

So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 06 May 2014 17:02

Since I have been here, I have enjoyed more than 270 days of Taharah, increased emotional intimacy with my Eshes Chayil, and a realization of what counts in life. It has been great so far. Last week, we had an avalanche of home repairs, bills for communal obligations, and my Eshes Chayil was so busy with some chesed obligations for a close friend that we basically had a store bought Shabbos which I don't enjoy. I think that my kvethching about what needed to be done in the house and Shabbos ticked off my wife and it impacted adversely on our physical intimacy as well. Last night, my Eshes Chayil went to a dinner that I was not interested in, and I was able to both avoid porn and masturbation, which I would not have been able to in the past. My boss has been away for a day and probably most of today. In the past, I would have surfed a large number of porn sites, but I am going to avoid doing that as part of my commitment to remaining Tahor.

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Re: So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 20 Sep 2021 14:51

I have almost had a fall two nights in a row but I am fighting. I have not watched or read any porn but my difficulty is caused by the fact that I must use a CPAP device for sleep apnea and I must sleep on my back. That results in waking up with physical desire. I have had immense mazal in not giving in until the last two nights and I have not had a fall but I am fighting it actively.

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Re: So far so good, but I am trying to avoid a trigger

Posted by Markz - 20 Sep 2021 16:24

[SIB101854 wrote on 20 Sep 2021 14:51:](#)

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Strong guy!!

Refuah Sheleima and Chag Kasher vsameah!

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 23 Sep 2021 19:32

Does anyone here have similar issues with the CPAP machines snd the issues that I have described ?Last night I almost had a fall

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 23 Sep 2021 19:45

The issue is simple When you use a CPAP machine you have to sleep on your back Physiologically that increases the possibility that you may very well wake up during the night or in the morning with physical desire If you wake up half asleep there is a strong possibility of having at least an accident but not a fall Last night I had an accident but not a fall

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 24 Sep 2021 18:09

Last night I had another accident. I don't know what was happening but I was clean for so long . I have to somehow pick myself up off the ground.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 26 Sep 2021 11:39

Thanks to my Eshes Chayil I was able to discuss a wide range of issues which were leading me in the wrong direction and I was successful in picking myself off the ground It was very helpful in getting my mind and emotions back in the right place

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 03 Nov 2021 18:31

I think that a combination of dealing with the loss of three close relatives in from right before the pandemic until right after the vaccines became available , the recent sudden loss of a dear friend ,boredom at work where I am getting paid to work even though the economy is in terrible shape, and sleeping on my back has caused me to wake up with the strong possibility of an accident.I had a good streak but all of these factors seem like a perfect storm coalescing all at once.

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Re: So far so good, but I am trying to avoid a trigger
Posted by barber - 03 Nov 2021 20:01

[SIB101854 wrote on 03 Nov 2021 18:31:](#)

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i assume that Hashem knows you are up for a new high and a new challenge that you where not able to handle till now, but now you are strong enough to handle it but this is your opportunity to get to a higher place.

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Re: So far so good, but I am trying to avoid a trigger

Posted by DavidT - 03 Nov 2021 20:42

[SIB101854 wrote on 03 Nov 2021 18:31:](#)

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Who am I to even comment. I highly respect and look up to you. All I can do is pray to Hashem to help you get through the challenges of life and keep on being a great inspiration to all of us!

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 26 Nov 2021 10:59

I finally feel after a long downward slide that I am back on my feet again I finally am sleeping a lot better I have not had an accident during this period but I could have and I just feel better

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Re: So far so good, but I am trying to avoid a trigger
Posted by Lou - 28 Nov 2021 19:32

3039!!!!!!??!!

You are a giant among men over here

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 15 Dec 2021 16:35

I haven't had an accident but I am struggling again-It is has been a tough period of time for the reasons that I mentioned on November 3, and I appreciate all of the Chizuk . It is a downward swing that I have not felt in many years-I haven't watched any shmutz but even looking at what is called "Google Images" or pop up junk on good sites , which also can lead one to look for worse has to be avoided like the plague. Hopefully, I can get myself back on my feet and stay there.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 19 Dec 2021 12:43

I am holding my own but struggling When you put together a perfect storm you go into a trough of depression Then I found out there was a recall on my CPAP but my doctors told me to keep you using the machine and I have on and off pain in my right knee which I know is cartilage related I am working at staying Tahor so every day and night is a different battle

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 21 Dec 2021 21:14

I am really struggling. For some reason, I am having problems staying asleep and and I came perilously close to having a real accident last night. I am definitely not watching anything inappropriate but from time to time I look at pictures which are not shmutz but which are stupid and there is no doubt that all of the shmutz that I read and watched years ago keeps me up at night, together with everything else I mentioned. I hope to pull out of this trough but it is an uphill battle. I am just going to get up and keep going and not think about where I was . Rehashing the bad old days in any part of life will only be counterproductive.

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