

Hello

Posted by Tes - 19 Jul 2016 08:59

This is my story, it all began about 8 years ago. My first smart phone, however the desire to look was always there. With the advance of technology its just so much more available.

I have learn't so much from the recources available from the GYE website.

Recently I have been monitering what triggers me of and found that a simple thing like a disagreement with my wife sends me spiralling down that long narrow pathway of lust.

Today I recognise that within me lies the problem. (Equanimity).I must learn to master this character trait. I must learn to remain calm even in the most trying of situations and remind myself that its all part of my personal journey to spiritual growth. Before me lie two pathways.....

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Re: Hello

Posted by cordnoy - 19 Jul 2016 09:31

Welcome,

B'hatzlachah to you.

Good stuff.

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Re: Hello

Posted by Markz - 19 Jul 2016 12:38

Hello

I heard Cordnoy still has daily calls but they're one on one at any time of the day. He can help you with resentment etc mentioned in the White book in his signature

Heres a joke: why don't you simply go with your wife to a marriage counselor and figure out a way not to have disagreements, and then you'll never have to spiral to lust. That's a simpler solution than joining a group call or a SAA group

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Re: Hello

Posted by gibbor120 - 19 Jul 2016 16:59

Welcome! You said it. There are the obvious triggers like a smart phone, but there are triggers that people often don't recognize as triggers at all, like a disagreement with the wife. (A very common one I might add)

Read the handbook. Keep posting.

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Re: Hello

Posted by cordnoy - 19 Jul 2016 19:28

[Markz wrote on 19 Jul 2016 12:38:](#)

Hello

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Heres a joke: why don't you simply go with your wife to a marriage counselor and figure out a way not to have disagreements, and then you'll never have to spiral to lust. That's a simpler

solution than joining a group call or a SAA group

One on one, I will always have.

Daily call is a group that let me in.

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