

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

Guys I need some ideas how to overcome my yetzer for tonite. As I have posted before I normally fall asleep via J/O. And if I wake up in middle of the nite I'll do it again. Any ideas how not to? So far for starteres read something clean before sleeping.

I will be on only for another hour or two. I do not want log in to the internet once I get home from shul even if its just for GYE. Its just too dangerous.Thus the urgency

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Re: Solutions for Tonight

Posted by Mesayin - 09 Oct 2015 16:06

[waydown wrote:](#)

Mesyain,

If you can stay away kol Hakovod. Yes us addicts have to be careful. By the way, its probably advisable to stay away from times square as well. But if you have a job on 42nd street, I don't know that I would tell you change careers. On the other hand if had a job for playboy, I'd probably advise you to change careers. I think the same is true for you tube. Don't go there for entertainment. But if you need for your job or schooling, its not a porn site in the literal sense.

True true but if I had a career on 42nd street I would have to consider what's more important, my career or my brain.

(Disclaimer, I'm not either saying anyone should quit their job, I'm just throwing it out there.)

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Re: Solutions for Tonight

Posted by Bigmoish - 09 Oct 2015 16:40

[Mesayin wrote:](#)

A couple of days ago I was on a "frum" website and there was an advertisement from a wedding photographer and there was a photo of a choson with a bendown hat kissing his kallah, other than being outraged that frum jews would post such photos online it also drove me nuts (which is worse than bananas) the rest of the day especially when I saw someone in a bendown hat.

Point being I try staying away from any small thing that might trigger urge and that includes youtube ETC.

You'd best stay away from us bendown hat folk; we're a wily bunch and liable to incite lust any time.

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Re: Solutions for Tonight

Posted by Mesayin - 09 Oct 2015 16:51

Chas V'sholom, people in bendowns are tzaddikim!

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Re: Solutions for Tonight

Posted by waydown - 09 Oct 2015 19:46

So did Moshe rabbinu wear a shtriel or not?

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Re: Solutions for Tonight

Posted by markz - 09 Oct 2015 21:28

We determined already no bent down. Perhaps a kaffiyeh.

The chassidim don't agree either - was it a streimel or a spodik?

At Matan Torah we got 2 hats - which 2?

The part that's relevant to us from those days of yore, is that we had to abstain from women for 3 days which was so hard our soul left us for a bit! What wouldn't you do for a piece of cheesecake

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Re: Solutions for Tonight

Posted by waydown - 11 Oct 2015 01:01

Maybe it was one of the rizhina point shtriemals? Surely Dovid Hamelech wore that after all the rizhina was a direct enikel from dovid hamelech?

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Re: Solutions for Tonight

Posted by cordnoy - 11 Oct 2015 08:39

[waydown wrote:](#)

So did Moshe rabbinu wear a shtriemel or not?

Don't know, but he definitely wore a kaftan (with the blue lines, made of 26 parts, etc.)

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Re: Solutions for Tonight
Posted by markz - 11 Oct 2015 13:51

Moshe rabenus supposedly Streimel and glasses off. This may be his einekel that was spotted on this website.

Warning: Spoiler!

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Re: Solutions for Tonight
Posted by Mesayin - 12 Oct 2015 13:53

I once heard that rebbe mayer of premizhlan zt"l had a painting in his house of avraham aveinu with a shtreieml by the akeidah.

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Re: Solutions for Tonight
Posted by waydown - 13 Oct 2015 16:25

I ahd a hectic few weeks with both tons of work pressure and yomim tovim. Now i am looking to

swing fully back into tackling my lust addiction.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 13 Oct 2015 16:40

may Hashem help you. ??? ?????? ???????? ????

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Re: Solutions for Tonight

Posted by eslaasos - 13 Oct 2015 18:23

[waydown wrote:](#)

I ahd a hectic few weeks with both tons of work pressure and yomim tovim. Now i am looking to swing fully back into tackling my lust addiction.

Welcome Back!

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Re: Solutions for Tonight

Posted by waydown - 14 Oct 2015 15:49

Had a slip late last nite. I almost made it though. Its just the hardest when up in miidle of the nite twisting and turning and in walks in Mr. Lust who sooths you and tells you just listen to me and you'll fall asleep nicely. And Mrs Lust (my yetzer is for Mrs not Mr.) is usually correct about that.

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Re: Solutions for Tonight

Posted by waydown - 15 Oct 2015 16:07

BH good nite last nite. I am hoping for the same tonite. One day @ a time! I am not even counting.

Just a funny small anecdote. I am normally go to the mikva daily. Not because I am chasidish but because of tevilas ezra. Well once I am in the habit, I go generally now as well. This morning my car broke down and I fell behind schedule till I fixed it. What a relief that I finally had the option of OK I can actually skip the mikva for today!!!! (Not knocking the chasidisha inyan to go dailyat all.)

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