

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

=====

Re: Solutions for Tonight

Posted by waydown - 19 Oct 2015 20:24

---

Hashivalisesonyishecho,

Yes LOL obviously I get the pros. My reason why not is, I am kind of looking down and judging others rather than myself. It just feels cheap like because of yenims downfall thats why I should be better? Shouldn't I be better because of me. I guess I don't really make to much sense as to why not . So I'll leave it as a yes it OK.

=====

Re: Solutions for Tonight

Posted by waydown - 20 Oct 2015 17:24

---

Clean again last nite. BH despite not sleeping so well the tavia just wasn't there!!

=====

Re: Solutions for Tonight

Posted by eslaasos - 20 Oct 2015 17:26

---

[waydown wrote:](#)

Clean again last nite. BH despite not sleeping so well the tavia just wasn't there!!

Does that scare you? After a while it scares me.

=====  
=====

Re: Solutions for Tonight

Posted by waydown - 20 Oct 2015 17:35

---

LOL! I get your point. Sometimes we don't want to let go. yes deep inside that may be true.

Actually what scares me on the surface is, the fact that I know its a one day fluke but the tavia will return. I already had a bad machshava this morning and can feel it returning. I would love to not a have a tavia like last nite.

=====  
=====

Re: Solutions for Tonight

Posted by waydown - 26 Oct 2015 16:01

---

I have been out of the fight for a few days. I attended a convention with lost of ladies running around. Natraully, that and no GYE access to support me didn't help too much. I did have some good moments over the weekend. M Shabbos I felt really itchy, Rather than scum, I ran to shul to catch up on the daf. I knew that when I get home my wife would be ready for relations so I held off till the mitzva and did not scumbb all nite.

Sorry cords I know you are adamant agaisnt using one's wife. I will conceed that it's nota long term solution. For one what happens when ones wife is a nida? (Two weeks is long time. It doesn't really help me to say in two weeks I'll get somethig good. Thats too far away) And more theoretical and less practical yes it doesn't really rid one of lust. It just circumevents it for the time being. But I still do believe that while one is white knuckling its Okay and effective to use my tool. Just one novices opinion!

=====  
=====

=====

Re: Solutions for Tonight

Posted by cordnoy - 26 Oct 2015 17:15

---

[waydown wrote:](#)

I have been out of the fight for a few days. I attended a convention with lost of ladies running around. Natraully, that and no GYE access to support me didn't help too much. I did have some good moments over the weekend. M Shabbos I felt really itchy, Rather than scum, I ran to shul to catch up on the daf. I knew that when I get home my wife would be ready for relations so I held off till the mitzva and did not scumbb all nite.

Sorry cords I know you are adamant agaisnt using one's wife. I will conceed that it's nota long term solution. For one what happens when ones wife is a nida? (Two weeks is long time. It doesn't really help me to say in two weeks I'll get somethig good. Thats too far away) And more theoretical and less practical yes it doesn't really rid one of lust. It just circumevents it for the time being. But I still do believe that while one is white knuckling its Okay and effective to use my tool. Just one novices opinion!

I am not adamant against usin' one's wife.

It is the mindset that my lust is not a problem, for I will channel it to my wife - that is what doesn't work so well.

Your thoughts above are completely ok.

Is it better if you/I didn't lust? yes; but we did/are, and then our wives helped out....at least, yours did. B"H.

b'hatzlachah

=====

Re: Solutions for Tonight

Posted by waydown - 03 Nov 2015 15:58

---

---

I have been out of the loop for a few days and not doing so well either. i had two syita dishmas that brought me back,

1) My corporation just added a much stronger filter to all their laptops. (I can't add any filters since I dont have admin rights)

2)I got locked out of my one e-mail account which was somewhat discreet. I could get on the phone for a half hour and try to get it reopened. But its kind of to me like a message to let it go. Don't be such a loser.

And so I am back again. Going for day 1

=====

=====

Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 03 Nov 2015 16:26

---

[waydown wrote:](#)

I have been out of the loop for a few days and not doing so well either. i had two syita dishmas that brought me back,

1) My corporation just added a much stronger filter to all their laptops. (I can't add any filters since I dont have admin rights)

2)I got locked out of my one e-mail account which was somewhat discreet. I could get on the phone for a half hour and try to get it reopened. But its kind of to me like a message to let it go. Don't be such a loser.

And so I am back again. Going for day 1

This sent a chill through my body. What strength and resolve and humility!

=====  
=====

Re: Solutions for Tonight

Posted by waydown - 05 Nov 2015 16:43

---

One day free Last nite thanks enlarge to Rabbi Dr Watson's help.

I am now going for day two.

=====  
=====

Re: Solutions for Tonight

Posted by waydown - 05 Nov 2015 16:43

---

Just an interesting video I can across on-line (Note its not necessarily kosher and I wouldn't advise anyone to google it).

An 18/19 yr old who was an up & coming model/ celberty discusses why she quit her career. She says at 12 yrs old she started becoming obsessed with modeling and social media. Then she started montoirng her own body so that she can succeed. At 16 she starting posting model stuff on you tube. She was instantly a big success. But and here is the big but she was never happy. Every time she reached a threshold like 500,000 you tube hits she became obsessed with OK now I need a million views. As she got contracts with the big guns they bossed her around to look a certian way and controled her life. She dated celebrities that were way ahead of her and all the way up but they were never happy either. And so she claims thats it she quits and she is staying far away from this life.

I don't know if she will really quit or not but it kind of brings insight into the whole lust

=====  
=====

Re: Solutions for Tonight

Posted by markz - 05 Nov 2015 16:57

---

[waydown wrote:](#)

One day free Last nite thanks enlarge to Rabbi Dr Watson's help.

I am now going for day two.

If the only way you are sober is via daily call with the Doc, you've got BIG problems

=====  
=====

Re: Solutions for Tonight

Posted by waydown - 05 Nov 2015 17:18

---

Markz

Yes I agree I have got BIG problems. Read my unmangeable post.

=====  
=====

Re: Solutions for Tonight

Posted by markz - 05 Nov 2015 18:01

---

[9494 wrote:](#)

[markz wrote:](#)

[waydown wrote:](#)

One day free Last nite thanks enlarge to Rabbi Dr Watson's help.

I am now going for day two.

If the only way you are sober is via daily call with the Doc, you've got BIG problems

Hey, if he needs to call someone everyday to stay sober thats OK! Alot of people are like that actually.

Hey 94 I wasn't saying calling is good or not, I was only asking our friend to take a baby step

"1. We admitted we were powerless over lust--that our lives had become unmanageable"

=====  
=====

Re: Solutions for Tonight

Posted by waydown - 06 Nov 2015 15:40

---

MarkZ

Ok thanks for the push. Last nite I did it without Dr Watson. And my kids were up the whole nite yet no fall and I am clean.

=====  
=====