

My hard points

Posted by Mikveh - 18 Jul 2016 21:32

Hi

I'm new to this site and I am looking for answers with specific situations that I have that I'm trying to deal with and I don't know how.

1. I have a very hard time with pressure so if I have overwhelming pressure in any time (boss, work, wife PMSing, etc.) I get in a very bad mood and extremely overwhelmed and the only way I have found that I can calm myself down is by watching porn did anyone ever experience this? Any solutions? Also if I push myself very very hard and I try not to watch I get in a very very bad mood and I get pissed at the whole world for anything they do (just imagine what it looks like in my house when my wife is PMSing and I'm trying to stop watching porn) I also get some headaches, and of course when I do watch porn it only helps for a few hours before it's all back again and this time I'm pissed at myself too.

2. I need advice on how to deal with the feeling of needing perfection, meaning if I'm doing good (say I didn't watch for 2 weeks, Amen) and I fall and only watch porn not motzi zerah I still feel like total crap and from there till I do motzi the road is very short.

3. I just found GYE and I'm very into it right now since last night I did the taphsik method and I'm trying to join the small groups program and the partners program (can't rally figure those 2 out yet) and everything seems amazing I'm all ready to fight all the way like a wild animal and make it to 90 days and of course way more, but I know that this is all beginning excitement and that once it calms down its gonna be insane, how do I keep pushing I need help with that strength.

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Re: My hard points

Posted by Markz - 18 Jul 2016 22:08

Took me a long time till I came across this TTT gye GEM and put it in my signature, checkit out (the GPS is also good to review only if you have extra time)

Stay with us and you Mikveh will become Tahor!

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Re: My hard points

Posted by cordnoy - 18 Jul 2016 22:15

Welcome,

1. Work on yourself
2. Work on yourself
3. Welcome again....great.

B'hatzlachah

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Re: My hard points

Posted by DABMY713 - 20 Jul 2016 00:54

I haven't been back to this forum for a while, but at any rate something interesting has been happening to this single man recently.

I had signed up for GuardYourEyes because as a single Jewish man in his mid-forties, I was concerned that my being drawn to pornography was a dead end and was interfering with my ability to find a wife. And during this time, I have actually met an observant Jewish woman who lives in another city. I have gone out with her once and plan on seeing her again at the end of this month. While I have no idea how far this relationship will go, I find it significant that at a time when I'm trying to rise above my own porn habit, this happens. I haven't viewed online porn videos now for roughly three months; I intend to continue not viewing them. That is why I have a filter for my laptop; as for my iPhone, I have put the search engines on the most restrictive setting I can find.

At any rate, I find turning to prayer and other spiritual pursuits for a number of reasons - not just because I'm trying to battle my lower impulses but also because at a time of economic, cultural and political turmoil like this it provides some comfort to boot.

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Re: My hard points

Posted by Abie - 20 Jul 2016 01:47

D713:

Good for you. Good luck.

Why don't you click "new topic" at the bottom of the screen, and start your own thread.

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