

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

I

=====

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 24 Jun 2013 22:53

NEW PROFILE PICTURE!!!

Update:

About two months ago I announced that I would be posting less because I found a friend that I would speak with daily about my struggle.

or so I thought.

Apparently, he was also struggling and kept on avoiding having these discussions.

and I started

S

L

I

P

P

I
N
G

Finally at the end of last week I really pushed the issue and sat down with him to have a five minute discussion that lasted for an hour.

BH it was quite productive for him and me. I knew that he was struggling but he opened up to me and I opened up to him and gave each other chizuk.

The truth is that without GYE I probably would not have developed the courage to open up to someone.

=====

Re: My Story - Reallygettingthere
Posted by tehillimzugger - 25 Jun 2013 19:11

I think I once heard of a minhag to light candles Motzei Taanis

=====

Re: My Story - Reallygettingthere
Posted by ZemirosShabbos - 25 Jun 2013 19:36

some are noheg to light the burners on the stove or the grill motzei taanis

=====

Re: My Story - Reallygettingthere
Posted by reallygettingthere - 25 Jun 2013 19:38

I'm soimech on the BAD WORD REMOVEDas that hold you can be yoitze with Keurig

=====

=====

Re: My Story - Reallygettingthere
Posted by Dov - 25 Jun 2013 20:32

[ZemirosShabbos wrote:](#)

some are noheg to light the burners on the stove or the grill motzei taanis

I used to have a minhag to masturbate to porn after watching TV for a few hours on Motzoei Shabbosos. I'm not exactly sure where that minhag shtamms from, but I was very serious about it, at the time. That much I remember vividly.

=====

=====

Re: My Story - Reallygettingthere
Posted by mr. emunah - 25 Jun 2013 20:36

OWCH!

it may come from Midian....

=====

=====

Re: My Story - Reallygettingthere
Posted by Dov - 25 Jun 2013 20:42

[reallygettingthere wrote:](#)

I found a friend that I would speak with daily about my struggle.

or so I thought.

Apparently, he was also struggling and kept on avoiding having these discussions.

and I started

S

L

I

P

P

I

N

G

Finally at the end of last week I really pushed the issue and sat down with him to have a five minute discussion that lasted for an hour.

BH it was quite productive for him and me. I knew that he was struggling but he opened up to me and I opened up to him and gave each other chizuk.

The truth is that without GYE I probably would not have developed the courage to open up to someone.

Beautiful, how this opening up thing works. Magic, really. We really are the very worst keepers of our secrets, aren't we?

But I sincerely hope you do not fall for the mistake we frum guys often fall for, of tying our own recovery to that of another person. Chayecha kodmin applies here - if it applies anywhere at all.

That is very important, OK.

Hatzlocha!

=====
=====

Re: My Story - Reallygettingthere

Posted by ZemirosShabbos - 25 Jun 2013 20:48

[Dov wrote:](#)

[ZemirosShabbos wrote:](#)

some are noheg to light the burners on the stove or the grill motzei taanis

I used to have a minhag to masturbate to porn after watching TV for a few hours on Motzoei Shabbosos. I'm not exactly sure where that minhag shtamms from, but I was very serious about

it, at the time. That much I remember vividly.

did you check Taamei Haminhagim?

=====

Re: My Story - Reallygettingthere
Posted by Pidaini - 25 Jun 2013 21:37

[Dov wrote:](#)

But [/b]I sincerely hope you do not fall for the mistake we frum guys often fall for, of tying our own recovery to that of another person. Chayecha kodmin applies here - if it applies anywhere at all.

That is very important, OK.

Hatzlocha!

Dov, can I ask you to explain what you mean?

Thnaks

=====

Re: My Story - Reallygettingthere

Posted by tehillimzugger - 25 Jun 2013 23:10

[ZemirosShabbos wrote:](#)

did you check Taamei Haminhagim?

You may want to check [this sefer](#).

=====

Re: My Story - Reallygettingthere

Posted by Machshovo Tova - 25 Jun 2013 23:42

[ZemirosShabbos wrote:](#)

[Dov wrote:](#)

[ZemirosShabbos wrote:](#)

some are noheg to light the burners on the stove or the grill motzei taanis

I used to have a minhag to masturbate to porn after watching TV for a few hours on Motzoei Shabbosos. I'm not exactly sure where that minhag shtamms from, but I was very serious about it, at the time. That much I remember vividly.

did you check Taamei Haminhagim?

Maybe it's a "Choik" without a Taam. As the Ibn Ezra (Vayikra 18:3) says, that when one keeps repeating such habits it becomes a "choik" (an ingrained addiction).

MT

=====

Re: My Story - Reallygettingthere
Posted by cordnoy - 26 Jun 2013 00:42

Speaking of minhagim, here was mine

After we (wife and I) became assur, id hook up with a woman (thru skype or yahoo) halfway around the world. strangely, I do not have the tayva (too much) of looking at videos any longer. I have a willing partner. The street, pictures etc still have effect upon me, but it is like channeled to one source. In some ways, it is easier to control, but in other ways, it is more difficult.

Its off the topic of motzei taanis minhagim (and I hope I don't create a new minhag), so I won't be maarich here.

Thank you

=====

Re: My Story - Reallygettingthere
Posted by needtoquit - 26 Jun 2013 05:47

[Dov wrote:](#)

I used to have a minhag to masturbate to porn after watching TV for a few hours on Motzoei Shabbosos. I'm not exactly sure where that minhag shtamms from, but I was very serious about it, at the time. That much I remember vividly.

Yes, it must be a minhag Yisroel because I also used to do it. (And who among us can say,
But I'm not sure the
source either.

However, I found the source for reallygettingthere's minhag to set up the candles instead of masturbating. Dvar Torah hidden in spoiler for those of us who read in the bathroom.

Warning: Spoiler!

Hatzlacha to us all.

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 26 Jun 2013 06:05

Wow! I had maftir today.

=====