

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 eslaasos - 10 Nov 2015 16:50

Hi waydown,

Happy for you that you've won some battles.

I have also found that tired and keeping busy can be very helpful.

Do you have a long term plan yet?

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Re: Solutions for Tonight

Posted by waydown - 10 Nov 2015 17:03

I don't have a magic bullet. I have a list of stratgies but not one cohesive plan.

1) On a day when I get an urge to flirt white knuckle it

2) I am typically used to falling asleep while masterbating I have a hard time falling asleep

without it. It just soothes me to sleep. I have changed my sleeping patterns. Now I try to go to sleep earlier and I listen to some interesting radio show that entertains me. It usually takes much longer to fall asleep than just masterbating but it helps alot.

3)A little related to #2. I stopped sleeping shabbos day so that M shabbos (which is the strongest lust nite for me) I can sleep eaiser.

4)I try to avoid working in areas where lots of women frequent.

5) Just hanging around GYE helps.

6) I hope to start a musar seder with a GYE friend soon

7) I try to say hamapil from a siddur. After all a large percentage of the brocho is a tefila not to have bad thoughts and dreams.

8. When I get an urge I tell myself hey my wife is much prettier both inner & outer beauty than most of these other girls. Knowing that tonight or tom night I can relieve my itch with someone pretty & who loves me soothes me and holds me back.

And yes its a probelm that I am not always so busy. It varies by day.

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Re: Solutions for Tonight

Posted by eslaasos - 10 Nov 2015 17:25

Must make it harder when your wife is unavailable for longer than 24 or 48 hours.

Weren't you doing the calls with Cordnoy at one point? It introduced us to ideas on how to get rid of the root causes. It's a lot harder to do initially, but apparently there's a payoff in the long run when lust subsides.

If I may ask, what sefer were you thinking of for the mussar seder? I'm always interested in good ideas.

Thanks, and good luck.

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Re: Solutions for Tonight

Posted by waydown - 10 Nov 2015 17:56

Yes that last startegy does make it harder when my wife is assur I agree. Thats why its in the mix but its not my mutually exclusive startegy. And this will sound really silly but halevia i should start with staying clean when my wife is muter. (which is today!) And again this is my own personal diary. I don't know if it is or isn't for anyoneelse.

I am not sure what musar seder we are doing yet and when.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 11 Nov 2015 04:39

May I suggest something for your list.

Every time you have a thought or situation which presents difficulty, have a person with whom you discuss it and you must come up with something, an idea or a plan etc, that would be helpful to prevent a fall in light of the issue at hand.

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Re: Solutions for Tonight

Posted by waydown - 11 Nov 2015 18:25

Still going strong. Last nite I knew my wife was up later than usual so I rushed home from shul so that I can statsify my lust in an unselfsih and cariing manner. (sorry if that sound slike an oxymoron!)

The unselfish caring manner was the rushing home so that my wife wouldn't have to wait up for me. (Normally even rushing home doesn't help because she goes to sleep very early due to the kids. So automatically she is waiting up for me if she wants to have intermatrail relations, But last night if I rushed home I wouldn't make my wife wiat up at all.)

Yes that last prargraph was added for clarity

3 Days free so far

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Re: Solutions for Tonight

Posted by markz - 11 Nov 2015 18:34

You sound to me like a drunk

A drunk alcoholic that can't live without his 20 cans a day.

How are the roads safe with you around?

you have it figured all out

Every time you need a drink you go into a police station and hand in your keys. Then out comes the barrel

Cool (let me know where you hang out - I may want to join you on occasion - every day is another occasion - another yartzeit of another Rebbe. We'll drink l'ilij his nushume)

Get a life

(when you find one let me know - I need one too)

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 11 Nov 2015 18:45

[waydown wrote:](#)

Still going strong. Last nite I knew my wife was up later than usual so I rushed home from shul so that I can statsify my lust in an unselfsih and cariing manner. (sorry if that sound slike an oxymoron!)

3 Days free so far

I love your honesty in calling it as it is - lust, and telling it as it is - rushing home etc. I think you should continue being honest with yourself. That way you will eventually, in sober moments, be able to consider how you are and how your ways are serving you and how you would like to be.

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Re: Solutions for Tonight

Posted by waydown - 11 Nov 2015 19:57

Markz

I beg to differ. I am not at all a drunkard. Rather I am well thought out. Prior to joining GYE I was rushing home to flirt with girls on-line. Then I would masterbate numerous times during the night. And if on nites with my wife I would still masterbate once more during the night. Now its rechanelled towards only my wife. So obvioulsy its not every night that we have relationships but on the nights that we don't have it I can stay sober because I now there is a muter way.

And in case you got me wrong, I didn't rush home form shul because that extra half hour was vital to my lust. Rather I rushed home because I am a considerate person. When I am aware of the fact the someone is waiting up for me I try to hurry so they wait less. I didn't rush because I needed my fix within 20 minutes

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Re: Solutions for Tonight

Posted by serenity - 12 Nov 2015 15:27

[9494 wrote:](#)

And in case you got me wrong, I didn't rush home form shul because that extra half hour was vital to my lust. Rather I rushed home because I am a considerate person. When I am aware of the fact the someone is waiting up for me I try to hurry so they wait less. I didn't rush because I needed my fix within 20 minutes

Waydown I have to apologize for the bluntness but you sound totally delusional to me.

That is all I have to say. Thanks

I was going to reply to Waydown on this privately, but I think there is an opportunity for Waydown to exercise a lesson in sobriety here and maybe others can benefit from it.

We don't have to answer someone with an explanation, disagreement or opinion every time they disagree with us or say something that may make us emotional. We can just say "thank

you" and move on. That is a huge exercise in control and it very similar to the control we need to exercise with lust. Of course it's really surrender not control. It's also a huge check to our ego. In my personal experience, not responding to people every time I'm challenged has been a huge help in not acting out with lust.

Waydown, if you just respond to me and to 94 with a Thank you, it will go a long way to your sobriety. And even if my analysis is wrong it will still benefit you, just by your sheer willingness to take a suggestion for sobriety.

Hatzlacha!

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Re: Solutions for Tonight
Posted by waydown - 12 Nov 2015 15:37

4 Days free!!

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Re: Solutions for Tonight
Posted by eslaasos - 12 Nov 2015 15:45

Ouch, that's pretty harsh (referring to the delusional post).

But seriously waydown, do you rush to the same extent every time someone is waiting for you, or at least every time your wife is waiting for you?

If you do you're definitely a better person than me which isn't saying much. However considering that m** is the classic indulgence of a selfish pleasure, and you have been indulging to an extreme for a while (just based on your posts here), even if you were originally a caring selfless guy which you quite possibly were, you have been strengthening the selfish muscle for a while so it's logical to assume you are firstly less selfless, and secondly less able to recognize it.

"We are our own worst observer" - quote from my therapist. (One day it might even make it to a T-shirt, magnet or bumper sticker.)

I wouldn't say that makes you delusional, which per dictionary.com is defined as -

Psychiatry. maintaining fixed false beliefs even when confronted with facts, usually as a result of mental illness.

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Re: Solutions for Tonight

Posted by waydown - 12 Nov 2015 15:49

I don't beg to speak for others. I have learned on GYE that I am in no position to say what others should or shouldn't do and what right or wrong. I will only say what works for me.

Now the way I see it there are two main approaches. 1) surrender, rid oneself of lust, 12 steps etc.. 2) Control lust via a mix of fighting, strategizing, taming and believing that if I fight my way the best I can Hashem will do the best.

I personally am going with the second approach. It may be silly and I may be the only one who it helps. But when I am on the ball it works for me. Now part of that second approach is how to avoid letting the beast labeled lust out of its cage running loose and wild. That's primarily done via making a cheshbon what entices me and how to avoid those enticements. The other part of it is how can I channel it in a better way. So if I can truly only lust for my wife and realize that it's reserved for her it helps. She also appreciates and enjoys the fact that I think she is gorgeous and that I lust for her.

I am actually proud of the fact that lusting for my wife has helped me avoid lusting others. Throughout my process I have actually learned to appreciate what I have and rather than looking at others. Since channeling lust towards my wife our shalom bayis has gotten even stronger as I realize that she is the focus of my life. And that yes I can enjoy her and appreciate her even more.

Now people may say I am prescribing love not lust. Well again to me and only me, my mind can't separate the two in marriage. If I enjoy my wife in a physical sense I learn to love her more

too. Just like her making a fresh hot supper earns my appreciation and a greater love even though all she is essentially doing is feeding me, the gashmias me, my belly.

In a nutshell for me and perhaps only for me, lusting for my wife has helped tremendously and I have nothing to be ashamed of!

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 12 Nov 2015 15:57

[waydown wrote:](#)

Now the way I see it there are two main approaches. 1) surrender, rid oneself of lust, 12 steps etc.. 2) Control lust via a mix of fighting, strategizing, taming and believing that if I fight my tavaya the best I can hashem will do the best.

I personally am going with the second approach.

There is a concern with that. True, while it works it works. But this approach relies greatly on our being in top form with all our faculties and strengths about us. But sometimes during a nisoyon we are not in that strong state of mind. Sometimes that is the very definition of nisoyon, being put in a challenging situation when we don't have all the tools that work for us. So really the only permanent solution is a change of frame of mind.

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