

How can I get through the nights?

Posted by alangye88 - 11 Sep 2012 06:06

---

Need advice; Days are going great both in terms of internet and streets. But the problems come up at night after the lights are out and my wife is asleep. It's like I push a button down in one area (of improvement) and a new problem crops up in another. Any eitzah's??

alan

=====

Re: How can I get through the nights?

Posted by nederman - 11 Sep 2012 10:48

---

Read Feeling Good and Intimate Connections by David Burns to begin understanding how to change your beliefs. You will then be able to start believing that you are not powerless and find the answer yourself.

=====

Re: How can I get through the nights?

Posted by alexeliezer - 11 Sep 2012 15:47

---

Alan,

Welcome to the forum. Getting sober and recovering from this addiction is a full time commitment. Can you say that your eyes are guarded and your thoughts are clean all day, and things start happening after the lights go out? Or is there more that you can be doing during the day so the nights aren't so lust-filled?

=====

Re: How can I get through the nights?

Posted by Yearning - 13 Sep 2012 22:51

---

Hi Alan,

I also have done a lot of that. Lately I've been doing better with the double fence taphsic

method. (Taphsic alon wasn't enough) You can read more about taphsic here.

[http://www.guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category\\_id=278](http://www.guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category_id=278)

Much success on your journey, and may all of klal yisrael be zocheh to do teshuva

=====

Re: How can I get through the nights?

Posted by 1daat - 16 Sep 2012 05:55

---

Hello Allan, and welcome.

I understand both that nights are different and harder than days, and definitely understand how new areas keep coming. Oy!

As you start working with the handbook and sharing with the guys here, you will find your way. If this is in the way of your loving relationship with Hashem, you can count on it that He's in your corner. I'd suggest having a chat with Him about your situation and what you need to do.

Hatzlocho, and keep us posted.

=====

Re: How can I get through the nights?

Posted by Someone - 18 Sep 2012 13:23

---

Welcome Alan! If your problems at night are mainly with the computer, perhaps you could install a "bedtime"-limit? If youre on a mac its fairly simple, you then just have to give away the admin password.

=====

