

Lonely but trying (trying but lonely)

Posted by odyossefchai - 09 Sep 2024 21:55

Ok here goes.

I'm starting a new 90 day journey.

I don't know why 90 days. Maybe because I saw that other people started a 90 day trial and it worked so let's give it a shot.

I'll give my story over the next posts as I'm new here and not all together comfortable sharing my life story.

I'm already up to day 8 so I have a little wind in my sails.

IYH we'll add in the days, one by one.

=====

Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 11 Sep 2025 08:03

[BenHashemBH wrote on 03 Sep 2025 14:57:](#)

[odyossefchai wrote on 03 Sep 2025 13:24:](#)

(Looking for a good kabala for yamim noraim. If anyone has any ideas, shoot them my way)

One post per day on GYE with at least one positive thought (you can kvetch too, of course)

You are already adding to your learning schedule the mesechtos ketanos. That's a nice thing to do extra. Perhaps a complimentary bein adam l'chaveiro? Compliment something you appreciate about your wife. Or kids. Or reach out to one chaver and try to uplift his day.

Good to have you around the forums again Brother Yossef!

For some reason, I didn't read this and missed the good points there in.

I do generally compliment the kids, but definitely not enough. If I'm home when they get home from school, I will compliment them on going and working hard etc. By Friday night when I give them a bracha, I try to also whisper something nice in their ear, just so they know I think they are awesome.

They are special and deserve to be told so on a regular basis. They should know that they are loved, cherished and adored. Especially coz they are adorable!

=====

Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 11 Sep 2025 08:15

And to follow your advice.

Here's one positive post for today.

It's 4am and I am having a hard time falling back asleep after being woken up by the baby (BH I never hear him cry in the night, of which he does plenty, but I do often wake up from hearing Mrs Chai talking to him or singing him back to sleep. Oh the weirdness of life)

Anyways, as I lay on my bed at this unearthly hour, I cast my mind back to the time of a little over a year ago, where I know exactly what would help me fall back asleep. In fact, many nights it was hard to fall asleep without that stimulation. It chased me most of the day.

BH now I can live without constantly needing to be sucked into that way of life where every day and all day, the lust is insurmountable.

Now, most days I'm calm in this area. I don't need it and it doesn't control me. I'm kosher and clean for over a year.

Shmiras einayim is an issue but P and M aren't. I'm not complacent. I'm filtered and still have work to do, but I'm not drawn to it.

Lust still comes and goes (sometimes I know why, but I don't want to confuse this post with it) but breathing through the tough moments, I know it doesn't last and I'll be ok.

A reminder to newer folks trying to break free. Once you get the monster octopus off your back that used to be glued to you and direct your feelings and actions, it gets way way easier.

=====

Re: Lonely but trying (trying but lonely)
Posted by hashemisonmyside - 11 Sep 2025 11:06

Hopefully you fell back asleep from Mrs. Chai singing

=====

Wishing everyone a productive day.
Re: Lonely but trying (trying but lonely)
Posted by stopsurvivingstartliving - 11 Sep 2025 18:19

[odyossefchai wrote on 11 Sep 2025 08:15:](#)

And to follow your advice.

Here's one positive post for today.

It's 4am and I am having a hard time falling back asleep after being woken up by the baby (BH I never hear him cry in the night, of which he does plenty, but I do often wake up from hearing Mrs Chai talking to him or singing him back to sleep. Oh the weirdness of life)

Anyways, as I lay on my bed at this unearthly hour, I cast my mind back to the time of a little over a year ago, where I know exactly what would help me fall back asleep. In fact, many nights it was hard to fall asleep without that stimulation. It chased me most of the day.

BH now I can live without constantly needing to be sucked into that way of life where every day and all day, the lust is insurmountable.

Now, most days I'm calm in this area. I don't need it and it doesn't control me. I'm kosher and clean for over a year.

Shmiras einayim is an issue but P and M aren't. I'm not complacent. I'm filtered and still have work to do, but I'm not drawn to it.

Lust still comes and goes (sometimes I know why, but I don't want to confuse this post with it) but breathing through the tough moments, I know it doesn't last and I'll be ok.

A reminder to newer folks trying to break free. Once you get the monster octopus off your back that used to be glued to you and direct your feelings and actions, it gets way way easier.

Wishing everyone a productive day.

Beautiful!!!

=====