

getting married

Posted by Getting married - 30 Dec 2015 14:28

Hi my brothers and friends

Im a chasidshe bocher I'm in the mid 20's and I'm struggling with m. since about 8/9 years and from p. the last few years.

I'm tired of falling again and again every time I'm falling its taking me minimum a day or 2 to get back up.

I'm getting married in a few months I have to be on the halfway clean when im standing under the chupa (knowing that its a life fight).

Since I found out from GYE (about 2 months ago) and reading a lot on the forums I saw that marriage is not helping to get rid of the lust problem its only getting worse when I have to start deal with a wife (omg if she will catch me) until I found GYE I thought that the rabbnim (?????) are plain staying that Internet are breaking homes when I started reading the forums I was so shocked (b"h there is fourms were only married man that I'm not able to read it) I'm going to take a inocent girl and I'm going to make her life hell I dont want that for her

I have another problem that I'm watching TV shows I feel I need it after a hard day off working before going to learn and davin (thats against tool #3) I have like 2 hours before going to shul if I will have extra time its will lead to.....

im trying to listen to music and shuirim but not always its inof for me if I will have to stop watch to be clean I will do it like I will do everything

I just started again the 90 days taking it day by day so now I'm at day 1

Since I found GYE and really started to fight against lust I feel I'm fighting it the whole day that means its in the back of my mind the whole day I think its taking away a lot of my head from my job is it normal ????

I have set a storng taPHSiC fence

I put a filter and web chaver

I made a time to finish reading the GYE HANDBOOK

But I need still a lot of Chizik

Hashem I'm doing what I can now you send your guys (GYE and whoever is willing to help me) to get me out from it

Should hashem help us fight the battle

Getting married

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Re: getting married

Posted by Getting married - 06 Jan 2016 17:59

[heiligeryid wrote:](#)

just remember: Today is the FIRST day of the rest of your life!!

Sorry but I'm not looking for the rest on my life this there is only today and tomorrow will be only tomorrow in one word taking day by day there is no tomorrow

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Re: getting married

Posted by abe2710 - 09 Jan 2016 19:26

"Thanks for taking your time I really appreciate it I'm working now on reading to handbook and 90 is anythink else I need to know about except what I will see in the handbook if there please tell me thanks"

personally i found this article from rabbi twerski to be extremely helpful to me
guardyoureyes.com/articles/rabbi-twerski/item/shekker-hachein

and see here guardyoureyes.com/forum/4-On-the-Way-to-90-Days/264932-Doing-the-90-Days-%28again%29-but-this-time?limit=15&start=60#273737

for why i found it so helpful

maybe for you something else will help everyone is different.

Gut voch!

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Re: getting married

Posted by Getting married - 10 Jan 2016 00:48

Git voch just want to check in I wasn't here writing for about a week I'm ok b"h on day 5

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Re: getting married

Posted by markz - 10 Jan 2016 00:58

Great!!!

Keep in touch!

keep on trucking!

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Re: getting married

Posted by Getting married - 10 Jan 2016 08:35

Hi I have a question I was at a place were I shouldn't be a clean place and I looked on a girl there quite a few times my question is. Is that a fall or a slip I really don't want its should be a fall because if its is I will fall all the way no question about it

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Re: getting married

Posted by cordnoy - 10 Jan 2016 09:46

[Getting married wrote:](#)

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Are you being serious?

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Re: getting married

Posted by Getting married - 10 Jan 2016 11:07

Are you being serious?

Why do you think I'm not I'm

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Re: getting married

Posted by cordnoy - 10 Jan 2016 13:12

[Getting married wrote:](#)

Are you being serious?

Why do you think I'm not I'm

For.....

A you write it is a place you shouldn't be....but it is a clean place

B lookin' at a girl several times, and you are not sure if it's a fall.

C you have no doubt that if it is a fall, you will fall all the way. Why? Is your streak what's saving you? If it is, does that make sense? Are you really accomplishing anything? When will you come up for air?

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Re: getting married

Posted by Getting married - 10 Jan 2016 13:32

[cordnoy wrote:](#)

[Getting married wrote:](#)

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A its totally clean place but I know when ever I'm going there I'm getting lost by the surrounding (girls) I have tried to avoid it lately

B/C I know its a fall by the rules the think is why I don't want its should be a fall because its will lead to m and maybe p. For a day or 2 and then I will get back up

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Re: getting married

Posted by cordnoy - 10 Jan 2016 13:50

[Getting married wrote:](#)

[cordnoy wrote:](#)

[Getting married wrote:](#)

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Might be time for you to use a different tool.

It seems like you're simply holding your breath.

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Re: getting married

Posted by markz - 10 Jan 2016 15:21

[cordnoy wrote:](#)

[Getting married wrote:](#)

[cordnoy wrote:](#)

[Getting married wrote:](#)

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C I didn't got it at all (I have a slow head

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It seems like you're simply holding your breath.
Hey I didn't know waterboarding was one of the tools

I highly recommend it for our isis members

If you're not isis, try get a hitch to cordnoys truck, or install a GPS provided in my signature

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Re: getting married
Posted by Workingguy - 10 Jan 2016 16:44

[cordnoy wrote:](#)

[Getting married wrote:](#)

[cordnoy wrote:](#)

[Getting married wrote:](#)

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Cordnoy,

I want to say two things- one where I agree, but one where I'm not sure if you're being helpful to him.

I think that if he is not acting out in the meantime and he is aware of what can make him fall, he is definitely accomplishing something. Even if he is holding his breath, that's definitely better than not. So I don't think it's fair to question whether he's accomplishing anything at all.

On the other hand, I think we're all (or many of us) aware that addiction is the mental obsession. So, we have obsessive thinking where we say- and I know I've said this in the past- well, if I lose my count of 90 days I'm going to go all the way down. Or, if I have a fall, I'll fall hard. Why do we do that? Because the mental obsession tells us that we're down anyway, so we may as well.

However, when we've made the decision that we really WANT to stop, then that becomes unreasonable to us.

So where I agree with you is of that is still the thought process going on- that if I'm down I'm just going to fall more- then maybe he needs to try something else besides what he's doing now.

I should say though that even in twelve steps many people who slip binge on their way down before they get back up. So even if he should join twelve steps, there is no guarantee that if he should have a fall, he wouldn't do that either. I think it's important to be clear that there is no magic pill.

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Re: getting married

Posted by mggsbms - 10 Jan 2016 17:43

[Getting married wrote:](#)

[cordnoy wrote:](#)

[Getting married wrote:](#)

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I don't want to get too nitty gritty, but there are rules to what's considered a fall on GYE, i don't have their exact link but I'm sure somebody has it handy.

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Re: getting married

Posted by Shlomo24 - 10 Jan 2016 17:49

To all those who try "holding their breath": Enjoy your time in that space, you might want to bring some sunscreen because it is going to be really hot there. Oh, also say hi to Lucifer for me. We used to know each other quite well.

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