

GYE - Guard Your Eyes

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got to nearly 80 days

Posted by 5770 - 24 Nov 2010 16:33

...and then blew it, not once, twice but three times!

To be honest it's maybe the third or fourth time I've got close to 90 days.

And my Shalom Bayis (if I could measure it objectively) does not ever seem to improve, in fact it seems to get worse (excuse the repeated whining)

And (if there's a plus side) I really don't have any lustful physical urges... i've been trying to keep away from images/women of all description (my brain was mostly empty of images, memories) so I wasn't wandering around actually thinking about it ... it was actually something of an effort to do this !! BUT I STILL DID IT

And of course, after three times I go t back into the swing of things... shame really!

So to sum up. If you keep away from bad images, yes you CAN reduce raw lust. I am living proof. HOWEVER, I am not fully understanding the mechanism either, becuse I still did it - Despite not even really wanting to!!

Have a nice day.

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Re: got to nearly 80 days

Posted by Jooboy - 24 Nov 2010 16:53

perfect description of a certified sex addict. I don't want to do it but do it anyways. Yep thats been me hundreds of times.

Thank GOD I found a solution!!!!

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Re: got to nearly 80 days
Posted by Kedusha - 24 Nov 2010 16:59

80 = Gevruah - strength ("v'lm b'gvuros shmonim . . .")!

Chazak - be strong, and continue your journey toward recovery!

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Re: got to nearly 80 days
Posted by Stuart - 24 Nov 2010 22:05

Ninety shmindy. What's the big deal? Will you have felt better if you reached 98 instead of 78? Aside from the obvious 20 say swing, both are great accomplishments from where your coming from. Try and keep your head up and don't think too much of the consecutive day streaks. Hatzlacha.

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Re: got to nearly 80 days
Posted by 5770 - 26 Nov 2010 03:21

[Jooboy wrote on 24 Nov 2010 16:53:](#)

perfect description of a certified sex addict. I don't want to do it but do it anyways.

yikes.....but in my defence - oh no wait, i don't have any

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Re: got to nearly 80 days
Posted by silentbattle - 26 Nov 2010 12:28

:D :D :D

We love you - have a great shabbos!

Did you get your wife flowers for shabbos?

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Re: got to nearly 80 days
Posted by 5770 - 26 Nov 2010 13:24

hey Thank you!

sorry - another can of worms, my wife hates flowers and gifts in general. She believes she is not worthy of gifts. So no I don't get her anything I am ashamed to say

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Re: got to nearly 80 days
Posted by silentbattle - 26 Nov 2010 13:48

Hm...sounds like you need to figure out a way to give them to her. Write her a note, telling her how much you love her.

Maybe say that even if she feels she doesn't deserve them, *you* think that she does.

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Re: got to nearly 80 days

Posted by Jooboy - 28 Nov 2010 22:04

but in my defence

no need for a defense, it wasn't an attack.

kind of like having diabetes or some other condition, those who have them don't need to defend themselves from labels they just need to do what needs to be done to stay healthy and not die.

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