

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 cordnoy - 23 Feb 2016 03:27

That was when he came back now.

Perhaps read from the beginnin'.

yes, program is 12 steps, but what I do on our call is a bit of a bastardized version. I am not sure if the purists would completely endorse.

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Re: Solutions for Tonight

Posted by Workingguy - 23 Feb 2016 03:47

[cordnoy wrote on 23 Feb 2016 03:27:](#)

That was when he came back now.

Perhaps read from the beginnin'.

yes, program is 12 steps, but what I do on our call is a bit of a bastardized version. I am not

sure if the purists would completely endorse.

Are you still leading the 1:20 call? It's a tough time for me but I would love to try to join sometimes. I did the steps twice 1-12 with two different sponsors; it was an eye opening experience.

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Re: Solutions for Tonight
Posted by cordnoy - 23 Feb 2016 03:52

yes I am.

We are currently in steps 1,2, and 3.

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Re: Solutions for Tonight
Posted by Shlomo24 - 23 Feb 2016 06:52

[cordnoy wrote on 22 Feb 2016 23:30:](#)

He says his life is manageable.

Perhaps it is.

It is not anybody's job to convince him otherwise.

I appreciate the notion. I thought long and hard before I posted.

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Re: Solutions for Tonight
Posted by cordnoy - 23 Feb 2016 07:05

[Shlomo24 wrote on 23 Feb 2016 06:52:](#)

[cordnoy wrote on 22 Feb 2016 23:30:](#)

He says his life is manageable.

Perhaps it is.

It is not anybody's job to convince him otherwise.

I appreciate the notion. I thought long and hard before I posted.

Good.

B"H.

And continue please.

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Re: Solutions for Tonight

Posted by mggsbms - 23 Feb 2016 12:04

Reb Waydown I can relate to much of your thinking. I can't pin point where my life is unmanageable by acting out. Life continues the house is running the kids are growing up Ke'h in a healthy environment my job doesn't seem to suffer, I've not been caught, so what's the problem. That's till I abstain. Then a whole different picture emerges. I'm not so sure anymore if the household is running on healthy grounds. My job for sure deserves more of a sober person. And above all I need to live in sobriety, because if everything is being obscured by my acting out, then I'm not living life the way I was created to live it, that's a big issue to me. My latest wake up call in the recent past was, when i found myself acting myself out into submission, during the AM hours, when most people are at work and doing the normal tasks of life, It might not be unimaginable, but it's not normal either.

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Re: Solutions for Tonight

Posted by waydown - 23 Feb 2016 16:13

Working Guy,

Here is the way my crazy mind works. So if I don't commit the unmanageable sins such as fliriting and I just masturbate then I am safe. So flirting is unmanageable but masturbating is manageable. I know it doesn't make so much sense. Because yes unless I treat the core lust issue the buck won't stop at simply masterbating. But in my crazy mind i just have to draw a line that I won't cross and then OK. This is where I have to build it up and convince myself that all lust in unmanaegable and you can't split the two.

And my life outside lust is surely manageable. In that case I have no outside factors other than the itch that cause me to lust.

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Re: Solutions for Tonight

Posted by realsimcha - 23 Feb 2016 16:17

Ok. Now we are just going in circles. As Cords said, its not up to us to define unmanageable and its not up to us to decide if it is or not. Either way, we are here for you. Keep posting and keep working and you have our support.

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Re: Solutions for Tonight

Posted by waydown - 23 Feb 2016 16:29

Cords,

So are you saying that unless I convince myself that I am selfish and life in unmanageable there is no hope???? I never said I need others to convince me that I am selfish. I need others to help

me stop. But realize that its not a one size fits all. Every cancer has a differnet DNA. And in my case my lust seems differnet than yours. So I need to layout my DNA and work based on that.

And by the way I hate the word "selfish" and will leave that out. Here is how I describe myself;

I am very extremely caring of others and would go to the other side of the world to help out another jew and family member. I try to never put myself before others. When others are not directly involved I like to statsify my needs I am a big bal tavia. I never make my wife make me supper but I hate going hungry so I buy food instead of just grabbing cereal and milk for supper. I hate being tried and always like putting in a full nights sleep. I am very into satsifying my desires. And when I lust I love satisfying myself. But never at the expense of others. (If you will ask me so don't you know that flirting with a shiktza hurts others? Its not tangeable pain. Its an indirect intellectual pain. You rationalize that it will never come to frution. And I have zero intention of hurting yenim. Furthermore, the big drive not to continue flirting is because while its not tangeable pain, its pretty obvious that it can cause some real pain to lots of other people.) I have no clue how you want to phrase it and if the words you use to phrase my perosnality shtimes with webster or not. (Perhaps every single other guy who lusts loves to hurt other people. I have never conducted a study on lusters. I only talk for myself)

Bottom line is this I am a very caring sensible individual but when nothing tangeable hurts others I like to satisfy myself. This is my DNA. Also there are no external forces causing me to lust other than my itch. So I am asking the choshuva GYE olim for help in how to deal with my DNA.

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Re: Solutions for Tonight

Posted by realsimcha - 23 Feb 2016 16:37

Not hurting others is nice. So your'e a nice guy. period.

But that doesnt mean that you are living for anyone other than yourself. Someone who is able to - and i'm still waiting to get there myself - recognize that not hurting others is a great midda but it has nothing to do with selflessness. Selflessness is living for others. Its putting yourself out there for others. Its feeling responsibility to man and to god. On the rare occasions that I am able to really connect with man or god in a way that i feel not the want but the responsibility to give, my taivos start to recede ...

Just a thought.

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Re: Solutions for Tonight

Posted by Shlomo24 - 23 Feb 2016 16:49

I never convinced myself of anything. The facts stared me straight in the eye.

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Re: Solutions for Tonight

Posted by markz - 23 Feb 2016 17:00

[waydown wrote:](#)

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If your DNA allows, please see wiki 'self diagnosis'

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Re: Solutions for Tonight

Posted by Yesod - 23 Feb 2016 17:02

[waydown wrote on 23 Feb 2016 16:29:](#)

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Bottom line is this I am a very caring sensible individual but when nothing tangible hurts others I like to satisfy myself. This is my DNA. Also there are no external forces causing me to lust other than my itch. So I am asking the choshuva GYE olim for help in how to deal with my DNA.

Hey bro, you are a nice guy, but 28 "I"s in a couple paragraphs kind of says it clear. You are into yourself. That ain't bad, but it is what it is.

The sad truth is that us lusters are into ourselves, period. We couldn't of grown this illness without giving the garden of our ego a lot of care and attention.

Even the kindness we do is wrapped up in ourselves, let alone the indulgences.

We just have to jump into God and His will, though it's easier said than done.

Either way, Hatzlacha

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Re: Solutions for Tonight
Posted by waydown - 23 Feb 2016 17:22

Real simcha,

Thats my point though.I totally live my life for others. I often put myself out there for whomever it may be. Whether my wife kids or friends. I am willing to cause pain to myself if it helps yenim. I utilize lots of my free time helping others. But when I have a free minute to stasify my desires I do so. Because I am a bal tavia. I hut don't see in myself the stira or oxymoron between living for others and enjoying myself too. Again this is just me. Maybe others differ

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