

So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 06 May 2014 17:02

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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 avalance 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 committment to remaining Tahor.

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Re: So far so good, but I am trying to avoid a trigger  
Posted by Perry - 18 May 2022 21:24

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i am trying to stay clean. but there is such a lack of tzius in the neighborhood. Trying to not lust after them and fall off

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 20 May 2022 09:52

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Still very depressed re my CPAP machine and spent too much time on my computer on the wrong searches. Hoping things will improve

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 20 May 2022 09:53

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Still depressed re CPAP machine and spent too much time in wrong sites on net Hoping to crawl out of the rabbit hole soon

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 20 May 2022 09:55

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Still very depressed re CPAP issue ad spent too much time in rabbit hole

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 20 May 2022 09:57

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It has been a rough couple of days The new CPAP machine is giving me fits and causing me time off from work which gives me too much of an opportunity to go down the rabbit hole in a bad way

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Re: So far so good, but I am trying to avoid a trigger  
Posted by frank.lee - 20 May 2022 11:42

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You are an inspiration! May you get good and healthy sleep and have positive thoughts and actions!!

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 25 May 2022 12:59

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This morning BH I felt much better than I have in a while. The CPAP issue appears to have been resolved with adjustments on the mask and the pressure and after a recent downward slide, triggered by the CPAP issue but also by the fact that long standing issues of my siblings really began to bother me by their engaging in what I think are pretextual behavior of basically responding to texts and really expressing no interest in seeing our family since the passing of a dear aunt, who I had a very close relationship and my mom ZL, who clearly engaged in

favoritism BH I have a wonderful Eshes Chayil, children and eineklach and a job which can be boring when it is not interesting . We have wonderful friends, and I am forever grateful to this wonderful site for helping me get out of the rabbit hole that beckoned to me

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 22 Jun 2022 14:33

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So far I have remained physically clean , but something inside me triggered and caused me to go down the rabbit hole and visit the wrong websites which once you saw them, you easily remember what attracted you there in the first place. The CPAP issue is resolved in the sense that I now have the right mask, but there is no doubt when you sleep on your back, you will wake up physically aroused and when you work in Manhattan in the summer you have to deal with the fact that for many women, summer attire means less is more and less becomes less as the end of the week approaches. You really have to adopt the basic Halacha of Hilcos Chanuka to survive Manhattan in the summer

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 22 Jun 2022 14:41

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This morning, instead of reading shmutz, I went to the good websites that I view and comment on and I felt much more positive about myself.

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 22 Jun 2022 21:36

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Last fall, I received an email from GYE about "His Last Mission", the last book written by R Dr Twerski ZL ZYA, without whom and the founders of GYE, none of us would be here writing about this subject. I had some free time in the office this afternoon , am reading and have been inspired by the book immeasurably.

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Re: So far so good, but I am trying to avoid a trigger  
Posted by Avrohom - 23 Jun 2022 04:02

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I just got it this week - and I've read a bit of it - very helpful in understanding the nature of and solutions to - addiction.

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 06 Jul 2022 00:47

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I have been literally pushing the envelope at home and work and I had an accident today while my wife was out of our house which is undergoing some massive construction I don't know what is happening but I feel worse than I have in years about my progress I have a boss who vacillates between being a screamer and nonchalant and I should be grateful that I am working have a great wife kids and grandchildren I am going to climb back to where I was before this all started with the demise of three dear relatives and a close friend

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 06 Jul 2022 15:45

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Last night I slept much better and I feel much better about myself. It is a day to day Avodah and I intend to think positively about the future.

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Re: So far so good, but I am trying to avoid a trigger  
Posted by SIB101854 - 07 Jul 2022 14:32

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Right now I feel much better-I realize that sleeping with a CPAP which I always use has a risk when you have to sleep on your back.

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