

we will fight on the beaches  
Posted by mzl - 28 Oct 2018 13:18

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The battle line has been drawn.

I acted out because I can't keep victimizing my wife. For reasons that are highly classified and only visible to people who have access to the married forum, I cannot count on her. I have to abstain for the foreseeable future. I was going to throw in the towel but that feels like such a downer. I need to fight and fail if necessary.

I think g.sh.b.y. suggested I turn off my desire towards my wife too. I think it's not fair, and that is one key distortion to attack.

As Churchill said, we will fight on the beaches, we will fight on the landing grounds, we will never surrender ... This proves that normal people sometimes get into projects that have little chance of success, so it should be okay for me to do it too.

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Re: we will fight on the beaches  
Posted by mzl - 30 Oct 2018 21:53

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I was in a big meeting today and my eyes kept going to a new employee. Then I realized that I thought he was hot and I was staring at him...

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Re: we will fight on the beaches  
Posted by mzl - 31 Oct 2018 12:46

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I hate when she gets ready to go to work.

I tried to use the poof procedure but just couldn't get engaged enough. I finally took out my

phone and got into my racing game. After getting rammed into by obnoxious computer-driven vehicles, slamming into walls because I couldn't slow down early enough etc a bunch of times, I finally believe that the poof procedure will work this time as well.

The memories from the other day (the shirt) now seem pretty ridiculous.

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Re: we will fight on the beaches  
Posted by mzl - 31 Oct 2018 14:57

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Been engaged in work and suddenly remembered what I saw earlier this morning. Poof. Looks it was resistible after all. Surprised, yet again ...

Have to keep chipping away at it ...

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Re: we will fight on the beaches  
Posted by mzl - 01 Nov 2018 10:03

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I got up this morning and the irresistible desires of days past actually seem totally out of my head. What a relief ...

It's very scary because of the concept from the gemara that even a wife's little finger causes desire. I have to keep using the poof procedure until I no longer desire various parts of her.

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Re: we will fight on the beaches  
Posted by mzl - 01 Nov 2018 10:06

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I think if it weren't for the GYE forum users I would never have crossed this bridge.

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Re: we will fight on the beaches  
Posted by mzl - 01 Nov 2018 14:24

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Thank G-d this morning I didn't see her do anything that caused desire. Peace ...

The things I saw earlier this week are looking kind of silly in my head.

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Re: we will fight on the beaches  
Posted by mzl - 01 Nov 2018 20:34

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Saw something that caused desire earlier reading the news, but not too scary, used the poof procedure ...

I often think about a comment Rav Miller zt"l made about people in the Pale of Settlement going off the derech because of the advent of newspapers and the act of reading the news.

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Re: we will fight on the beaches  
Posted by mzl - 02 Nov 2018 15:35

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Saw her again all dressed up for work. Not totally terrified but uneasy. Used the poof procedure with a videogame. Took a weight off my shoulders. Afterwards I had hope.

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Re: we will fight on the beaches  
Posted by mzl - 04 Nov 2018 00:03

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Had a hard time when she was all dressed up for Shabbos. I used the poof procedure but finding something truly engaging was tough.

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Re: we will fight on the beaches  
Posted by mzl - 04 Nov 2018 12:26

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This morning I was telling myself that she'll be available. As long as that was going on I couldn't use the poof procedure. I talked to her and cleared up my rosy vision of the future with a more realistic view. She was not in the mood. That only left the desire to bully her into doing it. So I used the procedure for that. Seems to be working ok.

I think my racing skills are sliding back though

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Re: we will fight on the beaches  
Posted by mzl - 04 Nov 2018 16:30

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It's been a while and I don't feel it lingering. Looks like I'm off the hook. Fortunately Shabbos outfits only appear once a week.

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Re: we will fight on the beaches  
Posted by mzl - 05 Nov 2018 14:17

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The shirt from a week was back today, and her shape has changed. She looks like a different person. I felt a very weak desire but I was worried about having it floating around in the back of my head, so I used the poof procedure, and it gave me some hope.

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Re: we will fight on the beaches  
Posted by mzl - 06 Nov 2018 15:00

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The woman in the office is all dressed up again. I had to remind myself that I can't know for sure that she is doing it for me. Then after that I used the poof procedure.

I just realized that if she really is all dressed up for me I still cannot know for sure that she would actually be intimate with me, because she's married etc. Very likely she just wants to feel validated by the really smart interesting frum yid in the office. She believes the validation more.

I am so lucky I very rarely see this lady.

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Re: we will fight on the beaches  
Posted by mzl - 08 Nov 2018 10:38

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Yesterday I had a lot of difficulty using the poof procedure during a meeting at work because it took a while to get fully engaged in something. but it finally worked. I noticed that asking the meeting chair a question got me engaged.

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