

.....day 142

Posted by charlie1 - 06 Oct 2014 18:09

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I reached day 90 I was thrilled ... then I got complacent I kept reading the white book .. which eventually fizzled out then the emails began to seem unnecessary for "someone like me" I was flying . so I cancelled the emails and the excuse was "what if someone would find that "I" was getting shemeras Anayin chinuk!! - that would really be embarrassing!

Then I had an amazing sensation I felt protected against falling like pictures or interactions could not effect me. and it took about 4 days for those defences to collapse. now 40 days later I have reconnected to GYE, after a 40 day hiatus, filled will hours and days of obsession, masturbation, seeking female sexual pleasures out side of marriage. a destruction of Shalom Bayits and a sensation of retracting into myself and again standing behind a glass screen observing life.

I have restarted the 90 days.

My main problem as always was "that all this was prophalactic treatment that - as time goes by and I am well I find it hard to remember the lows"

I cried today in dovening after my wife had attacked me for being cold, cut off, distant not linking into her feelings, not engaging her... How could I -I was totally immersed in plotting and schemeing acting out!! I had no space for her,me, my children all I had space for was escaping from reality.

Hashem should give me strength to never forget that EVERY DAY IF A NEW DAY AND EVERY DAY I CAN FALL BACK TO VERY BEGINING I CAN NOT RELY ON MT MERITS OR SUCCESSES OF YESTERDAY

I have really missed the interaction

Charlie

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Re: .....day 142

Posted by shomer bro - 15 Oct 2014 00:10

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A moving message about how we cant afford to become complacent in the struggle.  
Yesterday's tools may not be effective enough today or tomorrow. Gotta KOMT!

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Re: .....day 142

Posted by inastruggle - 15 Oct 2014 07:10

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That post was beautiful.

Welcome back home.

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Re: .....day 142

Posted by charlie1 - 17 Oct 2014 11:36

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Thank you all for your emails

I am now day 13 and I see my wife smiling at me again - its amazing her view of me is the ultimate litmus test as to if I am being "human" or if I am living in a world of fantasy. 2 months ago "I caused her " to call me every profane word imaginable - and she is a FRUM girl. Of cause Hashem put those words in her mouth I was spending hours and days obsessing over a work colleuge and even had sexual interactionss with her!

My wife reflects me now "Today" I am clean I have done teshuva I am TAKING RESPONSIBILITY for myself and now she reflects love and warmth. She is not schizophrenic - she is hashems "Stick" Behave correctly and you will have a loving wife or the reverse.

I Never want to leave you again Hashem for all our sakes

Good Shabbos

Charlie1

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Re: .....day 142

Posted by shomer bro - 19 Oct 2014 05:07

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That's incredible to hear. KOMT!

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Re: .....day 142

Posted by charlie1 - 19 Oct 2014 12:39

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thank you that is very supportive

what does KOMT mean?

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Re: .....day 142

Posted by shomer bro - 19 Oct 2014 18:45

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LOL! I remember when I used to see everyone saying it and also not knowing what it meant. It stands for Keep On Monster Trucking.

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Re: .....day 142

Posted by charlie1 - 23 Oct 2014 14:24

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thats about as ununderstandable as KOMT was does .....monster trucking mean??

LOL

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Re: .....day 142

Posted by shomer bro - 23 Oct 2014 16:55

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I believe it means to be like a monster truck and just go! Just plow ahead and beat tge yetzer hara. There is no one definition for it, its just a chizzuk line between gye users.

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