

Taking things to the next step

Posted by future paltiel - 15 Aug 2022 02:21

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Greetings to my fellow GYE brothers.

I have been on Guard Your Eyes for about 2 years, although I haven't posted much about myself.

I am now 123 days clean from P&M bH. Married with children.

My main struggle right now is in the morning. As soon as I wake up I am attacked by a huge amount of lustful fantasies that get more intense by the minute. Thank G-d I don't act out on it. During the day I figured several ways to avoid lusting, but at this time of the day I lack the clarity to decide for myself what is the right thing to do. I do keep a negel vasser by my bed but I usually need a few more minutes to be more awake in order to get up and wash. Getting up and starting my day right away is not always an option as it can start as early as 4:30-5:00 and would make me lose sleep. I really don't like it. It spoils my day by making me feel guilty and tired (my brain gets exhausted from all this turbo-speed fantasizing).

I am open to receive advice, personal opinions or your experience in the topic mentioned.

Thank you all!

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Re: Taking things to the next step

Posted by Larry Bird - 15 Aug 2022 03:06

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Maybe look up online a great idea for a morning routine. That way there's no thinking involved. I started recently as soon as I get up jump in the shower.. end off with a bit of cold water to give a little chiyus. Put in contacts, brush teeth, Put on robe and slippers.. go to the kitchen and drink about 15 oz of cold water.. as well as a supplement drink. Really anything works as long as you're not thinking.. just like a robot. Feels great.

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Re: Taking things to the next step

Posted by YeshivaGuy - 13 Oct 2022 06:37

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How are you doing Reb Yid?

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Re: Taking things to the next step  
Posted by future paltiel - 13 Oct 2022 15:05

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Reb Yid, Please forgive me for replying so late. Thanks a lot for the advice slowly slowly getting there.

Rosh Yeshivah Guy how are you? Moadim Lesmicha!

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Re: Taking things to the next step  
Posted by YeshivaGuy - 14 Nov 2022 06:46

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[future paltiel wrote on 13 Oct 2022 15:05:](#)

Reb Yid, Please forgive me for replying so late. Thanks a lot for the advice slowly slowly getting there.

Rosh Yeshivah Guy how are you? Moadim Lesmicha!

Oy vey, I think I should be the one apologizing for responding so late...

I am...

And you?

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Re: Taking things to the next step  
Posted by future paltiel - 16 Nov 2022 03:29

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Buddy, please don't apologize.

Hows the teaching going?

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Re: Taking things to the next step

Posted by YeshivaGuy - 17 Nov 2022 15:18

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[future paltiel wrote on 16 Nov 2022 03:29:](#)

Buddy, please don't apologize.

Hows the teaching going?

Thanks for asking

Strugglin still with what exactly I'm accomplishing and where this is all leading me.

You?

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Re: Taking things to the next step

Posted by future paltiel - 20 Nov 2022 01:59

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Still struggling with what's mentionned above in the first post. Not always fantasizing but getting out of bed on time. Whether it's in the morning or from my post-cholent shabbos afternoon nap. I'm not sure how to deal with laziness. Even with a morning routine. I lack a lot of self discipline and I am not sure how to acquire it

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Re: Taking things to the next step

Posted by Geshmak! - 20 Nov 2022 03:52

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Its goin!

[future paltiel wrote on 15 Aug 2022 02:21:](#)

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Thank you all!

Wow it's amazing you're clean for so long keep it up! About your mornings... I used (still have similar... very horny mornings) I used to think it's because you're well rested and good mood etc. but I know there's much more to it... the thoughts you start your day off with is what the day is built on! It's the foundation for the day... if you wake up and have a thought of today I'm gonna watch my eyes learn geshmakah daven with kavunah etc that's the way the day goes and if the opposite than vice... that's why we say first thoughts when we wake up ????? ????? ??... so that is why the y.h. Makes us so crazy in the morning cause if he got you then he basically got you for the day... so my friend please work on your mornings... I wake up and first thing wash negel vasser and say ????? ??... and then start conversation with my wife... which really helped me...but that not gonna work for you at 4 o'clock in the morning... but I'm sure I'll find away to fix your mornings if you fixed your porn habits bhy ull stop the bad thoughts... ????? ????!!

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Re: Taking things to the next step  
Posted by YeshivaGuy - 23 Dec 2022 07:23

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[future paltiel wrote on 20 Nov 2022 01:59:](#)

Still struggling with what's mentionned above in the first post. Not always fantasizing but getting out of bed on time. Whether it's in the morning or from my post-cholent shabbos afternoon nap. I'm not sure how to deal with laziness. Even with a morning routine. I lack a lot of self discipline and I am not sure how to acquire it

First off I'm sorry took me so long to respond.

Gosh super hard stuff, really have same issue with my morning routine/lack of self discipline.

How to acquire it is a good question. I have thoughts but if they were any good then maybe I'd had some discipline by now...

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Re: Taking things to the next step

Posted by future paltiel - 26 Dec 2022 03:50

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Thoughts may be very good and if they didn't work out yet it's because it just takes a lot of time and effort to cultivate positive habits.

So what do you have in mind? I won't refuse any advice especially not yours.

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Re: Taking things to the next step

Posted by afcf - 01 Jan 2023 03:00

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Shalom,

Have you tried the "Finding the Fox" strategy to over come the urges? You have to address those needs as a character that you must defeat in order to bring "peace to the world", to your world, and basiclly that would make you your own hero. Reading all this tread I think it would help you.

[Find the Fox \(guardyoureyes.com\)](https://guardyoureyes.com)

[Find the Fox - The GYE Wiki \(guardyoureyes.com\)](#)

You can approach them as an opportunity to illuminate those dark places in your mind with HaShem's light, I mean the opportunity to cleanse all your past behaviors and raise them up as an offering to HaShems for his mercy.

HaShem whom is all kindness helps you throughout your fights. Tehilim 40.

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Re: Taking things to the next step  
Posted by Geshmak! - 23 Feb 2023 04:46

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What's up bro? Miss ya!

how's the mornings any improvement??

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