

getting there after to many lost years
Posted by getthere - 27 Apr 2017 09:20

I've been looking at GYE for a while and decided its time to join and see if i can also get there with a calm and relaxed feeling.

My story in short:

I have had a problem with watching Videos and MZL for about 25 years. I used to be MZL minimum once a day to relief me of stress and therefor being able to fall asleep, i used to watch videos when i was and was in desparate need of some good company - or so it thought then. This was all good, albeit feeling down after doing it, until my wife checked my phone, at first i denied everything but then she saw it again and i decided NO Choice you just have to own up. this happened about 11/2 years ago. Since then the Sholoim Bayis was rocky at times and at other times it was stormy - hurricane like. For the past half year or so things are B.H. calming down and she is now accepting of who i am today. The problem is i have my falls every now and then and i am MZL. I know its an aveire but this did not stop me for many years why should it stop me now. In Yeshiva the Mashgiach even once saw what i was doing but he just pulled out a Shulchan Aruch and that was the end of him talking to me.

I hope by joining GYE i will be able to free myself totally from this.

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Re: getting there after to many lost years
Posted by getthere - 03 May 2017 09:54

i feel like you tubing now, instead i went on the forum to read some stuff which keeps my mind off youtube.

Thank you GYE for being here for us.

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Re: getting there after to many lost years
Posted by cordnoy - 03 May 2017 12:14

[Singularity wrote on 03 May 2017 08:15:](#)

[cordnoy wrote on 03 May 2017 00:47:](#)

Define mega please.

mega is the final form of digivolution in the heirarchy mega -> ultimate -> champion -> rookie.

IMHO, "Ultimate" sounds more "mega" than mega, but I guess I can decide when I develop a game myself.

My proof is further substantiated because seemingly we can substitute "mega" for "much", and I'm sure all opinions agree that "much" definitely does NOT contend with "ultimate".

Does "mega" mean "sex"?

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Re: getting there after to many lost years
Posted by getthere - 03 May 2017 12:41

[cordnoy wrote on 03 May 2017 12:14:](#)

[Singularity wrote on 03 May 2017 08:15:](#)

[cordnoy wrote on 03 May 2017 00:47:](#)

Define mega please.

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or just plain old Sholoim Bayis that gets better, as i feel that already now - feeling more relaxed, more attentive to her needs and feelings.

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Re: getting there after to many lost years
Posted by bb0212 - 03 May 2017 13:44

[cordnoy wrote on 03 May 2017 12:14:](#)

[Singularity wrote on 03 May 2017 08:15:](#)

[cordnoy wrote on 03 May 2017 00:47:](#)

Define mega please.

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Classic Cords

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Re: getting there after to many lost years
Posted by getthere - 06 May 2017 20:55

Good woch

B.H doing very good had a wonderfull shabbos, something intersting happened on friday to me. I was at a course on thursday and there was a women there inappropriatey dressed, but i still.had the course on friday - a dilemna these days!- so i davend to hashem that hecshould look after me. I was very nervous friday morning not sure if i should go or not but decided to go after reading so many stories on here about similar problems. What happend was that this women first she came only for tge second just as i was leaving and second she was dressed more zniusdig then the first day. I 0am very gratefull to hashem for tgat, in olden days i provably would not even have realized that something is wrong.

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Re: getting there after to many lost years
Posted by Chaimel - 07 May 2017 02:11

[getthere wrote on 06 May 2017 20:55:](#)

in olden days i provably would not even have realized that something is wrong.

It's always amazing when you can turn around and see how you've grown, keep up the great work!

Thanks for sharing!

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Re: getting there after to many lost years

Posted by Hashem Help Me - 07 May 2017 04:35

[getthere wrote on 06 May 2017 20:55:](#)

Good woch

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Imagine the nachas Hashem has from such a post.

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Re: getting there after to many lost years

Posted by getthere - 15 May 2017 15:55

That was a long break from writing on the forum, but i was away on vacation with my wife. Let me tell you how it went from my side and after that how my wife found it, as way of introduction i also have to say before the trip me and my wife felt totally different to each other, we felt more connected.

I found the vacation actually pretty good, allthough it was halve vacation halve business and then the business always gets in the way of the vacation part - but that is besides the point. I B.H. managed to watch my eyes most of the time - i almost never looked a second time and i kept my eyes in check. I also did not MZL the whole time, already a while now - including some hard times, but somehow it does not pull me anymore so much in that direction, so that feld good.

One evening though my wife just exploded at me and told me that i am again in a different world with all those not Zniusdig dressed girls out there, whereas i told her that i was busy concentrating not to look that is why, it seems like i am back to my old habit of looking and fantasizing, it calmed her down somewhat but then she said, instead of concentrating not to look i should yes concentrate on her. Which made alot of sense to me, i even brought her the next day a coffee and cake to the apartment we were staying which she greatly appreciated.

It is probably a point of yes concentrating on something positive than not concentrating on something negative.

Does anyone have ideas how to set this up?

I gotta go now, but will hopefully be back this week still.

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Re: getting there after to many lost years

Posted by Hashem Help Me - 15 May 2017 17:33

Reach out to a mentor, someone wise.

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Re: getting there after to many lost years

Posted by getthere - 16 May 2017 15:44

Thanks will do

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Re: getting there after to many lost years

Posted by getthere - 18 May 2017 15:40

upto day 26 and it feels real good to be clean so long. I just have to really want then it works, otherwise there is always the YH around the corner in waiting position.

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Re: getting there after to many lost years

Posted by gibbor120 - 18 May 2017 21:34

What do you need to set up? You can focus on your wife. Another idea is to plan something to

think about before you leave (could be Torah or just a topic of general interest). Then you will have something on your mind and not be as distracted on the street.

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Re: getting there after to many lost years
Posted by getthere - 19 May 2017 10:13

I need to learn to concentrate more on my wife even when there are many other people out there, it will take some work but i'll get there, as my marriage B.H. took a really big step forward since i've started soberising.(as in rising in being sober)

Gut Shabbes

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Re: getting there after to many lost years
Posted by bear - 21 May 2017 05:18

[getthere wrote on 19 May 2017 10:13:](#)

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Gut Shabbes

Thanks, I love the idea. I am not married yet but I have to keep that in mind for when I God willing do.

Thanks for the strategy!!

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