

Just help me get by tonight!

Posted by Chiam - 11 Oct 2015 02:34

Hi.. no time for introductions...

I got a text from a woman I got to know, and even though I deleted it, it still triggered something within me... Also, I have a knack for getting by restrictions and I stumbled upon a new way for doing so.

I'm very frazzled right now and I don't want to do anything

Please help!!!

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Re: Just help me get by tonight!

Posted by markz - 11 Oct 2015 02:51

It's great that you're reaching out!!!

I can't say I'm a pro, but here are my 2 cents

1- don't reply at all. If you did have to, I hope it was to send them an anonymous invite to guardyoureyes.com

2- can you share what tools you have begun workin on? Perhaps those can help now

3- go to the "[just having fun](#)" forum, and see if you find anything interesting there

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Re: Just help me get by tonight!

Posted by serenity - 11 Oct 2015 02:51

Dov's Desperados is starting a new call cycle tomorrow. Perhaps it would help you yo reach out to him and see if the call is for you. You can email Dov at wequithiding@gmail.com

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Re: Just help me get by tonight!

Posted by shmulyz18 - 11 Oct 2015 02:58

Hi Chaim, believe me trying your best is hard, if you feel like meeting this woman, think of how many other men have sinned with her.

I hope this picture helps.

Shmulyz18.

P.S maybe we can communicate with each other.

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Re: Just help me get by tonight!

Posted by markz - 11 Oct 2015 03:06

[Chiam wrote:](#)

I got a text from a woman I got to know, and even though I deleted it, it still triggered something within me... Also, I have a knack for getting by restrictions...

Please see what I wrote above and let me know if any of these help

4- Go through your phone and block contacts that you can do without. Also do the same on your computer. Also put back some restrictions even if you feel like overriding them very soon. Do

this for the next 15 min max

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Re: Just help me get by tonight!

Posted by Chiam - 11 Oct 2015 03:49

I'm still in middle of scanning the handbook, but I have been working on tools like reminding myself that excitement is an intense happiness but this excitement does not bring happiness so it's a fraud. Also, that I need to strengthen my identity and THIS IS NOT ME, THIS IS NOT WHO I AM.. I have to repeat it a million times. Those scenes that I fantasize of her and me.. that "me" IS NOT ME. It's absurd and not real. Those imaginings are fake and she is fake. She only wants my money, and even though this isn't the only reason why it's fake it should be an obvious sign that it is.

Now, even though did delete that text.. I still am restless and want to act out.. My body will not explode if I don't and I am going to feel bad if I act out so mine as well have this "bad" feeling, a bad feeling that I should look at like when I'm lifting weights, which is a bad feeling only because it hurts my body but gives the great feeling that comes with working out. I'm working out right now and I should enjoy this feeling of NOT giving in because it's building my spiritually and resilience muscles. The only difference between this and working out is that working out entails putting down the bar for breaks and rest periods. Here, however, even though I most likely will fall again sometime, I'm not going to take a break from this wonderful workout that never ends and will become more natural (like breathing workouts for people recovering from a bed-ridden illness). I just need to commit to break this thing and internalize all that I will learn. I will win!!!

PS. sorry for all this rambling, but it really helps

Also, if I said something that anyone feels isn't healthy let mee know... I'm new to the program

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Re: Just help me get by tonight!

Posted by dms1234 - 11 Oct 2015 03:55

WHOAH WHOAH WHOAH WHOAH!

deep breath!! everything is going to be just fine!

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Re: Just help me get by tonight!
Posted by Chiam - 11 Oct 2015 03:59

That was to answer your questions Markz. Thanks for your suggestion. Shmulyz, I am not in surroundings like you describe on a daily basis and I am inspired how you are able to hold up in such a place. I have to go out to see such things! And yes she is very attractive, but attractiveness means nothing if it's only for the fulfillment of of one's crude base desires.

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Re: Just help me get by tonight!
Posted by Bigmoish - 11 Oct 2015 04:01

I posted this on your main thread. It would probably make the continuity easier if you just put everything in one place, but I'll post it here as well:

[Bigmoish wrote:](#)

Try getting out of the fantasy and into "real life," even if just for a short time. Anybody need help around the house? Being unselfish for a few minutes might also help get us out of that mindset. We can only live in the fantasy when we are thinking of ourselves.

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Re: Just help me get by tonight!
Posted by Chiam - 11 Oct 2015 04:03

Ha ha... I'm taking deep breaths

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Re: Just help me get by tonight!
Posted by Chiam - 11 Oct 2015 04:08

Got it Bigmoish. thanks

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Re: Just help me get by tonight!
Posted by markz - 11 Oct 2015 04:09

[Chiam wrote:](#)

Ha ha... I'm taking deep breaths

Some guys take a cold shower to remove lustful mindset. It has proven to help with breathing too

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Re: Just help me get by tonight!
Posted by the.guard - 11 Oct 2015 06:24

[Chiam wrote:](#)

Hi.. no time for introductions...

Also, I have a knack for getting by restrictions and I stumbled upon a new way for doing so.

Please help!!!

[Click here](#) to listen to a 40 minute shiur that explains the TaPHSiC method in detail.

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Re: Just help me get by tonight!
Posted by Chiam - 11 Oct 2015 16:40

k thanks Guard, I'll get to that eventually.

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Re: Just help me get by tonight!
Posted by markz - 11 Oct 2015 16:55

[Chiam wrote:](#)

k thanks Guard, I'll get to that eventually.

Ok. What you gonna be doing in the meanwhile?

[Chiam wrote:](#)

I have been working on tools like reminding myself that... excitement does not bring happiness so it's a fraud. Also, that I need to strengthen my identity and THIS IS NOT ME, THIS IS NOT WHO I AM.. I have to repeat it a million times. Those scenes that I fantasize of her and me.. that "me" IS NOT ME. It's absurd and not real. Those imaginings are fake and she is fake. She only wants my money...

... I'm new to the program

I'm also quite new. Just got this shiny truck and Im still waiting for the license and keys to arrive in the mail

Chiam,

These things you wrote - did you see them in the handbook? I don't think so - correct me if I'm wrong.

1- what you wrote "excitement does not bring happiness" does not work for me to restrict my lust at all

2- but more importantly "THIS IS NOT ME, THIS IS NOT WHO I AM" Regarding the fantasizationalityismgy you're right. But regarding the condition I'm born with to lust - It is me. And when I remind myself that it's me = being honest of my condition, which I surrender to Gd, that's what saves me

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