

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 Hashivalisesonyishecho - 25 Dec 2015 18:52

Again, it appears that you haven't understood my post. I am clearly not getting into any specific discussion about how bad your or anyone else's selfishness is. I am talking about bettering oneself in a general way and growing to a higher leven of functioning, such a level that may not be necessary if not for the fact that in recovery you need to go a step further since you have already broken boundaries(and continue to do so). If you want to benefit from what I am saying please reread my post when you have the time and if you wish to do so.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 25 Dec 2015 18:54

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Re: Solutions for Tonight

Posted by waydown - 28 Dec 2015 17:18

Hashivalisesonyishecho,

I read and reread your post. Here are the 1st four lines,

Once a person broke a boundary he did damage to his nefesh in the sense that he no longer has that boundary to restrain him so he needs to work on an earlier shoresh as prevention. We are all selfish as Cordnoy said that to be human is to be selfish or self centered. And clearly the act of indulging in taavos is a more selfish act than the act of providing for others.

The way I understand it. There may not be a direct cause & effect between selfish and lust. But once we broke boundries we have to dig into our shorosh haneshoma. We must dig into our greatest weakness and change ourselves that way. Thus, what is our weakness selfish. The act of indulging in tavious is "more selfish" etc.. But again the truth is our shroosh or weakness is in "self seeking" not "selfish" We are neither born with resentment to others nor do we seek or ever want to hurt others. Our inherit instincts are to please our selves. Its all about "I". But its not about harming others.

And re "And clearly the act of indulging in taavos is a more selfish act than the act of providing for others."

Well I guess if you put those two choices on a scale and don't allow me to choose anything else then yes its "more about being selfish". But the honest truth is it more about being self seeking than selfish.

Again my confusion is why are we choosing to focus on "hurting and resenting others"? Wouldn't it be more logical to focus on the "I". That is to focus on the fact that "I" don't need pleasures, etc.. Just because "I" have a desire that doesn't mean "I" must seek it etc.. Yes its a tall mountain to climb. But logically the "I" is the root of lust (I should say my lust. I suspect others are the same. But that's pure speculation.)

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Re: Solutions for Tonight

Posted by waydown - 28 Dec 2015 17:19

Cords,

Day 1 of step 4 is done. I assume I should just continue doing step 4 tomorrow as well?

Thanks again

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Re: Solutions for Tonight

Posted by Watson - 28 Dec 2015 17:56

Ouch. I just popped into the thread for a minute or two to see what was up and I hurt my head.

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Re: Solutions for Tonight

Posted by cordnoy - 28 Dec 2015 18:08

[waydown wrote:](#)

Cords,

Day 1 of step 4 is done. I assume I should just continue doing step 4 tomorrow as well?

Thanks again

Yep

good stuff.

I answered your email.

Our call is in 12 minutes.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 28 Dec 2015 23:21

[waydown wrote:](#)

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Maybe the confusion is about semantics and we may be misunderstanding each other because we don't both mean the same thing when we talk about selfishness. I mean as does Cords' quote that we are by nature self serving and always out to please ourselves and that that is the motivation behind our actions. That is to say that we are looking to satisfy the desires of the self rather than that of others. This does not mean to say that we are intending to harm others. I totally did not mean to say that we want to harm others nor do I believe it to be true. This however is the root of all evil because when completely focused on the self the person tends not to properly notice others nor to properly consider their needs or feelings nor do they see right from wrong. As chazal say they were led to worship the aigel in order to fulfill their illicit sexual desires. That's how far a person can be brought to err when he allows himself to indulge. So once a person has broken boundaries if he doesn't work to become less self serving he will continue to break those rules and others because one thing leads to the next and he will fall deeper and deeper. He needs to address the root of the evil, which is his self serving attitude and he needs to stop indulging.

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Re: Solutions for Tonight

Posted by cordnoy - 29 Dec 2015 00:41

[Hashivalisesonyishecho wrote:](#)

[waydown wrote:](#)

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Good stuff!

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Re: Solutions for Tonight

Posted by stillgoing - 06 Jan 2016 16:38

Hay Way.

It's strange not seeing this thread up on the recent threads list.

I don't log in so often but I get emails of some threads. I thought that yours somehow got unsubscribed because it was quiet for so long. How have you been doing?

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Re: Solutions for Tonight

Posted by waydown - 03 Feb 2016 16:25

Ok guys yes I have been out of the loop and fell for a while but am now back in.

Firstly thanks to the graphics artist. The design gets nicer and nicer every time I log in.

Now my latest escapade. Yes unfortunatley I did get involved with some on-line chatting again with the other gender. Some girl played me good and started majorly flirting with me.(she was good looking) She aksed me numerous times if we should meet up.We also had some regular silly talk. One of the conversation revolved around kids. And I said my kids are "delicous". So she replies what does that mean. I replied just soooooo cute, great persoanlities and fun to be around with.Then she asks me so why do you wanna cheat? And I told her I don't wanna cheat bec I love my wife. Basiclly just looking for extra satisfaction but will probably never physically cheat although I think she is beuatifull. Then she spills the beans and tells me that she is letting me know this because she thinks I am a good person. She really intended to play with me just to tease me and get me because she hates when married guys "cheat". She told me to go get therapy. And then she said oh and you remember our converstaion re your sweet children. Well I work as a therpaist dealing with sexuallyy abused children and the word "delicous" raises alarm bells and if you ever chat with anyone else never say that.

That scared the heck out of me. Yes I did clarify myself and I really don't think there is much dirt to throw at me because of an expression. (I also googled it and found out the delicious, edible etc.. terms that my wife uses evem more than me are generally jewish terms used to refer to children and its not used often in secular circles) But the idea that you are playing with fire when chatting with complete strangers who don't know you and have different cultures shocked me. And another time they can take your picture (Yes I hate sharing pics but I did the stupid thing anyhow) and blackmail you. Then you have the website hackers and scammers. Their first trick is pose like good looking females. Thats the best trick how to spam and hack or blackmail.And of course just her whole got ya, tricked you thing and musser shmuz frm a goyisha shikitza sort of gave me a jolt.

Bottom line for total gashmuis purposes I am done with the idea of flirting. Its too dangerous. I do know that without working on my core lust issue I am playing with fire. So I am back although its hard to say that day 1 will be no more masterbating. It defintley should be.

Also I will not be constantly sitting all day posting on GYE. My last heated debate ended up

turning me off a bit for various reasons which I will not post. So my new policy will be, I will post limited questions or responses, once in the morning and once late afternoon but not 24/6. Even though this is a heilige site. One on one chats on this site I have often found to be very productive though so I'll be around.

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Re: Solutions for Tonight
Posted by Bigmoish - 03 Feb 2016 16:33

Welcome back.

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Re: Solutions for Tonight
Posted by cordnoy - 03 Feb 2016 16:41

Welcome back!

Sorry to hear about the sexcapades.

Your road to recovery should be blessed with hatzlachah.

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Re: Solutions for Tonight
Posted by wantoimprove - 03 Feb 2016 17:13

Welcome back, Way. Thanks for sharing how you were playing with fire and for showing the big

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Re: Solutions for Tonight
Posted by Eyeglasses - 03 Feb 2016 20:15

Reb Waydown,

Please install the best filters possible on all your devices.

If you got no filters the GYE thing alone wont help you.

Please do it for your holly Nshoma.

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