

Getting her off my mind!!!

Posted by waydown - 25 Sep 2016 18:34

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Ok guys here is my newest struggle thats driving me nuts. This Friday i attended a conference/ professional course (to be accurate) in my career field. I sat right near the typical stereo type women that I have always been fantasizing about for years. (very good looking, and very smart, witty and spunky. The type of female tjat literally lite's up the room.) To top it off we chatted over lunch and sort of hit it off in terms of personality. And my field is a very dry field thus this was a rarity. You could imagine its driving me nuts and was making me crazy a whole shabbps

I do realize that I won't truly get her out of my head unless I rid myself of lust. So I know I am to blame, But if there is anyone else out there who has went thru this and has advice it would be appreciated.

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Re: Getting her off my mind!!!

Posted by Markz - 28 Sep 2016 17:27

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I'm not comfortable her having an iPod

Whats your take and what would you say to your daughter

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Re: Getting her off my mind!!!

Posted by 360gye - 28 Sep 2016 19:21

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Why don't you want her having an ipod, as far as i know they still sell ipods which just play music(no internet or anything)

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Re: Getting her off my mind!!!

Posted by Markz - 28 Sep 2016 20:27

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Ok good I'll check that out

Thanks

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Re: Getting her off my mind!!!

Posted by Shlomo24 - 28 Sep 2016 23:57

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Get her a Sansa clip. Really cheap, no movies and expandable storage so she can have a lot of music. I think that the frum electronic stores, in NY at least, sell ones without radio also.

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Re: Getting her off my mind!!!

Posted by Gevura Shebyesod - 29 Sep 2016 00:02

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You can also download a firmware for the clip that will disable the radio. But be careful I bricked one that way (out of 4 that I flashed).

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Re: Getting her off my mind!!!

Posted by eslaasos - 29 Sep 2016 00:06

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[Shlomo24 wrote on 28 Sep 2016 23:57:](#)

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Good luck with trying to sell that to your daughter. Sansa clip is just not as cool. Just saying...

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Re: Getting her off my mind!!!

Posted by Gevura Shebyesod - 29 Sep 2016 00:26

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Re: Getting her off my mind!!!

Posted by Singularity - 29 Sep 2016 08:17

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[waydown wrote on 28 Sep 2016 16:13:](#)

Markz, It could not have been avoided. We all sat in a room and she happened to park next to us when almost all seats were taken. The chatting was unavoidable. This is no EI-AI where I can ask them to change seats.

It's so funny. Why not? Why not just change seats? (btw this isn't a criticism, I'm asking myself this question, it was just triggered by what you said)

Like we have it in our minds "Oh I can't change seats here, gosh what a fuss it will be, how inconvenient it will be, everyone will think I'm weird. It's no big deal..." your body justifies while your soul burns. Though I do admit it takes *mamish gadlus* to break the mould and actually request to change seats, change offices, commutes, etc. I skimp all the time. I guess it's a matter of defining the importance of the change. I want to stop but maybe deep down it's not so important to me. Or it really *is* important, but my body is messing with those signals because it just wants wants wants.

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Re: Getting her off my mind!!!

Posted by waydown - 02 Oct 2016 17:24

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Markz,

Sorry I have been a bit busy the last few days. So how old is your daughter? What kind of group of friends does she associate with? Does all of her friends have it as well? Has your daughter ever had internet access before? Has she used it responsibly? Of course a filter would still be required. But the difference between no internet at all versus internet with strong filters would be dependent on these questions. (maybe just wifi is enough.)

Disclaimer, an addict's advice is hardly reputable.

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Re: Getting her off my mind!!!

Posted by TzedekChaim - 10 Oct 2016 20:21

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With all due respect waydown, I don't think that is true. It depends what advice you are asking the addict for. You wouldn't ask a hamburger stand guy what the best type of surgery is to get. So don't ask an addict something that he can't answer you in an informed fashion. We're all here sharing advice and tips because we are dealing with this struggle and with any growth/recovery process you learn a lot from your mistakes. That's a lot of golden info to share around.

If you mean is that addicts' minds twist and justify all kinds of things and that is why you should discount the advice. Then you are right, but that addict should realize that he is fooling

So instead it should be:

Disclaimer: an addict-who-is-not-sober/in-recovery's advice is hardly reputable.

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Re: Getting her off my mind!!!

Posted by cordnoy - 19 Oct 2016 16:44

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[TzedekChaim wrote on 10 Oct 2016 20:21:](#)

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So instead it should be:

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Listening to an addict talk about his experience is almost always a good thing.

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