

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 - 27 Apr 2023 16:15

I feel a lot better BH. Everything is fine at home BH and my job is stable. I have gotten used to the CPAP, and experimented with a variety of masks and finally have found a mask that works for me. I know that using a CPAP requires you to sleep on your back, and that you can wake up being aroused but so far no accidents. Whenever I get even remotely depressed I reread the last book by R D A Twersky ZTL who thank every day for giving me the wonderful tool of GYE to get ahold of myself and helped me climb out of my mental and psychological ditch.

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

Posted by SIB101854 - 21 Aug 2023 14:51

I feel pretty good. We have a Bar Mitzvah of an einikel coming up right after Chanukah, and work is fine. So far, since my last

episode, I have not gone down the rabbit hole even though the opportunity beckons whenever I am home alone on a Sunday. or in

office. The CPAP machine is working better but sleeping on my back \which you have to do when the mask is on clearly is something that I have

to live with. Whenever I feel down or challenged which can happen just when you take a walk around Manhattan during lunchtime, it

is good to remember that GYE has helped me develop strategies and coping mechanisms

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Re: So far so good, but I am trying to avoid a trigger
Posted by EccentricComposer - 22 Aug 2023 01:26

Wow, you're an incredible inspiration!

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Re: So far so good, but I am trying to avoid a trigger
Posted by frank.lee - 22 Aug 2023 08:00

Oif simchas! So when you sleep better, you are much better at self control? That is what I find for myself.

What I try to do in situations like you describe in the city is to train myself, to script myself, to react with simcha, thanking Hashem that there are beautiful people in the world, that I have eyes, that I have taava, that I have challenges that I can overcome so it is an opportunity for me to earn huge rewards etc. And of course to look away right away. It gets instinctive beH.

The goal is not to react with strength, not weakness. Victor, not victim. That should help you react better.

Much hatzlacha!

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 21 Feb 2024 10:56

Last night I felt depressed about my health. I had an accident last fall which required major dental work and I may need a knee replacement which requires very detailed rehabilitative work

and I know that the CPAP isn't working and work varies between being busy and boring so with too much time on my hands I went down the rabbit hole last night but I recognize that I can get up in the morning and get the most out of my life with my family and friends and deal with the challenges in my life Without GYE I would not be able to write this

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 16 Jul 2024 10:07

Yesterday based on a work related difficulty which is causing financial difficulties I almost went down the rabbit hole I clicked where I should not have clicked but that was it I recognize that it was my impulse that took over for that moment and I realize based on another poster's comments that I can get up and continue on the right path I would not be writing this without GYE in my life

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Re: So far so good, but I am trying to avoid a trigger
Posted by Muttel - 16 Jul 2024 13:47

What a chizzuk to see this! I'm (relatively) new here and hadn't seen your thread yet. With your current post, with a counter reading 4000 days (WOW!) I got a chance to see the work you've put into this!

While sobering to see the damned YH can rear his head after 4000 days, it's equally chizukkying to see you conquer the beast!!!!

Thank you!

Muttel

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Re: So far so good, but I am trying to avoid a trigger
Posted by redfaced - 16 Jul 2024 14:54

Just went through the thread . an absolutely astonishing amount of WINS!!!!

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 16 Jul 2024 14:58

Thanks so much for the Chizuk everyone! Since the pandemic I can sense that our office has slowed down and that my boss who is a workaholic is working from home during the morning hours .I have had a lapse or two on a morning and once when I was home on alone but I have always been able to BH pick myself up thanks to GYE .The factors of sleeping on my back thanks to my very effective CPAP and the "less is more " motto of feminine attire in NYC are factors I have decided to cope with as best as possible as facts of life BH GYE is here !

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Re: So far so good, but I am trying to avoid a trigger
Posted by jewizard21 - 17 Jul 2024 01:18

I just read through your entire thread. Your journey of many years is immense but it shows the true power of taking it "One Day At A Time"

Thank you for the chizzuk!!

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 12 Sep 2024 23:48

This week was an unusually tough week as I surfed one news site and almost went completely down the rabbit hole I am still Tahor but I am getting back on my feet and I feel a lot better knowing that I can write my experiences and that I have to be more careful about such triggers Good Shabbos and .Ksivah VChasimah Tovah to everyone!

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Re: So far so good, but I am trying to avoid a trigger
Posted by stopsurvivingstartliving - 12 Sep 2024 23:52

Wow that's an intense amount of clean days you have!!!!!!!!!!!!

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 31 Oct 2024 19:13

This week I struggledI developed a bad cold missed a day from work have been bored at work and thinking too much about the World Series and the election and all of a sudden I was down the rabbit hole until this afternoon and have learned that the phone is far more dangerous in terms of leading you to the wrong places than a PC in this paperless world

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Re: So far so good, but I am trying to avoid a trigger
Posted by sib101854 - 11 Nov 2024 13:42

Yesterday, I had a bad day. I went down the rabbit hole and I feel very similar to an alcoholic who went on a bender. I was alone for most of the day and i realize that I should have gotten out of the house for a good chunk of the morning and afternoon.

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