

My path to sanity... chevrah, help me with the way

Posted by ZDuvid - 03 Jul 2015 19:06

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I'm deep and in the ????... I'm addicted to porn, masturbation and who knows what.

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Re: My path to sanity... chevrah, help me with the way

Posted by Shlomo24 - 01 Feb 2016 23:01

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), I think that adopting the mindset of, "OMG I'm not gonna have sex ever!", is not very productive. Is there a chance that you will never have sex? Yes, anything can happen. Is there a chance that you will have sex? Well, yes also. Are you going to die if you don't have sex/intimate connection? No. So why not let things play out? Take it day by day. I'm also single and I think that us single guys are proof that sex is indeed optional.

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Re: My path to sanity... chevrah, help me with the way

Posted by cordnoy - 01 Feb 2016 23:41

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[Workingguy wrote on 01 Feb 2016 22:48:](#)

[cordnoy wrote on 01 Feb 2016 21:56:](#)

I agree with 94<sup>2</sup>, (big chiddush

Sex with her left leg.....? Hmmmm....

I saw that one coming when I wrote it but figured it might get by.....

Nope.

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Re: My path to sanity... chevrah, help me with the way  
Posted by cordnoy - 01 Feb 2016 23:44

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[Shlomo24 wrote on 01 Feb 2016 23:01:](#)

), I think that adopting the mindset of, "OMG I'm not gonna have sex ever!", is not very productive. Is there a chance that you will never have sex? Yes, anything can happen. Is there a chance that you will have sex? Well, yes also. Are you going to die if you don't have sex/intimate connection? No. So why not let things play out? Take it day by day. I'm also single and I think that us single guys are proof that sex is indeed optional.

I agree with 9494 the second time.

Single guys shouldn't offer sexual relations advice to married fellows; it's totally absurd.

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I agree with 94<sup>2</sup>, (big chiddush

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Re: My path to sanity... chevrah, help me with the way  
Posted by Shlomo24 - 01 Feb 2016 23:52

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I don't think what we were saying was absurd. It applies to sex/porn/masturbation you name it. I'm pretty sure that the White Book says "sex is indeed optional". I try not to say made up theories, usually I have good evidence for it, whether I mention it or not. If your wife is a niddah or their are sexual issues? Go ask someone else. Freaking out because of abstinence? That is not a sexual issue.

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 02 Feb 2016 00:13

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Ok so can someone some it up please

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Re: My path to sanity... chevrah, help me with the way  
Posted by Workingguy - 02 Feb 2016 00:53

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[ZDuvid wrote on 02 Feb 2016 00:13:](#)

Ok so can someone some it up please

To sum it up- your situation is painful emotionally and physically. No doubt about it; it's very frustrating.

You've also done really well in sobriety.

You will survive even if you don't masturbate before the next time she goes to the Mikvah.

If you do masturbate you won't necessarily feel better.

Hashem loves you because he gives you everything including your new baby. Mazel Tov!

Many "normal" guys would act out in your situation.

A tough situation isn't a license to act out, and Hashem doesn't owe you a sexual outlet just because you've been clean for a while.

You know what I sometimes think when I'm feeling frustrated in similar situations to yours? I think to myself "It's not fair; Hashem, why can't I have some sexual pleasure?"

And besides the answer that it might not be the best thing for me then, I think of another answer.

Hashem gave me a huge allotment of sexual pleasure in my life. I used SO MUCH of it in ways that he didn't intend, and now my account is running low. Something doesn't go right and I think "Why?" And He answers "you used one months worth in one week, and one year in one month".

So now you want it; but think about how many times you took it when you didn't deserve it.

Does He owe you? I doubt it.

But I feel for you, and I know the pain of the struggle. It can sometimes bring you to tears, and to despair. And so often we don't even succeed. But you, my friend, are a Gibor. You've tasted the real thing; don't throw it away for counterfeit pleasure.

Easy for me to say, so I just want you to know that I and everyone else here are with you either way. We will be popping champagne if you make it, and totally understanding if you don't.

My deepest wishes for your hatzlacha. I even feel your pain as I write this.

Let us know how it goes, and every bit of effort counts.

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Re: My path to sanity... chevrah, help me with the way  
Posted by cordnoy - 02 Feb 2016 01:49

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Re: My path to sanity... chevrah, help me with the way  
Posted by Workingguy - 02 Feb 2016 01:55

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[cordnoy wrote on 02 Feb 2016 01:49:](#)

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I am not and I would not. I'm only replying to his question about summing it up.

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Re: My path to sanity... chevrah, help me with the way  
Posted by cordnoy - 02 Feb 2016 02:56

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[Workingguy wrote on 02 Feb 2016 01:55:](#)

[cordnoy wrote on 02 Feb 2016 01:49:](#)

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I am not and I would not. I'm only replying to his question about summing it up.

Your post was excellent.

I was not referrin' to you.

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Re: My path to sanity... chevrah, help me with the way  
Posted by Workingguy - 02 Feb 2016 03:09

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[cordnoy wrote on 02 Feb 2016 02:56:](#)

[Workingguy wrote on 02 Feb 2016 01:55:](#)

[cordnoy wrote on 02 Feb 2016 01:49:](#)

?? ???? ?? ???? ?? ?????? ???????

I am not and I would not. I'm only replying to his question about summing it up.

Your post was excellent.

I was not referrin' to you.

Thank you. That means a lot, and sorry about that.

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Re: My path to sanity... chevrah, help me with the way

Posted by ZDuid - 02 Feb 2016 05:12

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[Workingguy wrote on 02 Feb 2016 00:53:](#)

[ZDuid wrote on 02 Feb 2016 00:13:](#)

Ok so can someone some it up please

To sum it up- your situation is painful emotionally and physically. No doubt about it; it's very frustrating.

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wow wow wow! Thank you so so much. Its just amazing! Your wisdom and kindness is just incredible. Thanks for your time and effort

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 02 Feb 2016 05:18

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Guys you must hear this! Dont laugh at me, but im a big fan of Ted Cruz. So yesterday i said to hashem "you know what, if you really wanna show me that you still listen to me and you wanna make me happy prove me if you can make a ted cruz victory even if the polls show otherwise" guys i swear you that i said this yesterday!

I guess after all god is willing to give Cruz a win so i shouldn't have a fall!

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Re: My path to sanity... chevrah, help me with the way  
Posted by markz - 02 Feb 2016 05:22

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And where would I be if I would have bet with Gd yesterday and said "Gd, Cruz should lose to prove you wanna make me happy"

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 02 Feb 2016 05:24

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[markz wrote on 02 Feb 2016 05:22:](#)

And where would I be if I would have bet with Gd yesterday and said "Gd, Cruz should lose to prove you wanna make me happy"  
then god would say to you "get out of here, Zduvid has this!"

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