

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

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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 stillgoing - 15 Dec 2015 18:27

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I need to lose weight.

I love Pizza, soda, chips, cake and cookies.

Sticking to a strict diet is of course the shpitz, but I'm not holding there, and most people aren't holding there either. It's normal for most people to eat pizza and cake and soda.

That being said, people as myself who have serious food problems, here is how I would like to move the needle bit by bit. First lose weight for whatever 90 pounds ,100 pounds etc.. In the interim continue eating my pizza/soda whom its "normal" to eat. Once I have reached a goal of controlling my weight, then I can say ok let's move the needle up and now try not to eat any of those things. But when I am on day 2 or day 3 of my diet, that thought is off the charts.

waydown

Huh still going I totally missed you analogy,

Here is how I would say it. I need to loose serious weight I eat tons and tons of cholent & kugel. And its normal for most people to eat cholent by a kiddush but I eat tons.

So first lose weight via only eating when necessary for fulfillment and in moderation. That includes no fressing cholent, overnite kugel with kishka, gala, and yapchik by a Kiddush. But during my Shabbos meal I can still eat in moderation some of those delcious foods. Then once I get in the habit of moderation and not fressing and I loose 90 pounds now for the second 90 pounds (which are harder to loose) maybe I should push the needle a bit and reconsider eating any cholent or overnite kugel even during my meal. I can be yotzweh chamin Shabbos with chicken soup (no knidelach in the soup that's to fattening!)

I like the way, you wrote cholent and I wrote pizza. It may say something about us, although I'm

I'm not saying that you won't lose any weight on a half diet. I will take a while, it may be harder in the long run, but it is still possible. If one sticks to the diet, the second 90 pounds will be easier to lose, not harder, because he already got used to a healthier living. What I *am* trying to point out though, is although it may be *possible* to work out in the end, practically, I never heard of anyone actually loosing and keeping off weight, with a half diet.

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Re: Solutions for Tonight

Posted by waydown - 15 Dec 2015 18:41

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I have never meet anyone on diet who truly never cheats. In fact they say over a masa from R Yakov ZT"L that a dr put him once on a strict diet. When it came time for the next visit the dr was shocked how much weight he lost. The dr expressed concern and asked him if he starved himself. To which R yakov replied no I just stuck to your diet. The dr answered shockingly, but I prescribe diets based on the realization that people cheat on it every now &then. In all honesty though I have seen plenty of those on diets that are allowed to eat once a week during Shabbos

meals a bit more. Its not really a half a diet but more like a controlled diet.

Agav I have seen family member on a half diet which worked perfect. He decided to work on moderation rather than only eat two whole wheat crackers and tuna fish a whole week. He ate whatever he wanted but forced self control via just eating less to the point of training himself to always walk away a little hungry. That mode became his way of life and he still looks great 20 years later.

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Re: Solutions for Tonight

Posted by stillgoing - 15 Dec 2015 18:44

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True.

I'm not sure how that would tie into the lust thing. I only meant it as a moshel, but If you would like to talk diets, I'm game. I can do with less cholent and kugel, just don't take away my pizza. Now if we can figure out a way to have cholent With the pizza then we would really be in business!!!!

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Re: Solutions for Tonight

Posted by stillgoing - 15 Dec 2015 18:53

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OH! I think I just chapped. (a little slow today) Were you saying that one can cheat on his diet and still loose weight, so too lust... Maybe, maybe not. In the 90 day chart rules, it describes what is a fall and what is a slip with regard to the chart. It seems to me that slipping In a slip when no one is looking is really cheating and yet one does not restart the chart. (obviously not recommended, I've found that the slips usually lead to falls within 24 hours). Cheating drags out the process and makes it harder, but it could still work. **But I think that we need to define cheating as slips, and not falls.** Noshing a little bit is cheating, but a full triple burger with fries and a coke (2 liter - outside of n.y.) is a fall and will gain the person calories. If he eventually reaches his goal of losing 90 pounds, it is despite that. The fall made the diet much harder.

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Re: Solutions for Tonight

Posted by markz - 15 Dec 2015 19:24

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[bardichev wrote:](#)

im trinking diet pepsi

does anyone want to add abissel schnapps to it??

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Re: Solutions for Tonight

Posted by waydown - 15 Dec 2015 19:44

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I am not sure I would say one can cheat on his lust although I certainly think if one falls its doesn't mean all is over. What I did say was that one can work out a diet plan in which during special times like during a Shabbos seuda he is not on a diet or only on a semi diet whereas the rest of the times its a strict diet. Perhaps so too with lust during more loser times ike when with ones wife some lust otherwise no lust.

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Re: Solutions for Tonight

Posted by markz - 15 Dec 2015 19:50

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Waydown your assumption is that regular eating is lust, and dieting is by special regulations

Efshar farkert?

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Re: Solutions for Tonight

Posted by waydown - 15 Dec 2015 20:22

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Look Markz,

Its not an exact moshol the point is that one on a diet must alter his eating habits but that doesn't mean never give into his unhealthy way within reason.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 15 Dec 2015 22:30

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[waydown wrote:](#)

"Hashivalisesonyishecho'

Yes very true I am here because I have problems with lust. but who says its has to do with how it manifests with my wife? Its has t with my bad habits which are maybe an addiction and maybe not. If its an addiction then I must stay far away from lust including me wife. However, if its not an addiction so then perhaps challenging my lust towards my wife well help as it has helped recently?

You have not understood what I have written. Please reread if you care to do so.

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Re: Solutions for Tonight

Posted by BenTorah.BaalHabayis - 16 Dec 2015 01:15

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[waydown wrote:](#)

Re "maybe we are mechuyav to strive for it by moving the needle bit by bit. "

Yes I totally agree that an ultimate goal can be no lust even with one's wife. And I think BenTorah.BaalHabayis did allude to the fact that he is a kollel guy or at least learned. As such I think its wise to learn shulcah arauch orach chaim siman kuf mem (I tihink its kuf mem) where

he discusses hilchos tashmish. I found this to be one of the most challenging halachos in Shulchan aruch. It gives us an eye opener where a yid should be holding in life. That being said, people as myself who have serious lust problems, here is how I would like to move the needle bit by bit. First stay clean for whatever 90 days ,100 days etc.. In the interim continue lusting for my wife whom its "normal" to lust for. Once I have reached a goal of controlling my lust, then I can say ok let move the needle up and now try not to lust for my wife. But when I am on day 2 or day 3 of my clean streak that thought is off the charts.

In case you're wondering, I'm still in Kollel half day. That doesn't mean I'm learned...

Anyway, I have gone though Siman Kuf Mem in the past and I feel like it's wayyyy above me. I actually sometimes resent the fact that the lights have to be off be'shas tashmish, but I guess I've caused it to myself because of all my lusting and porn viewing. There's no halacha that one

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Re: Solutions for Tonight  
Posted by markz - 16 Dec 2015 02:14

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[waydown wrote:](#)

But it does circle back to my original question a while back.

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must view porn in the dark...  
Re: Solutions for Tonight  
Posted by eslaasos - 17 Dec 2015 18:05

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This topic has been going round and round for a while on this and other threads.

Waydown, I agree with some of what you wrote so I want to tweak what I wrote above, and it's actually something I read on another thread.

The progress we aim for is to move the needle, but there is an attitude that is indeed binary, and

that is we commit not to lust at all.

This is also the balance to ODAAT.

May we all be zoche to Cordnoy's bracha that we should reach the recognition that sex without lust is possible.

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Re: Solutions for Tonight

Posted by waydown - 17 Dec 2015 20:24

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Firstly, a correction, I meant siman Resh mem not kuf mem.

Yes I am in the same boat as you. I also feel its way above me and also don't like the lights off thing and many other halachos. Like I said its one of the hardest halachos to keep. But my feeling is even if its above us its important to know what the true torah way is. We should at least know what's expected of us.

Anyhow doesn't it say put on black and go into hiding when one sins? I guess that's sort of like watching porn in the dark?

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Re: Solutions for Tonight

Posted by eslaasos - 17 Dec 2015 20:32

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[waydown wrote:](#)

Firstly, a correction, I meant siman Resh mem not kuf mem.

Yes I am in the same boat as you. I also feel its way above me and also don't like the lights off thing and many other halachos. Like I said its one of the hardest halachos to keep. But my

feeling is even if its above us its important to know what the true torah way is. We should at-least know what's expected of us.

PLEASE don't take this the wrong way but my chosson teacher who knew me better than anyone else in the world gave me specific guidelines which details in that siman were not meant for me to observe.

DISCLAIMER - everyone has to follow their Rav, not an anonymous post on a sex addict forum! If in doubt, follow the Mishna Berurah until you can verify with a reliable Rav.

Anyhow doesn't it say put on black and go into hiding when one sins? I guess that's sort of like watching porn in the dark?

I hope this was a joke!

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