

Just some practical eitzos

Posted by SIB101854 - 04 Apr 2014 05:01

I never thought that I could be 244 days (and hoping for a lot more) days Tahor. I am gearing up myself for summer in NYC where the fashion credo is "less is more" as many have pointed out here, and I don't have the option of getting away for Shabbos in the summer.

Here are some practical tips that have worked so far:

1)After I get back from a 9:30 Maariv, it is time to get ready for bed. That means lights out after a quick shower, including our finished basement where the computer and TV are located. (We watch almost no TV at all for the obvious reasons). When I go to sleep

2) In the morning, when I get ready for shul, I make sure that the door to the basement is closed.

3) I read the NY Post on the way to work, but I toss it in the garbage in my office.

4) While on the subway, my head is glued to the Gemara and my ears are listening to great Talmidei Chachamim.

5)When I am walking, I realize that many women are inappropriately dressed and I am Mispallel, but I have realized that the blank subway look and avoiding any triggers like magazine covers from newstands are a huge help.

4) I know that my level of emotional intimacy with my Eshes Chayil who is my biggest supporter is at an all time high since I have been Tahor. When you realize that your wife, children and nachas from grandchildren are what counts in life together with great chaverim, and everything else that bothers you is very secondary, then you can begin to deal with the issues that caused me to go down the rat hole of masturbation and porn by realizing that HaShem is really in control of what happens in this world.

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Re: Just some practical eitzos

Posted by shivisi - 28 Apr 2014 11:25

[SIB101854 wrote:](#)

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realizing that HaShem is really in control of what happens in this world.

wow!

Such amaaazing thoughts and actions!

knowing how to deal with avoiding triggers, in each and every situation!

Kudos to you!

I just would like clarification on your points #s 3 and 4.

You write that " 3) I read the NY Post on the way to work, but I toss it in the garbage in my office." Then you write that " 4) While on the subway, my head is glued to the Gemara and my ears are listening to great Talmidei Chachamim".

When is "on the way to work"? is that not on the subway??

Kol hakavod (kudos) to you for spending your subway time listening to shiurim etc. and being able to withstand the challenges of shmiras haeynayim (GYE!) which the New York city subway presents.

But being that your going for such wonderful accomplishments, where does the NYP fit in??

I understand your wanting to get news and business updates etc. but "The new york post"??? The NYP is known to be one of the "lowest" of the standard daily newspapers, as far as cleanliness is concerned.

I would think that you might be ready to find a paper more appropriate to the amazing levels of awareness in cleanliness which you have accomplished.

I understand that it might be difficult to give up a paper which you have been used to reading and which you like it's style etc.. but that brings us back to your opening statement "I never thought that I could be 244 days!!" You showed yourself that you can change something which you never believed you would, so changing your newspaper might also not be such a hopeless idea.

Once again, wow wow wow! your post was truly encouraging and admirable!

Wishing you much hatzlocho and more and more progress and happiness in your life.

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Re: Just some practical eitzos

Posted by cordnoy - 28 Apr 2014 15:09

at least he aint readin' da Times!

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Re: Just some practical eitzos

Posted by SIB101854 - 29 Apr 2014 05:00

I agree re the NYP-but it has a great editorial and op ed page, and superb sports coverage-I think that the NY Times is worse because of the anti Israel, far left and pritzusdik agenda that one finds in the NYT editorial, op ed and news coverage. We used to subscribe to the NYT for years,but we dumped it for the WSJ-whichj has a superb editorial and op ed page, but a poor sports page.

We recently have been hit with some huge household bills . That might have served as a trigger in the past, but I know that we have each other within our daled amos,, and somehow we will get thru BEzras HaShem.

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