

The old herrs (potato chips and beyond...)

Posted by jerusalemsexaddict - 30 Dec 2009 07:21

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I think this discussion merits a new topic.All thoughts are encouraged.

[Rage ATM wrote on 30 Dec 2009 03:02:](#)

It hurts when u miss someone...u know there are days when I still miss her (she who is my password to this site and every email account I have)...and I'm happily married almost 10yr and I still miss her sometimes...I think what I really miss though is just me then...I miss my youth...and the recklessness I was allowed...and I thank hashem for everything he has given me today...so

u miss him...or u miss chatting...nu this is life kid....much better things await moving forward...

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Re: The old herrs (potato chips and beyond...)

Posted by jerusalemsexaddict - 01 Jan 2010 10:01

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There are many good points being brought up here.

My personal realization was that it was not about the girl as much.It was about how I felt while being with her.

I realized that my favorite part of being with her was when we lay in bed afterwards.

It was not as much about the sex,but rather about the feeling of security and freedom I felt afterwards when walking with her.The sky was brighter,the leaves were more colorful,etc...

So I don't know if I should hate myself for wanting her badly still...

I have a need.

She filled that need.

It was unhealthy.

But I can try accepting this need that I have. And not be ashamed of it.

Stay strong one, and every else here.

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Re: The old herrs (potato chips and beyond...)

Posted by silentbattle - 01 Jan 2010 13:07

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I definitely hear you, Uri. For me, it wasn't just lying in bed - it was even talking to her on the phone. I currently have a book that she gave me as a goodbye present on one of our goodbyes in the past (I'm already planning on getting rid of it), and I was reading the letter she wrote in the front page. Even that made me feel incredibly special.

I don't think you should hate yourself for your feelings...but realize that the desire for her isn't something you want to follow. It won't make you into the *you* that you want to become. But I'm sure you know that already :D

The need that you have to be wanted is natural - for everyone, and more so for us. It's valid. What we do with it, is our choice.

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Re: The old herrs (potato chips and beyond...)

Posted by 7yipol - 02 Jan 2010 18:44

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Rage, you should change those passwords for no ones sake but your own.

The constant subtle reminder brings you nothing but sadness.

Until you can let her go, you are still as trapped as if to p\*rn

Been there, done that.

Couldnt get over my first boyfriend. We met when I was 11, dated till I was 16, and I never let go till a few years ago. All I accomplished was long term pain.

I now realize he was a gift from Hashem at a difficult stage of life, and was my rope to sanity and security, as I changed continents, cultures and left all the familiar behind.

I finally realized I wasnt 'in love' with *him* , but rather, the emotions he evoked - warmth, security etc etc.

My mistake was holding on to the rope longer than needed, and almost hanging myself with it.

Finally, I am free.

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Re: the old herrs

Posted by loi-misyaeish - 02 Jan 2010 19:57

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Theone,SB right about listening to music when going to sleep. Although according to the halacha ones not supposed to that, i just find that so many times it saved me from sin. Concerning listening to a shiur, it shouldn't be too involving, otherwise you just stay awake listening till the end, and then what. It's funny, but it really helps, the yh doesn't want you to listen to it, so he makes you fall asleep!

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Re: The old herrs (potato chips and beyond...)

Posted by theOne - 02 Jan 2010 20:04

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ill try that bli neder next time. what about shabbos?

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Re: The old herrs (potato chips and beyond...)  
Posted by silentbattle - 03 Jan 2010 01:51

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Exactly, LM!

On shabbos...I used to review gemara in my head ( actually I used to do that during the week, too) - you can learn whatever things interest you - and I'd basically say to the Y'H - "your call - either help me fall asleep, or I'll just stay up and learn! :D

Plus, I'm winning either way, cuz even if it takes me a bit longer to fall asleep, I'm doing something worthwhile!

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Re: The old herrs (potato chips and beyond...)  
Posted by imtrying25 - 03 Jan 2010 22:29

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[theOne wrote on 02 Jan 2010 20:04:](#)

ill try that bli neder next time. what about shabbos?

Do you like to read?? Try books.

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Re: The old herrs (potato chips and beyond...)  
Posted by habaletaher - 04 Jan 2010 06:12

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or kosher magazines and newspapers....

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Re: The old herrs (potato chips and beyond...)  
Posted by 7yipol - 04 Jan 2010 10:25

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Or anything the YH doesnt like. He would rather help you sleep than see you do something like  
tehillim, listening to a shiur, reading some sefer etc.

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Re: The old herrs (potato chips and beyond...)  
Posted by imtrying25 - 04 Jan 2010 11:37

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[7Up wrote on 04 Jan 2010 10:25:](#)

Or anything the YH doesnt like. He would rather help you sleep than see you do something like  
tehillim, listening to a shiur, reading some sefer etc.

:D :D :D :D :D

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Re: The old herrs (potato chips and beyond...)  
Posted by 7yipol - 04 Jan 2010 12:49

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Nah that wouldnt work. Cuz she'll feel too frum.

Frum is not a dirty word you know!

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Re: The old herrs (potato chips and beyond...)

Posted by silentbattle - 04 Jan 2010 13:08

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It's got 4 letters...

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Re: The old herrs (potato chips and beyond...)

Posted by silentbattle - 04 Jan 2010 14:52

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:D :D :D

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Re: The old herrs (potato chips and beyond...)

Posted by habib613 - 04 Jan 2010 14:57

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[silentbattle wrote on 04 Jan 2010 13:08:](#)

It's got 4 letters...

lol

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