

growing higher

Posted by gettingthere9 - 04 Jun 2021 19:32

Here we go...

I am new here and have been looking around GYE for the last few days...

OMG!!! I feel like Harry Potter visiting Diagon alley for the first time...

The ppl here are so inspirational and so amazing!

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Re: growing higher

Posted by Rt234 - 27 Jun 2021 13:49

Keep it up!!!

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Re: growing higher

Posted by wilnevergiveup - 27 Jun 2021 20:59

Mazal Tov on 30 days! How are you celebrating?

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Re: growing higher

Posted by gettingthere9 - 27 Jun 2021 21:20

Im gonna pound Ice cream after the fast...

maybe a lchaim also otherwise just trying to keep busy till the fast is over...

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Re: growing higher

Posted by gettingthere9 - 07 Jul 2021 03:53

40 days clean bh!

Chazarah of how I have made it this far

(which is still the plan for the future)

Things I have learned on my journey that work...

Keeping my eyes to myself *for my own good*.

Viewing women as people.

Taking every day one day at a time.

Remembering during a struggle that *'I really dont want it'*

Warning: Spoiler!

Agav... Random thought that was floating through my head...

Theres a lot of talk about 'being done' with the parsha and 'being stuck dealing with these issues for the rest of my life'

It may be wrong to compare but I was thinking that its really similar to 'The Machalah' in many ways.

They need rigourous treatment in the beggining and as much as its a huge relief when someone is finally better... he is never really done with it. He needs to go to checkups every few months in the beggining, then every year for the rest of his life basically... and he is always going to be high risk for a relapse.

Take it or leave it...

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Re: growing higher

Posted by Ish MiGrodno - 07 Jul 2021 04:17

Amazing job!

Regarding your point of "being done," I believe that the sexaholic oilam is simply looking for a "breather" here and there from the yetzer; it is a fair request from HKBH....but if he does not grant us that, we can accept that as well.

If it is my fate to struggle my whole life, that's OK.

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Re: growing higher
Posted by gettingthere9 - 08 Jul 2021 00:42

I forgot to mention 2 other big things for me...

These are things more for in the moment...

1) I try to make it as many steps as possible to get from 0-60.

This sometimes works with time but (for me) it works better with steps.

(I used to go sometimes straight to the john after only a moment of a really strong urge...)

Now I make myself go through many steps first.

First I gotta pull out of the driveway then get to the stop sign then make the turn (then get stuck in lakewood traffic...) etc. then get to the ramp THEN maybe there's the highway...

Somewhere along the way I can distract myself and it passes.

AND Hashem usually sends me a helicopter or a lifeboat and saves me. Which is my second thing

2) Watch and listen for Hashem. He usually comes to help me but I try to push him away in the moment. (Like the time my wife called me THREE times while I was (trying) to look at something on my phone... I *knew* that Hashem was right there trying to help but I wasn't interested...)

When Hashem gives me a hand... Take it.

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Re: growing higher

Posted by gettingthere9 - 08 Jul 2021 00:51

[Ish MiGrodno wrote on 07 Jul 2021 04:17:](#)

Amazing job!

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I hear... What I was trying to say was not so much about the daily struggle per se... more about the concept that we are all 'high risk patients' and its something that we will *at least* be DEALING with for the rest of our life to some degree. We can and should daven that we wont have to struggle, and for sure not 'suffer'. But we will always have to be on high alert, more than

other people because we are still high risk.

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Re: growing higher

Posted by gettingthere9 - 12 Jul 2021 03:29

Halfway to 90!

I would like to thank Hashem for helping me reach this point, without Hashems help I would be nowhere...

Trying to stay firm with (not) looking at woman... I have been getting a little lax about it. Also I kind of convinced myself that I'm getting better at viewing woman as people. (and I need practice...)

I don't need practice... I just want to look...

I am not allowed to stare (gaze) at woman, because the torah says so. (and because it makes my mind go to funny places where I really don't want to be...)

There *are* ways to have a normal conversation with a woman using the proper tools and with the proper mindset... but thats not what I am doing...

I need to be better. (not gonna be perfect... just need to try harder to be better)

But 45 days clean aint nothin to sneeze at and its definately the longest streak I've had since I started!

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Re: growing higher

Posted by HappyYid - 12 Jul 2021 04:08

Amazing.

I'm so happy for you!

Congratulations!

Keep it up!

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Re: growing higher

Posted by gettingthere9 - 20 Jul 2021 03:03

50 days just came and went (today is 53 BH)

BH I feel that I am holding in a much better place.

Still... I struggle when I see regular normal women in the street.

Its still really hard for me to turn away when someone pretty passes by.

Today for example I was walking somewhere and there was a guy discussing something with a woman whom happened to be very pretty and well dressed (Not even dressed immodestly). I just stared at her for a second or two, and had to literally peel my eyes away.

Then the thoughts started flooding in...

1) How come I cant just turn away??

2) What is wrong with me?? How can that guy have a normal conversation with her... and me... I practically have a heart attack??

3) Will I ever be able to have a normal conversation with a pretty woman?

4) After I actually was far enough... all I was thinking about was how she looked, and how I want to look back, and the thoughts of wanting to see her again mingled with the thoughts of how crazy I am...

(I know all the literature... Its the putting into practice that I gotta work on)

Thanx for listening

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Re: growing higher
Posted by gettingthere9 - 23 Jul 2021 21:20

So like a month ago I wrote that I had a really hard day...
I was lying!!!

THAT was an easy day!

Of course there are the regular ups and downs...

But today was different.

I used to have a lot of trouble on days when I wasn't busy and my wife was at work the whole day. Now I try to make sure that it doesn't happen that often.

Anyways I have a job for bein hazmanim and I'm usually very busy and by the time I get home I'm exhausted and feel very good about myself. Friday though I don't have work...

So as soon as I dropped my wife off the old 'auto play' thoughts started pouring in...

'Now I'm gonna go home... relax a bit... get comfy... find some stuff.. and enjoy a little...'

Every part of my house was another triggering thought or memory... When I was doing errands all I could think of was I can't wait to get home and... As if it was part of my schedule today!

WOW

'Don't you remember??'

'I changed!'

'I don't do that anymore!'

'HELLO?? ANYONE HOME??'

I'm not even being home for shabbos so I couldn't be busy making food etc...

Anyways BH I made it through till I had to pick my wife up. (not without a few stares at a couple of things I usually would at least have tried to turn away from... but hey t'was pretty good all in all)

Have a good shabbos guys! Without you this post would look a lot different...

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Re: growing higher

Posted by gettingthere9 - 30 Jul 2021 01:54

Moments ago...

So I used to not trust myself at all with computer... (only my wife knows the code and she makes sure to turn it off before she leaves anywhere.)

But the other day we decided that it would be ok as long as it was whitelisted (we used to have just regular gentech)... Its Bein Hazmanim and I'm on GYE more etc. when she not around...

Anyways...

My wife left for a while and I couldn't help but search around the little that I could...

So I think I learned something new about myself...

As much as I think I have GROWN in this area I'm still DOA If alone with any access.

Luckily for me (Thank you Hashem) my wife came home before anything too crazy happened.

Another thing I learned (I kind of knew this before, but this is the first time since joining GYE that its been reconfirmed) is that there is no "going halfway". Once I start it's almost impossible to stop. The trick is to never play with fire. The YH told me to just look a bit... Nothings gonna happen. I listened to him... I told myself that I for sure wont 'touch'... Lo and behold a few minutes later...

Was only saved cuz the wife came home.

P.S. Should I get my wife to lock the computer again? I assume the answer is yes... But maybe I rely on the fact that I don't have any access, a little too much?

Any suggestions?

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Re: growing higher
Posted by gettingthere9 - 30 Jul 2021 01:55

BTW 63 days!

still hangin in there!

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Re: growing higher

Posted by gettingthere9 - 30 Jul 2021 16:56

Today again having trouble...

Went to dentist (not Jewish place) and they had some magazines...

Why am I here? I have come so far. Why am I doing this?

I'm not doing this for the streak, although it has saved me before.

I'm not doing this to prove anything, although it does prove many things.

I'm not doing this to gain recognition from others, although I do get recognition for it.

I'm not doing this cuz it makes me **'feel good'**, I'm doing this cuz it makes me **'happy'**

I'm doing this for myself because I'm sick and tired of living in a 'hamster wheel'.

I'm doing this because if I continue how I was living before, I will hate myself when I go to sleep, and hate myself when I wake up.

I'm doing this for my life, and my relationship with my wife (not for her per se, rather for MY relationship WITH her...).

I'm doing this because the alternative takes over my life.

I'm doing this so that one day I will be able to have a working relationship with a woman in a healthy kosher way.

So simple...

Now that everything is clear I probably wont struggle again...

Warning: Spoiler!

How come I can never remember this in the moment...

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