

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 waydown - 12 Nov 2015 16:09

Maybe one day mehalach #1 will work for me. But right now I just can't bring myself to go thru the whole 12 steps thing. So for now I am resorting to #2.

Re "So really the only permanent solution is a change of frame of mind."

I assume you mean the only permanent solution for an addict is change of mind?? Because there is clearly a general approach as in all sins of life where we go with my first approach. I mean yes occasionally I will slip if I follow my first method. But so what, like with any averio I'll slip brush it off analyze why i sinned and how to try to avoid it next time and move on.

In fact if one anlayzes how the steps are set up under the 30 principles listed in the hiliege site you will find the first 21 are for non addicts and the other 9 are for addicts. I am simply trying to follow the first 21. And maybe I am an addict but I'll only know that when the first 21 are a dismal failure.

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Re: Solutions for Tonight

Posted by eslaasos - 12 Nov 2015 16:09

[waydown wrote:](#)

Elassos,

If my wife is specifically waiting up for me and not going to sleep despite the fact that it will kill her next day (not just waiting for me to go the store) then 100% yes even for not lust purposes, I am considerate and rush home. The rushing home is mutually exclusive to lust.

My only reason I brought up the rushing home was to show that despite the fact that I was going home to feed myself (which is usually promoted as a selfish act) I still had the other party's feelings in mind.

Great, keep being a nice guy. If that's one of your strengths it could be another tool for you to fight lust by recognizing how giving in to lust would upset your wife if she knew about it, and how it harms your relationship even if she doesn't know about it.

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Re: Solutions for Tonight

Posted by Shlomo24 - 12 Nov 2015 20:12

listen, if it's working for waydown then why all the hate! to each their own. there is no "right" answer. i know that in SAA, the lust definition is different. maybe WD will connect with their readings better. there is a member of the fellowship that i go to that completely doesn't agree with roy k's white book and he has a program that works for him. in the beginning i also thought) but now i am staring to think maybe i am the stubborn one, trying to control and "fix" others. if it doesn't work for WD then i am sure he will try to change, but for now if it's working then keep doing what ur doing.

hatzlacha raba.

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Re: Solutions for Tonight

Posted by eslaasos - 12 Nov 2015 20:26

Shlomo, you're absolutely right there shouldn't be hate, and I'm sure everything here is at least meant well. Sometimes people get upset by what they perceive to be harmful posts, but kanous has its place, which is beyond the scope of this forum.

More to the point, how is SAA's definition of lust different?

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Re: Solutions for Tonight

Posted by waydown - 12 Nov 2015 21:03

Hey guys if there ia anyone that can take kanos its me. And by the way please forgive me if I dish out too much at times. But feel free to dish it out. And no I don't think there is any hate on GYE. GYE is an epic center for friends. Any heated discussions should be looked at as milchemto shel torah. Like the gemara says es vahv bsofeh. When talmid chocmim get farkoched in learning they can get heated at times. But the end they are marba sholom!

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Re: Solutions for Tonight

Posted by waydown - 12 Nov 2015 21:24

My question or point of discussion really boils down to, is there an alternative perhaps less effective mehlach for at-least some of us on GYE? Is SA the only way to go? (Meaning their approach) Or can one try to deal with it like one would deal with other illnesses or problems in life? Is it only surrender aka SA/ 12 steps or can we at-least try to fight it and like we should do in all areas leave what we can't do for hashem? Must we "rid ourself" of lust or can we "contain it" while channeling it for good things. Of course if we choose the latter aka the non SA approach its a life time battle and we are walking on pins. I also expect to slip on occassions, but I am trying to implement startigies so that the slip doesn't turn into a downward spiral. That slip should just be like an averio just with extra caution needed. This is the crux of my thought process.

Oh and am I an addict? No clue. Is my life unmanagable? Well if I fight my lust without surrendering and work on my bitachon it becomes managable. So do I need to surrender aka SA approach? I have no clue.

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Re: Solutions for Tonight
Posted by waydown - 13 Nov 2015 15:19

5 days clean and still going!!

M shabbos is usually a hard one. I am hoping that my wife is around then but if not and I am brought to a nisyian I am preparing a back up plan.

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Re: Solutions for Tonight
Posted by eslaasos - 13 Nov 2015 15:24

Great! Mind if I ask what the backup plan is?

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Re: Solutions for Tonight
Posted by waydown - 13 Nov 2015 15:27

Well my wife has to attend a melva malka. If i think the going gets rough I have a chaver to call. I hooked up with him on GYE and we started a mussar seder in orchas tzadikim this week. Of course its also a chizuk seder and we often chat about our challanges.

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Re: Solutions for Tonight
Posted by waydown - 15 Nov 2015 16:43

one week clean!!

Last night I got lucky as my wife was available. In fact while my wife as out and I was doing some work on my computer I had a string desire to click on places I shouldn't. But I remebered my pretty wife and said why spoil my thoughts on some silly sites when I have such a pretty wife to enjoy. And why betray her. So I clicked on the aguda convention live streams while working instead.

I still don't have a good solution for M Shabbos which is the hardest nite by far. And no there is no apparent trigger. I had a calm low pressure shabbos. I didn't not look where I wasn't suppose to (It was too cold to see anythin and noone was outside roaming!!!) I just get a crazy tremendous itch M shabbos. Its like an urge to go the bathroom. Try falling asleep when you have to go the bathroom. What do I do when it itches like crazy?

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Re: Solutions for Tonight

Posted by cordnoy - 15 Nov 2015 17:13

[waydown wrote:](#)

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Ain't that cheirem d'rabbeinu gershom a *itch!?

Didn't it expire already?

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Re: Solutions for Tonight

Posted by markz - 15 Nov 2015 17:19

why betray her

Huh?

I don't get it

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Re: Solutions for Tonight

Posted by mggsbms - 15 Nov 2015 17:53

[waydown wrote:](#)

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i also have a very hard time motzei shabbos. We need a plan even if wife isn't avail....

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Re: Solutions for Tonight

Posted by eslaasos - 15 Nov 2015 18:42

I know what helps me with Motzai Shabbos - not sleeping Shabbos afternoon.

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