

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 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 SIB101854 - 19 Jun 2014 05:32

What else is the alternative?

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

Posted by SIB101854 - 19 Jun 2014 05:35

My wife confronted me about my addiction and encouraged me to come to GYE. She is my biggest supporter and is well aware of what passes for summer frmale attire in NYC.

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

Posted by SIB101854 - 19 Jun 2014 05:44

Charlie 1 asked:

"Hi does your wife know about your acting out?"

dov may disagree but I think that all of us who have posted here know that there is a whole range of behavior that we would call acting out ranging from masturbation, reading, and downlaoding porn to watching strippers and engaging in sexual acts with women other than your wife. If you read my story, I certainly engaged in a lot of masstrubation and more than my share of watching, reading and downloading porn, and even watched a stripper when I was a teengaer, but I never went beyond that in terms of my acting out. My wife is aware of my addiction and confronted me with the need to get help and join GYE-which I view as one of the best decisions in my life.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 26 Jun 2014 02:19

Well, the summer has really arrived in NYC in full force, and that means "less is more" is what is defined as "casual feminine attire" on the streets of Manhattan, which has looked like the proverbial beach. It is a daily struggle, but the glazed subway commuter look on the streets combined with a quick lunch and Mincha and an open Gemara and an ipod with a shiur on the subway continue to work as I have passed 325 days (Kain Yirbu) of Taharah. Having a seder in all details of life from the time that I get up to when I go to sleep continues to work for me. Without my therapist, the support of my Eshes Chayil and the chevra here, I would never have begun to confront the addiction of porn and masturbation that plagued me for too many years.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 29 Jun 2014 21:28

My wife will be taking a short trip with a cousin, and then aftercoming back for Shabbos, visiting our daughter, SIL and eineklach out of town for three days in August. Events like that would have sent me down the rat holes of porn and masturbation-but so far, since I have been here, and with the help of my therapist , the encouragement of my Eshes Chayil and the chevra here, I am 330 days Tahor.

I have decided that the glazed subway look works well on the ride to and from work, and is

really the only defense that I have in response to the "less is more" attitude of casual summer women's fashion. Even moving a subway seat doesn't always work, because there is no escape from inappropriately dressed women, other than the inner realization that we live by a set of values that stresses the lasting cement of a realization, as opposed to the fleeting sense of physical attraction. When I realize what I have-a great wife, great children and grandchildren, then what the exterior world views as important ceases to have importance.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 04 Jul 2014 17:21

Dov wrote in part:

"I was just in Manhattan, and definitely empathize, but the salvation for me is to come to truly believe and remind myself that no matter how juicy and outrageous the images of those women are, the problem - if I have one, is in me, not ever in them.

No matter how lusty she may look - she isn't lust itself. I am the one experiencing the lust. Nobody can give me lust if I do not use them. In a way, they are the victims, not I. And concerning myself with their intentions (whether they are bad for dressing that way and why they do it) is poison sh'ein kamohu for me, as it is nothing but a cheap and easy way to excuse lusting after them"

This is the key-recognizing that you are experiencing the lust , not the scantily clad woman personifies lust itself. You have to adopt a strategy that works for you to help you avoid the lust.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 10 Jul 2014 01:22

This week continues to be a very hot week in NYC. So far , so good-the glazed subway commuter look continues to work wonders. If I momentarily look the wrong way, I turn my head and eyes back immediately. I just encountered a link from an article on a great website which has superb coverage and analysis of American and Israeli issues, which had a picture that was

inappropriate-and I immediately turned away-such a picture would and could have been a real bad trigger to far worse sites. B"H for GYE, my therapist and the ongoing support of my Eshes Chail in remaining Tahor since I have been here.

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Re: So far so good, but I am trying to avoid a trigger
Posted by cordnoy - 10 Jul 2014 01:38

Good to hear.

b'hatzlachah

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Re: So far so good, but I am trying to avoid a trigger
Posted by shivisi - 10 Jul 2014 06:53

[SIB101854 wrote:](#)

B"H for GYE, my therapist and **the ongoing support of my Eshes Chail in remaining Tahor** since I have been here.

Don't forget that sometimes it's easier when she is not tahor

[cordnoy wrote:](#)

Don't forget that sometimes it's easier when she is not tahor .

Cordnoy:

He did not mean that his Aishes Chayil supported him **BY** remaining tahor -

He meant that HER support helped HIM remain Tahor.

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Re: So far so good, but I am trying to avoid a trigger
Posted by cordnoy - 10 Jul 2014 16:40

thank you

I did not realize it at first, but when it was pointed out to me, I added the smiley for the humor shebo.

b'hatzlachah

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 17 Jul 2014 04:50

In the past, my boss, who can sound like a real ogre, the heat, a lousy commute and the "less is more" dress of many women in NYC would have sent me scurrying down the rabbit holes of porn and masturbation. GYE and the chevra here, together with a great therapist and my Eshes Chayil, have helped me realize what is important in life-that's why, I am still Tahor, even though the triggers which I struggle to avoid on a daily basis , remain present.

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Re: So far so good, but I am trying to avoid a trigger
Posted by Pidaini - 17 Jul 2014 07:41

Thank You for sharing, can you let us in what it is that you do with all those mentioned that helps you?

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 18 Jul 2014 22:54

I am inspired by the chevra here because I realize that we are all in this battle together. My therapist who encouraged me to join GYE, and my wife who demanded that I join GYE, and who is my closest source of support for everything in my life, encourages me to remain Tahor.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 31 Jul 2014 00:29

It is hard to believe it but I just passed 360 days of Taharah here. At the risk of repeating myself, my therapist, and my Eshes Chail gave me the encouragement and ultimatum to sign up here. I can't emphasize enough the fact that recognizing what is important in life-emotional intimacy with your spouse, appreciating children, eineklach, great friends and community and working hard at Torah Avodah and Gmilus Chasadim outweigh the fleeting pleasure of the twin rat holes of masturbation and porn. I also can't underscore that having a seder when you get up and go to sleep is so important, and that even if the street looks like a beach during the summer, you can adopt a glazed subway look and walk right by (and even turn your head right back after a quick glance) and ignore scantily dressed women who may think that they are attractive, but really deserve our pity for thinking that dressing in such a manner is essential to meeting someone.

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