

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

=====
=====

Re: Solutions for Tonight

Posted by waydown - 23 Aug 2015 15:49

7 days free!!!!!!!!!!!!!!

Thats right finally free for one week and I feel great!!!!!!!!!!!!!!!!!!!!!!

Last nite was a hard one. My wife was under the weather and not in the mood while I was. Motzai shabbos is always the hardest for some reason. (I think on general people are in a wilder partish mood on M shabbos.) But I purposley didn't sleep much shabbos afternoon so that I can fall asleep easier on M Shabbos. It helped but I still twisted and turned. And I woke up early rather than scumming my lust dose this morning too!

Oh and the thought of falling when I have almost reached one week kind of held me back too.

=====
=====

Re: Solutions for Tonight

Posted by serenity - 23 Aug 2015 23:32

I didn't mean to represent that I have the answers, just have food for thought. And I didn't mean

to be too esoteric, what I was saying was inspired by Muhammad Ali

"I'm not even going to realize how I did it. I might say, how'd I do that? ... God, I'm His tool. God gave me that image. The purpose is for my people. This man looks slow. God made this man look like a little kid. The so called "right hand" ain't nothing now. I'm gonna walk right into him. I'm gonna take his shots, because I have God on my side. I'm thinking that my people are free and I can help with just one fight. Now he looks little in comparison to what I'm getting from it. He ain't nothing now. But if I think about me. Me and George Foreman. He knocked out Joe Frazier like he was God. George Foreman knocked out Ken Norton. The press ranked me to tire out. I'm not looking at the world and what they say. My God controls the world!" Muhammad Ali talks about upcoming fight with George Foreman in 1974.

And Just to add another good one that talks about what you are saying: "Only a man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even."

And while we are doing Ali quotes, here is one on topic: "You can't keep your mind on fighting when you're thinking about a woman. You can't keep your concentration. You feel like sleeping all the time."

=====
=====

Re: Solutions for Tonight
Posted by waydown - 24 Aug 2015 14:48

8 days free!!!!!!!!!!

=====
=====

Re: Solutions for Tonight
Posted by waydown - 24 Aug 2015 14:52

Serenity,

Once again I appologize, I am just a bit slow when it comes too these cute pyscoligical stories & quotes. So in laymans terms what does it mean that we have to turn to a poer greater than us? Do you mean a power within us greater than what we ever preceived we had to fight? Or do you mean strentghen our emuna in Hashem or perhaps a third term?

(I think from Mohamd Ali you are suggesting that both my first two choices are correct)

=====
=====

Re: Solutions for Tonight
Posted by cordnoy - 24 Aug 2015 15:07

[waydown wrote:](#)

Serenity,

Once again I appologize, I am just a bit slow when it comes too these cute pyscoligical stories & quotes. So in laymans terms what does it mean that we have to turn to a poer greater than us? Do you mean a power within us greater than what we ever preceived we had to fight? Or do you mean strentghen our emuna in Hashem or perhaps a third term?

(I think from Mohamd Ali you are suggesting that both my first two choices are correct)

I will let Serenity answer for himself, but when we are referrin' to Ali and to the greater power, it was this quote that I thought was appropriate:

Warning: Spoiler!

=====
=====

Re: Solutions for Tonight
Posted by cordnoy - 24 Aug 2015 21:01

[waydown wrote:](#)

I have this terrible crave & itch almost like I have to go to the john. (Some posters think i am crazy and it doesn't make sense but its true) The only way to releave that itch is by acting out. Now yes its a vicious cycle. Because masterbating brings on the itch a few hours later even stronger. Holding back for one day relives the itch as well

Once I'm sendin' you to the legends, here is a brief thread regardin' 'the itch.'

[Mosquitos!!!!!!](#)

=====
=====

Re: Solutions for Tonight
Posted by serenity - 25 Aug 2015 04:03

I think you're on solid ground with both of those concepts. I seem to recall somewhere in AA or SA literature both of those ideas. It definitely fits into Torah, as far as I understand it.

Reach deep within ourselves and find power and reach outside of ourselves and find power. If God is that power for us, all the better! May we find Him now!

=====
=====

Re: Solutions for Tonight
Posted by serenity - 25 Aug 2015 04:09

"Actually we were fooling ourselves, for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself.

We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us." From AA - Chapter to the Agnostic

=====
=====

Re: Solutions for Tonight

Posted by waydown - 25 Aug 2015 14:21

Ok so unfortunatley I did fall last night but I am not sad about it. I will just start again.

Just to cut myself some slack, I had a really hard time falling asleep last nite but I didn't give in. However, I was forced to wake up twice in middle of the night. (for my kids) By the second time of waking up (3rd struggle of the nite) I finally just gave up fighting and scummbed. Its not an excuse but the yetzer hara was sure at work last nite. He doesn't stop.

I will not get sad. Rather I will dust it off and start anew.As someone who never went to sleep without my dose, I feel that I am already off to a good start. Here is why,

Basiclly there are two reasons that I am here,

1) I am jewish. Form a yiddishkit point of view my behavior (and what it can lead to) is unaacceptable. I know this can't be our driving factor but nevertheless is defintley something to reckon with. In fact GYE's ad is about feeling like a hypocrit in front of the rav! So judiasm and moral values has to play some role. That being said, I say I am off to a good start. This rosh hashana I can turn to hashem and say hey look I ain't perfect. But if I can go 8/9 days (Hpefully weeks) with no sins when prior to ellul it was daily thats teshuva. Plus,as long as I have my eye on the ball (and don't allow it to be a dily occurance rather a slip) I won't let myself spiral out of control to the point of porn/flirting etc..

2) The lust issue. Yes its an addiction and feeding it is no good and its dangerous.Of course I think even wihholding for a 8 days somewhat attacks the addiction too proviidng you don't spiral back. However leaving aside that pointer, its a confidence builder. Right now I still don't see how you guys can hold back for 90 days. (and 18 yrs! fuggedaboutit!!!) But now I see how one can reach say one month.

So I will continue my journey as Codrnoy suggests one day at a time. I will also not got down if I fall. To the contrary I am proud of what I have done till now and I expect to fall every now &then.

=====
=====

Re: Solutions for Tonight
Posted by Bigmoish - 25 Aug 2015 14:26

[waydown wrote:](#)

So I will continue my journey as Codrnoy suggests one day at a time. I will also not got down if I fall. To the contrary I am proud of what I have done till now and I expect to fall every now &then.

We are all proud of you.

Just a few questions:

Why do you expect to fall? It seems pretty counterproductive.

Also, what do you mean by continuing one day at a time? Isn't that what you've been doing until now?

Keep up the good work

=====
=====

Re: Solutions for Tonight
Posted by waydown - 25 Aug 2015 15:25

Re why do I expect to fall?

Because I am sick. People with diseases have outbursts every now & then. I don't believe this is a disease (like a common cold that completely goes away). It's rather a disease that's here to stay and tsick around my entire life time. (Hopefully I will live long enough that I will need viagra. But until then...!) I have to learn how to best minimize it so it doesn't take over my body. I don't think that's counterproductive. I think I am being a realist. And it's my understanding that if you don't expect to ever fall when you do fall it will throw you off guard and send you into a downward spiral.

Re one day at a time.

This concept was mentioned often. Of course we need to have a larger goal. But when that 90 day challenge seems like too tall of a mountain the trick is Ok don't think about 90 days (wow that's a long time for an addict like me). Think about not falling today. Of course in the back of my mind I have this greater desire to stay clean forever. but if I let my mind wander and worry how will I stay clean when I am ... or what if... can I really stay clean? It then allows me to form a sense of despair. So that's why I tell myself ok it's a nice idea to stay clean forever or 90 days etc... And I should strive for it. But right now it's not my goal. Right now let's stay clean today. Can I do one day? Yes I can.

This is just my take and I know you guys may disagree especially on my first pointer.

=====
=====

Re: Solutions for Tonight

Posted by cordnoy - 25 Aug 2015 16:45

[waydown wrote:](#)

Re why do I expect to fall?

Because I am sick. People with diseases have outbursts every now & then. I don't believe this is a disease (like a common cold that completely goes away). It's rather a disease that's here to stay and tsick around my entire life time. (Hopefully I will live long enough that I will need viagra. But until then...!) I have to learn how to best minimize it so it doesn't take over my body. I don't

think thats counterproductive. I think I am being a realist. And its my understanding that if you don't expect to ever fall when you do fall it will throw you off guard and send you into a downward spiral.

Re one day at a time.

This concept was mentioned often. Of course we need to have a larger goal. But when that 90 day challenge seems like too tall of a mountain the trick is Ok don't think about 90 days (wow thats a long time for an addict like me). hink about not falling today. Of course in the back of my mind I have this greater desire to stay clean forever. but if I let my mind wander and worry how will I stay clean when I am ... or what if... can I really stay clean? It then allows me to form a sense of despair. So thats why i tell myself ok its a nice idea to stay clean forever or 90 days etc... And I should strive for it. But right now its not my goal. Right now lets stay celan today. Can I do one day? Yes I can.

This is just my take and I know you guys may disagee especially on my first pointer.

your two paragraphs are semi-contradictin'.

Livin' one day at a time means that we are not worried about tomorrow.

And your logic that this way if it happens, you won't get bent outta shape - please; save it; you'll be fine either way.

b'hatzlachah

=====
====

Re: Solutions for Tonight
Posted by waydown - 25 Aug 2015 18:09

Re "Livin' one day at a time means that we are not worried about tomorrow."

True we are not "worried" is the key. But we realize we may fall. Its not a contradiction to being

a realist. We look at one day at a time knowing that each day including today we may fall although are altitude has to be we will try hour hardest to conquer today.

Re "And your logic that this way if it happens, you won't get bent outta shape"

I see many post with lingo such as I am depressed now what all because they fell. Whats more I have seen through my years guys who have had lots of ups & downs. One of their biggest problems were they were flying high and doing great. The second they fell, they felt like oh now is all lost so the heck with it. Not to realize that one may fail is a proven receipe for disaster.

Bottom line I see nothing wrong with being a realist and accepting that you may fail. Just have a game plan how to dust it off.

=====
=====

Re: Solutions for Tonight
Posted by cordnoy - 25 Aug 2015 19:21

R' Waydown, I sent you an email, but it bounced.

Mine is thenewme613@hotmail.com

thanks

=====
=====