

My tips and tricks

Posted by mike dupont - 08 Sep 2015 15:17

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I'm on my first clean streak since years (19 days so far); for years I wanted to get out of my miserable life of cheating and lying but it was just stronger than me. BH my wife caught me and both of us started a therapy and changing a few things in our current lifestyle to make it harder to fall.

I'm getting a lot of support from my wife and she came up with a few ideas.

I stopped taking my smartphone in the bedroom at night, I leave the office at an earlier hour, I call my wife if I'm being delayed (even it's only for 10-15 min)...

Obviously talking to Hashem and begging for His help is part of it; BH my davening has really changed lately. When you come to 'Refoenu' I believe it's the right time to ask Hashem to heal you and help you through another day. Don't forget you have the opportunity to ask everything you need from Hashem three times a day, make the best of it. Just take a little longer to think about what you say instead of just making sure you can cross off davening from your daily to-do list.

My wife introduced me to GYE which has also become part of my routine (not daily but I do read the chizuk emails, update my profile on the 90 day wall and when I have some time read/write on the forum).

Being a runner this helps me in different ways:

1. I'm able to set a goal and work towards it, step by step (in my case my initial goal is to make it through to the 90 days using milestones such as 1 week, 2 week, RH, YK...)

2. I also look at what I've accomplished so far and I really don't want to lose that (last week I set out to run 12KM but after 10KM I was tired, knowing I'd need to start from scratch again if I stopped I just forced myself through to the 12KM)

3. Running didn't come naturally to me, I was overweight for years and started exercising about 10 years ago. It took me some time to get used to it and then to appreciate its many benefits (better looking, better health...). Here it's the same thing I introduced all these changes and started appreciating life in a total different way. BH our marital has improved very positively in a very short period of time (although I wouldn't say that every day is easy, my wife is obviously still upset and I can't blame her, she's right).

At this point I hope to make it through the Yomim Toivim and then on to the 90 days.

I'd like to thank all of you and wish you a Shono Toivo. Don't despair, Hashem always loves us and wants to see us fight.

Mike

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Re: My tips and tricks

Posted by waydown - 09 Sep 2015 14:34

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Ok so based on Codrnoy's suggestion I have waited to respond and decided to sleep over it.

Watson,

I still strongly believe that you are not denying any bit of my argument. True the data you provided suggests that fighting was not what helped you succeed in getting rid of lust. But without fighting you would not have joined SA, Yes you fought for two yrs and never truly got rid of your problem but it brought self awareness and determination that the status quo is no good. Many of us have done this for years and always thought hey this is just part of our life lets just move on and live with it. Fighting taught you & me that its not OK to live a life like this. We can do better.

In a nutshell fighting was NOT a means in itself of winning over lust. But it did succeed and getting you to join SA.

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Re: My tips and tricks

Posted by cordnoy - 09 Sep 2015 15:19

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[mike dupont wrote:](#)

If I may suggest a bit of Torah reading which gave me a chizuk: look for 'Torah Wellspring' from Rabbi Elimelech Biderman on parshas Ki Setzei.

It speaks about the battle with the YH (in general terms, not related to addictions).

Personally I'm still a bit puzzled when I read about being totally powerless; it gives me the -false?- impression that I just have to put my faith in Hashem and everything will come into place without me doing anything.

Naturally I understand and agree that without Hashem's help I wouldn't be anywhere but I have to make some effort too. In that case only Hashem will help me (Habo letaher, messayin oiso).

I know that I couldn't get out of my situation without Hashem jumpstarting the process (many times I wanted to get out but wasn't strong enough) but He expects me to do my part of the effort. It's a joint effort, without Hashem there's no way to overpower the YH.

Don't stop on page 1 and you won't get that false impression.

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Re: My tips and tricks

Posted by cordnoy - 09 Sep 2015 15:22

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[waydown wrote:](#)

Ok so based on Codrnoy's suggestion I have waited to respond and decided to sleep over it.

Watson,

I still strongly believe that you are not denying any bit of my argument. True the data you provided suggests that fighting was not what helped you succeed in getting rid of lust. But without fighting you would not have joined SA, Yes you fought for two yrs and never truly got rid of your problem but it brought self awareness and determination that the status quo is no good. Many of us have done this for years and always thought hey this just part of our life lets just move on and live with it. Fighting taught you & me that its not OK to live a life like this. We can do better.

In a nutshell fighting was NOT a means in itself of winning over lust. But it did succeed and geeting you to join SA.

And if the good doctor should happen to find some time free from his practice and Sherlock has nothing pressing on his plate today and he will respond, my suggestion for today remains the same.

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Re: My tips and tricks

Posted by waydown - 09 Sep 2015 15:48

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Dr. Cordnoy,

Or perhaps Rabbi Dr. (Anyone who succeeded in tackling lust deserves the rabbi!)

You are one confusing guy! One day you tell me I am on the right path. I got the concept of powerless etc.. The next day no I will never succeed unde rmy approach.

More generally so are we suggesting that the only way put is SA?

And the 21 priniciples seem to concide with my thoughts paricullary that itsa battle combined with the SA powerless methods that are taught. Below is just one example.

[guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle/item/principle-5?category\\_id=279](http://guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle/item/principle-5?category_id=279)

Here is another link about joining SA.

[guardyoureyes.com/tools/live-groups](http://guardyoureyes.com/tools/live-groups)

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Re: My tips and tricks  
Posted by waydown - 09 Sep 2015 15:58

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I am sorry I know Cordnoy wants me to shut up already but one more thought. I will get killed for this one.

Say one never gets rid of lust but learns how to properly deal with it in a way that a non addict would. Is that so bad? So say one does act out once every month or two months. Is it an averio? Yes. Should he do that? No. But is his life still unbearable? I don't think so. If there is anything I have experinedced thus far I would say the following. Once I choose to battle my lust, I no longer find it to be a struggle that sits on me the whole day. Rather it pipes up from time to time. (I no longer need to feed my lust every other minute of my working day. I am much calmer.). My life is defintley wihtout question more manageable. Yes its risky. I am an addict. When that lust does creep up I may not just slip I may get sucked back into the pit. So work is definitley needed. But just to say that fighting it is worthless??? I just don't see it that way.

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Re: My tips and tricks  
Posted by cordnoy - 09 Sep 2015 17:10

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[waydown wrote:](#)

I am sorry I know Cordnoy wants me to shut up already but one more thought. I will get killed for this one.

Yep!

Where da Hell is my Desert Eagle when I need it?

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Re: My tips and tricks

Posted by Watson - 09 Sep 2015 17:36

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[waydown wrote:](#)

I still strongly believe that you are not denying any bit of my argument.

Hatzlacha raba my friend. I'll repeat that I'm not giving advice, I'm just asking you to keep an open mind.

And that's my GYE posting done for a long while.

Kesiva vechasima tova to you all.

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Re: My tips and tricks

Posted by waydown - 09 Sep 2015 17:51

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Watsin may you have a kesiva vchasima tova and a gut gebnetchda holy and kedushdika yr. I  
That's because I'm not fighting you.  
envy you and your sechar at yom hadin this yr will be great!

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