

From now until MYK

Posted by ki sorisa - 01 Oct 2024 14:07

Hi all,

Just opening this thread to track my progress from now until after YK and for accountability (if it all possible on a anonymous forum..)

My goal is to abstain from porn, masturbation, chat lines and any internet search with the intent to feed my lust.

honestly, not sure how this is gonna be of any help, but a friend of mine on the site has been pushing me to do it. I can only try. Yesterday was day one

=====

Re: From now until MYK

Posted by iwantlife - 23 Oct 2024 20:45

I too am in a similar boat. I know how you feel very well. Maybe we should start our own thread lol. I bet there a lot of people here in a similar situation..

=====

Re: From now until MYK

Posted by ki sorisa - 27 Oct 2024 02:52

[iwantlife wrote on 23 Oct 2024 20:45:](#)

I too am in a similar boat. I know how you feel very well. Maybe we should start our own thread lol. I bet there a lot of people here in a similar situation..

Similar in regards to what, father/son relationship?

=====

Re: From now until MYK

Posted by ki sorisa - 27 Oct 2024 02:53

#26

=====
=====

Re: From now until MYK

Posted by Muttel - 27 Oct 2024 09:18

[ki sorisa wrote on 23 Oct 2024 18:50:](#)

[redfaced wrote on 23 Oct 2024 13:40:](#)

[Muttel wrote on 23 Oct 2024 09:34:](#)

I'll tell you one of my secrets. I don't really experience these with my father much either.

Me neither, which is why its something that I try my hardest to make sure that my kids do have

I would love to say that I try my hardest as well but I feel myself failing more than succeeding in this area. I always find myself reacting as my father did with me and it kills me. Like a huge disconnect between what I know and how I feel and react. Sometimes I'm more aware in the moment and tell myself to be more patient accepting and loving but it so so hard when not having it engrained naturally from my own father. I feel like I was never given the manual

I know exactly what you mean...

=====
=====

Re: From now until MYK

Posted by iwantlife - 27 Oct 2024 15:34

Yes. I love my father and he loves me, but he's never been very emotionally available, through no fault of his own. Oh, and as studies show, this might just be why I suffered with SSA as a boy and bochur, a source of tremendous confusion and anguish. (I don't think I've ever mentioned this fun fact on this forum, but here you go.) B"H now that I'm married, it hasn't been an issue.

=====

Re: From now until MYK

Posted by rebakiva - 27 Oct 2024 17:01

[redfaced wrote on 23 Oct 2024 13:40](#): [Muttel wrote on 23 Oct 2024 09:34](#): I'll tell you one of my secrets. I don't really experience these with my father much either. Me neither, which is why its something that I try my hardest to make sure that my kids do have I would love to say that I try my hardest as well but I feel myself failing more than succeeding in this area. I always find myself reacting as my father did with me and it kills me. Like a huge disconnect between what I know and how I feel and react. Sometimes I'm more aware in the moment and tell myself to be more patient accepting and loving but it so so hard when not having it engrained naturally from my own father. I feel like I was never given the manual

"iwantlife" post=423708 date=1730043265 catid=1

Yes. I love my father and he loves me, but he's never been very emotionally available, through no fault of his own. Oh, and as studies show, this might just be why I suffered with SSA as a boy and bochur, a source of tremendous confusion and anguish. (I don't think I've ever mentioned this fun fact on this forum, but here you go.) B"H now that I'm married, it hasn't been an issue.

Wow this is kinda awesome, I join this community for p&m issues, but i find a community for almost all my life challanges {community, is honestly the best therapy for life issues}

I grew up with a very chashuva father a real ben torah tzadik hador, but also very controll

freaking, expected everything from his kids and gave the minimum compliments possible. I had AND STILL {now after 9 yrs of marriage} have a non loving relationship with him, more like a formal relationship.

although I try my best to keep out of harms way, I dont always succeed, even when I know that I did nothing wrong, the natural ahavas haben al hu'av makes me feel like a failure and bad person {especially now after a 3 day yom tov staying at his house really hard}

and yes I also find myself being not the best father to my kids, even though I try to protect them from what I went thru, But as we all know "nature is nature".

BUT I do have 1 awesome solution i've heard years back from moreinu harav Zechariah Wallerstein ztzvka".

He would always point out that the greatest present one can give to someone else in life, is "TIME" giving someone from your time is the stongest way of showing affection and love, thats why the Mitzva we are all dealing with and trying to achieve true intimacy, is called in the torah "onah" which interperts as "time".

and so just as he would always say that he loves his father to no end even after all the beatings he got, due to the basketball game his father would play with him every friday as soon as he got home from school, spent precious "time" with him personaly, so too I try to give each and everyone of my kids their private 15 -20 minutes at least once a week, {???? ????? ?? ?????
???? ????? ?????}

=====
=====

Re: From now until MYK

Posted by odyossefchai - 28 Oct 2024 02:54

[rebakiva wrote on 27 Oct 2024 17:01:](#)

[redfaced wrote on 23 Oct 2024 13:40](#): [Muttel wrote on 23 Oct 2024 09:34](#): I'll tell you one of my secrets. I don't really experience these with my father much either. Me neither, which is why its something that I try my hardest to make sure that my kids do have I would love to say that I try my hardest as well but I feel myself failing more than succeeding in this area. I always find myself reacting as my father did with me and it kills me. Like a huge disconnect between what I know and how I feel and react. Sometimes I'm more aware in the moment and tell myself to be more patient accepting and loving but it so so hard when not having it engrained naturally from my own father. I feel like I was never given the manual

"iwantlife" post=423708 date=1730043265 catid=1

Yes. I love my father and he loves me, but he's never been very emotionally available, through no fault of his own. Oh, and as studies show, this might just be why I suffered with SSA as a boy and bochur, a source of tremendous confusion and anguish. (I don't think I've ever mentioned this fun fact on this forum, but here you go.) B"H now that I'm married, it hasn't been an issue.

Wow this is kinda awesome, I join this community for p&m issues, but i find a community for almost all my life challanges {community, is honestly the best therapy for life issues}

I grew up with a very chashuva father a real ben torah tzadik hador, but also very controll freaking, expected everything from his kids and gave the minimum compliments possible. I had AND STILL {now after 9 yrs of marrige} have a non loving relationship with him, more like a formal relationship.

although I try my best to keep out of harms way, I dont always succeed, even when I know that I did nothing wrong, the natural ahavas haben al hu'av makes me feel like a failure and bad person {especially now after a 3 day yom tov staying at his house really hard}

and yes I also find myself being not the best father to my kids, even though I try to protect them from what I went thru, But as we all know "nature is nature".

BUT I do have 1 awesome solution i've heard years back from moreinu harav Zechariah Wallerstein ztzvka"l.

He would always point out that the greatest present one can give to someone else in life, is "TIME" giving someone from your time is the stongest way of showing affection and love, thats why the Mitzva we are all dealing with and trying to achieve true intimacy, is called in the torah "onah" which interperets as "time".

and so just as he would always say that he loves his father to no end even after all the beatings he got, due to the basketball game his father would play with him every friday as soon as he got home from school, spent precious "time" with him personaly, so too I try to give each and everyone of my kids their private 15 -20 minutes at least once a week, {???? ????? ?? ?????
???? ????? ?????}

Wow! Hashem gave you a hard father and you understood that it wasn't healthy so you chose to rise up and forge your own path and understand what is needed so now you realize and you have won.

Hafleh Vafeleh

Amazing

And now we are beginning to understand why Hashem gave us these massive challenges.

Eye opening

=====
=====

Re: From now until MYK

Posted by BenHashemBH - 28 Oct 2024 18:05

[ki sorisa wrote on 23 Oct 2024 18:50:](#)

[redfaced wrote on 23 Oct 2024 13:40:](#)

[Muttel wrote on 23 Oct 2024 09:34:](#)

I'll tell you one of my secrets. I don't really experience these with my father much either.

Me neither, which is why its something that I try my hardest to make sure that my kids do have

I would love to say that I try my hardest as well but I feel myself failing more than succeeding in this area. I always find myself reacting as my father did with me and it kills me. Like a huge disconnect between what I know and how I feel and react. Sometimes I'm more aware in the moment and tell myself to be more patient accepting and loving but it so so hard when not having it engrained naturally from my own father. I feel like I was never given the manual

Shalom Brother,

As Reb Muttel mentioned, you need to keep at it. Like mussar that you need to review many times so that it starts to really seep in. Practice that catching yourself for just a moment to regulate before responding. You can learn new habits.

I recently listened to the audiobook Raising an Emotionally Intelligent Child by Dr John Gottman (published in 1997) and then bought a used copy of the book on ebay. Reviewing the mindset and mentally rehearsing helps me to react the way I would like to more often.

Hatzlacha

=====
=====

Re: From now until MYK

Posted by ki sorisa - 29 Oct 2024 04:13

Thank you all for your replies it means a lot to me and gives me much chizzuk.

I would like to reply to some of them but am extremely busy these days and don't have much time to. I hope to iyh when I have some free time.

Bh 28 days of living in reality and not my imagination.

=====

Re: From now until MYK

Posted by toughwarrior - 30 Oct 2024 15:48

This thread has given me an indescribable amount of chizuk.

Keep up the amazing work!

=====

Re: From now until MYK

Posted by Hashem Help Me - 31 Oct 2024 05:22

[redfaced wrote on 23 Oct 2024 13:40:](#)

[Muttel wrote on 23 Oct 2024 09:34:](#)

I'll tell you one of my secrets. I don't really experience these with my father much either.

Me neither, which is why its something that I try my hardest to make sure that my kids do have

Mitzva l'farsem!

=====

=====

Re: From now until MYK

Posted by ki sorisa - 01 Nov 2024 04:04

#31

Felt quite horny throughout the whole day. Would describe it as “annoying” as it wouldn’t let me focus on anything i knew I had to accomplish. Like I know I DONT want to go down that path of hell but just can’t shake these deep desires. Bh still here to tell the tale. Hoping it passes.

Gnite to y’all!

=====

Re: From now until MYK

Posted by stopsurvivingstartliving - 01 Nov 2024 10:50

[ki sorisa wrote on 01 Nov 2024 04:04:](#)

#31

Felt quite horny throughout the whole day. Would describe it as “annoying” as it wouldn’t let me focus on anything i knew I had to accomplish. Like I know I DONT want to go down that path of hell but just can’t shake these deep desires. Bh still here to tell the tale. Hoping it passes.

Gnite to y’all!

WOW! Many would have acted upon that "annoying" feeling by acting out.

KEEP TRUCKING!

=====

Re: From now until MYK

Posted by odyossefchai - 01 Nov 2024 13:17

[ki sorisa wrote on 01 Nov 2024 04:04:](#)

#31

Felt quite horny throughout the whole day. Would describe it as “annoying” as it wouldn’t let me focus on anything i knew I had to accomplish. Like I know I DONT want to go down that path of hell but just can’t shake these deep desires. Bh still here to tell the tale. Hoping it passes.

Gnite to y’all!

Yeah I had that too.

Was horny the whole day and it was stopping me from getting things done. The feelings pass but they aren't cool when they are around.

You are a warrior. Don't stop!

=====

=====