in general take care of myself.

Beyond that is my family, my parents, my friends, and my community. These are responsibilities in and of themselves, but they also are part of my self care.

There is also my job as a yid to learn torah and do mitzvos. Again these are their own job, but

they also help with my self care (to feel successful and growing).

I have been given 24 hrs in the day and I must do *the best that I can do with that time*. The self care must happen because without it I will not be able to accomplish the rest of my responsibilities. That means that if after taking care of myself, and taking care of my wife and kids, I don't have time to fulfill my other responsibilities, then that is ok. I am not asked to be more than I can be, Hashem only expects what he has enabled us to do.

Now that being said, it is our job to try to fulfill all these responsibilities to the best of our ability, but I believe that self care comes first, for otherwise you will be left with nothing.

But remember that having a connection with friends and having a strong family unit and learning torah and doing mitzvos are all part of self care, but you just have to do what you can with what you have.

This comes from my bugging out at the end of last zman that I didn't have any time to spend with friends because of the yeshiva schedule and my responsibilities to my wife. also I need to focus myself to journal this zman and continue running even through the winter.

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Re: On the way... Again  
Posted by hopefulposek - 02 Sep 2024 01:42

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Felt very good today, I went for a long jog this morning and as usual there were many others on the trails as well, but today every time I saw a women approaching I reminded myself: What she's wearing, and how fast she's going, and what her stride looks like *doesn't matter*. Killed the curiosity when I called it out. Why do I care what water bottle she has, or how fast she's going or any of the other stupid reasons to glance her way, it's all dumb! B"H mostly worked and felt really good to fix this particular arena of struggle.

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Re: On the way... Again  
Posted by Hashem Help Me - 04 Sep 2024 03:50

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[hopefulposek wrote on 02 Sep 2024 01:17:](#)

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Very important post! Should be given to all chassanim.

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Re: On the way... Again  
Posted by hopefulposek - 04 Sep 2024 18:12

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B'h the zman is starting out well, so far my schedule is working out nicely and I'm able to do the things I enjoy, have time to relax and also take care of my responsibilities. Halevei Vaiter

It really helped me to set aside time each week (about an hour and a half) to take care of chores that build up, so I'm not forced to regularly sacrifice other parts of my schedule. Obviously this will happen on occasion but I hope that having a zman to take care of stuff will help.

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Re: On the way... Again  
Posted by frank.lee - 06 Sep 2024 11:28

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Brilliant idea to build in time in your schedule to catch up on tasks! Thanks for the idea.

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Re: On the way... Again  
Posted by proudyungerman - 06 Sep 2024 13:14

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[frank.lee wrote on 06 Sep 2024 11:28:](#)

Brilliant idea to build in time in your schedule to catch up on tasks! Thanks for the idea.

Second that!

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Re: On the way... Again  
Posted by hopefulposek - 17 Sep 2024 18:21

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Only have a few minutes, but wanted to share a L'chaim! Just reached 6 Months Clean!!

Also got rid of non jewish music, big step for me. especially while running

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Re: On the way... Again  
Posted by upanddown - 17 Sep 2024 18:48

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[hopefulposek wrote on 17 Sep 2024 18:21:](#)

Only have a few minutes, but wanted to share a L'chaim! Just reached 6 Months Clean!!

Also got rid of non jewish music, big step for me. especially while running

I'm going to join you in that Lechaim right now..

What a great achievement! You're a real inspiration!

Having a double shot of whiskey... Lechaim!!

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