

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 Yudi - 12 May 2015 21:21

Hi SIB101854, You're doing the right thing. AVOID being alone. Solitude has killed me on a number of occasions.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 12 May 2015 22:54

I was only able to get out for a very brief time, but I remain Tahor. I spent a lot of time working my way through some new sefarim on the Parsha and the Moadim which I just didn't have the time to do prior to today. I think that I even might have developed a Chiddush with respect to the Leil Seder and the Minhag to learn on Leil Shavuos.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 23 Jun 2015 01:15

Someone discussed the summer and the fact that female dress codes in big cities are nonexistent, especially as the temperature and humidity go up. The only things that work for me are the subway stare on the street and keeping my head and ears plugged into a sefer on the subway and realizing that I can't and should not objectify female attire as a trigger. It is a daily struggle but so far I am clean. My eshes chayil will be away for one day, but I am resolved to remain Tahor.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 25 Jun 2015 19:10

My Eshes Chayil went away to visit her family for a few days yesterday, and I have remained clean. In the past, that fact but the summer and the all too visible pritzus in the streets would have driven me straight down the rabbit holes of porn and masturbation. Thanks to GYE, a great therapist, and my Eshes Chayil, I have remained Tahor.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 08 Jul 2015 14:04

About 5 minutes ago, I learned the hard way that even and especially the secular Jewish media have inappropriate visual content-it was a slip, but it could have led to far worse.

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Re: So far so good, but I am trying to avoid a trigger
Posted by cordnoy - 08 Jul 2015 16:50

[SIB101854 wrote:](#)

About 5 minutes ago, I learned the hard way that even and especially the secular Jewish media have inappropriate visual content-it was a slip, but it could have led to far worse.

they do?

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 09 Jul 2015 22:28

take a look if you need more proof. What passes for news there is beyond what can and should be called news.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 17 Aug 2015 13:37

Well tonight is our daughter's chasunah and I have remained Tahor. My Eshes Chayil and I will have all of you in mind at this amazing moment. My Eshes Chayil tried on her mother of the kallah gown last night, and somehow I remained Tahor despite the fact that my wife looked amazing in it last night.

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Re: So far so good, but I am trying to avoid a trigger
Posted by Gevura Shebyesod - 17 Aug 2015 13:39

Mazel Tov!! lots of Simchos and Nachas!!

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 17 Aug 2015 13:44

I have a medical issue (sleep apnea) that requires me to sleep on my back. More mornings than not, I wake up in an aroused state because of the mask and machine that I use, which I use every day. I would be dishonest if I said and thought that my Eshes Chayil did not look amazing in that gown I could not remained Tahor so far without the chevra here.

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Re: So far so good, but I am trying to avoid a trigger
Posted by AlexEliezer - 17 Aug 2015 14:27

I wake up in an aroused state regardless of what position I'm sleeping in.

It's normal.

Much nachas!

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Re: So far so good, but I am trying to avoid a trigger
Posted by cordnoy - 17 Aug 2015 16:54

Mazel tov to you!

Continued hatzlachah

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 27 Aug 2015 16:14

The Chasunah and Sheva Brachos were amazing. My mother, MIL and a dear aunt of mine, all of whom are not youngsters, were there and so were many chashuveh Roshei Yeshiva and Rabbonim. My Eshes Chayil went away for a day with a friend-in the past that would have been an easy and open invite for me to go down the rabbit holes of porn and masturbation. With the help of the chevra here , I remain Tahor.

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Re: So far so good, but I am trying to avoid a trigger
Posted by cordnoy - 27 Aug 2015 21:10

[SIB101854 wrote:](#)

The Chasunah and Sheva Brachos were amazing. My mother, MIL and a dear aunt of mine, all of whom are not youngsters, were there and so were many chashuveh Roshei Yeshiva and Rabbonim. My Eshes Chayil went away for a day with a friend-in the past that would have been an easy and open invite for me to go down the rabbit holes of porn and masturbation. With the help of the chevra here , I remain Tahor.

Although I am not at liberty to disclose all the details of this prominent weddin', I was able to snap one picture, where you will notice the smilin' Rosh HaKahal and the visitin' Rosh Yeshivah; please forgive me if I am divulgin' any private information.

Mazel tov again

Warning: Spoiler!

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