

struggle continues

Posted by StrugglingGuy - 16 May 2010 14:39

from a high to a low-

So after a shabbos where I made harchakos from mstrbtion and erotic lit as well as davened what i felt were good tefillos, i fell twice in a short span; once last night and once this morning. Right after the falls, i felt that since the urge and the yh were so immensely powerful, i felt powerless and concluded there is nothing i could have done this time other than ms**bt... I didnt have remorse basically; I chalked it up to the YH.

the yezter hara seems to have so much patience that even if i go a week clean (which is what i had) the urge can come at any moment...

help appreciated...thanks guys.

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Re: struggle continues

Posted by gibbor120 - 02 Nov 2011 18:55

reminds me of the rav who was upset because ppl in his shul didn't listen to his speech. He was reminded that at least they are not speaking lashon hora etc. during that time. Go read some old posts here. There are plenty of goodies!

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Re: struggle continues

Posted by StrugglingGuy - 10 Nov 2011 18:45

saw a woman walking in YU and might have triggered but i think i will concentrate on the three i have coming up instead of wasting my time

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Re: struggle continues

Posted by StrugglingGuy - 16 Nov 2011 22:23

watched p for abt 20 mins...

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Re: struggle continues

Posted by Yosef Hatzadik - 16 Nov 2011 22:30

.....and??

Does the story end there?

What boundaries were crossed?

What steps were taken for the future

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Re: struggle continues

Posted by StrugglingGuy - 18 Nov 2011 15:05

so im trying to get my friend to put k9 on my wife's comp but he wasnt able to do it yet

i think il be better off obv. with the filter

also wife was nidda so that makes it hard

i come home from school and want to relax- watch videos, a little tv, chill out time. most of the time it's fine. dont always want ot do work...

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Re: struggle continues

Posted by heuni memass - 18 Nov 2011 15:34

Hard it may be.

keep doing what is working for you.

havea great shabbos!

and KOT.

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Re: struggle continues

Posted by Dov - 18 Nov 2011 21:07

[StrugglingGuy wrote on 18 Nov 2011 15:05:](#)

also wife was nidda so that makes it hard

Please don't take this wrong, chaver, I am seriously just *asking*: Are you really absolutely *sure* that you consistently have a harder time staying clean when your wife is a niddah?

I do not know, so I am asking - but I believe that **you** may not *really* know - so I am asking you to think it over.

It may be that you have a harder time staying clean the more sex you have with your wife. It may not be so.

It may be that you have an easier time for only one or two days while your wife is mutar...but over the long run, it may be harder than while she is a niddah.

Just think it over, ok?

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Re: struggle continues

Posted by StrugglingGuy - 20 Nov 2011 03:59

ya, im newly married so there's no long term evidence either way as of yet...

il keep u apprised

thx

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Re: struggle continues

Posted by StrugglingGuy - 29 Nov 2011 18:52

just got a filter on wife's comp bh

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Re: struggle continues

Posted by Pure yid - 30 Nov 2011 03:19

Let's keep rocking we will prevale.

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Re: struggle continues

Posted by StrugglingGuy - 06 Dec 2011 17:44

fell today - prob is sometimes i like to hang arnd in bed, skip morning seder, etc. one thing leads to anthr

im comfortable at home- reading books and wearing pajamas- i have to work on consistency

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Re: struggle continues

Posted by gibbor120 - 06 Dec 2011 18:35

. What do you mean by "work on consistency"? What kind of work are you going to do?

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Re: struggle continues

Posted by StrugglingGuy - 07 Dec 2011 18:44

like getting up at 8 for shachris which assures me that a) il be at minyan, b) il be at seder, and c) i prob wont mstrbt that morning.

u ask how i will work on it? well today i did it, so just encouraging myself to do it everyday. my wife leaves before me so she cant be there to do it.

also i am in the middle of a good book so that is also one of the reasons why i stayed in bed yestrday. hopefully if i finish that, i wont have as much a yen to hang arnd in the morning.

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Re: struggle continues

Posted by Dov - 08 Dec 2011 21:13

One of the main reasons I need to go to Shacharis on time is so that I remain sober.

Not for the davening, but so that I do not feel like a jerk.

Gotta live my conscience...otherwise the meat-grinder in me starts going, "why'd you do it why'd you do it...." and I am damned to misery.

So I need to do a decent lunch every day, daven like a mentch, and other things...so that I stay sober.

It's kedai and I believe it is an *excellent* way to live.

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