

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....
Posted by Singularity - 09 Jan 2017 07:34

[laughingman wrote on 08 Jan 2017 09:16:](#)

I havent posted in a whileor communicated with anyone from here at all reallyi have been taking a loooooong hard look at what i really think and what i really want to accomplish in lifealso what i CAN accomplish at this pointi have been doing betterbut financially it has been pretty scary

Financial stuff is scary bro. I hear. I got my own beef. I need a *yeshua*, *b'ezras Hashem*.. but it's nowhere as close to the fear of having to start from day 0 again. I want to internalize that.

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Re: laughingman tries to count to 90.....
Posted by Dov - 11 Jan 2017 23:24

I love you chaver. Have a good day and hatzlocha today with whatever stuff you are trying to be useful in.

What else is there than that, really?

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Re: laughingman tries to count to 90.....
Posted by laughingman - 24 Feb 2017 10:42

I have not posted in over a monthanyone with half a minute could deduce that on their own but that was the first thing that struck me as i wanted to write a post

but what i really want to write down is how weird i feel

i have definitely made changes ...in my shmirat habrit, in my habits, in the way i talk to my

family, all for the positive i hope

i can say that if i did have addiction i seem to have some understandingthough its possible i never had true addiction in the first placebut i never feel donei always feel "on guard" ..."watchful"

one reason is that while my acting out episodes have gone downi am unsure if i am really doing betterbecause my positive actions feel less

for sure i am more positive to my familyespecially my wifebut in my quest to help her feel better i feel like my relationship with Hashem suffers tremendously

for one my wife has been having alot of issues emunah wise

even things we have accomplished halachically i am constantly unsure if we are doing correctly ...and she doesnt care she has enough to worry aboutwhat with a chronic illness an all though even there we have made some strides

but also in the realm of finance i am not doing wellseems everywhere i turn money is "supposed to be coming" but for reasons that vary ...its not here now

also i am under pretty steep debt

i dont daven nearly as much as i used tobut when i do i bawl out like i never got to pray in my lifei dont know how much quality those prayers are evensome days i end up putting on tefillin at tzietunfortunately i also have no spiritual guidancei dont feel like the rav i used to go to can really help me anymorehes at a different level than i am now....

I will say more later

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Re: laughingman tries to count to 90.....

Posted by Dov - 26 Feb 2017 19:50

You are actually making a lot more sense to me than you ever did, chaver. Years ago when you started posting (and for years after that) your posts were disjointed, guilt-ridden and anger-filled - interspersed with questions at G-d and pity-partying.

The above seems very qualitatively different.

You listed definite and real challenges in a matter if fact way, no whining.

You accepted realities that bother you and have no easy answer, without blaming.

You admitted spiritual concerns that are all valid and sincere.

You bared parts of your heart and soul without begging - or even asking - for anything.

This is a new you, chaver.

As frustrating as life may seem to you, I still honestly say: Good Work, brother.

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Re: laughingman tries to count to 90.....

Posted by Singularity - 27 Feb 2017 10:01

Shokoyach, Dov.

and laughingman, are you sure you're not me?

Re the financial stuff and the can't connect to a Rebbe stuff.

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Re: laughingman tries to count to 90.....
Posted by silentbattle - 28 Feb 2017 00:19

Wishing you much hatzlacha, brother. Sounds like you have a lot on your plate.

Why do you feel like your rebbe is on a different level?

I've been lucky enough to have an incredible rebbe, but I think there are great people everywhere - you just have to find them, and then accept them on yourself.

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Re: laughingman tries to count to 90.....
Posted by Singularity - 28 Feb 2017 07:52

[silentbattle wrote on 28 Feb 2017 00:19:](#)

Wishing you much hatzlacha, brother. Sounds like you have a lot on your plate.

Why do you feel like your rebbe is on a different level?

I've been lucky enough to have an incredible rebbe, but I think there are great people everywhere - you just have to find them, and then accept them on yourself.

Asei **le'cha** Rav.

Nobody's gonna do it for me.

That's what I gotta internalise.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 16 May 2017 05:13

i havent been on this site in a loooongo time

lets see.....i can probably confirm i have some form of erotic fantasy addiction.....i know because even while things between me an most of my family have improved tremendously i still turn to smut every once and thenfeels like a "fix"....and it doesnt make any sense except habit and Aquired necessitymeaning i obviously dont need it but i feel like i want to use it "just alittle"

even my financial situation is getting betteralthough the pressure is everpresent

there are also on a side note but very significantly 2 things that being with my wife concerns me

1 the way we got her "tahor" was by going to a natural body of waterand i helped her go under 3 timesbut i am unsure if we did it correctly (i did speak to a rav about this method but i am still unsure if i followed his words correctly) at the time i kinda assumed

i did

2 since a while now my wife has basically been on round the clock hormone therapy which also translates into contraceptives.....without it she would basically be very ill and nigh impossible to get pregnant anyway

But besides that she is also super sensitive "down there" ...we think it may be the result of mishandling (to put it lightly) during a labor back in '07 (that may have been the catalyst for a saga that resulted in a severe infection AND an ectopic pregnancy)

soooo meanwhile to deal with her sensitivities i agreed to use condoms to avoid unnecessary contact between my stuff and her when weare togetherbut in order for it to NOT be a complete barrier i put holes in them before they are usedand any teenager knows a hole-y condom can result in pregnancybut between that and her hormones thats pretty much impossible anyhowsix months and i havent discussed this technique with a ravthough i wish i could i just dont know who i can go to who can be sensitive enough...

those are the halchic things bothering methat and the fact that being together more has NOT eliminated my sm** use

also i lost count of sefirahwell before lag baomer

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Re: laughingman tries to count to 90.....

Posted by laughingman - 02 Jun 2017 01:48

Sooo the good news is i dont m***** but i still have a problem with p***

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Re: laughingman tries to count to 90.....

Posted by Workingguy - 02 Jun 2017 20:20

[laughingman wrote on 02 Jun 2017 01:48:](#)

Sooo the good news is i dont m***** but i still have a problem with p***

That's amazing!

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Re: laughingman tries to count to 90.....

Posted by laughingman - 27 Jul 2017 17:16

Recently things in my family life took a turn for the worseturns out during my time a year and a half ago when i was essentially losing my mind i was alot worse than i thoughtmy wife wants to leave methis time for goodbut because of our situation it just isnt workableso essentially we are seperated

i am devastatedand sort of numbi kinda personally just want to make it to a point where my children can take care of themselves

i recently decided i just want to drive for a livingthough i only have a regular license so thats not working so fast

Other than all that baruch Hashem i have stopped all activities that i was trying to stopbut i dont trust myself for a second

i am majorly deppressed

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Re: laughingman tries to count to 90.....

Posted by belmont4175 - 27 Jul 2017 19:31

Thank you for sharing!

I am in no position to advise you how to proceed, however please reach out and ask for help from the right people / resources a.s.a.p.

May you find peace and serenity soon.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 28 Jul 2017 11:35

I have soo many new doubts ...

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Re: laughingman tries to count to 90.....
Posted by laughingman - 14 Aug 2017 16:41

If i wasnt addicted to m***** beforei am now or getting to iti have never done it soo much before

i am soo depressed because i know and can feel the darkness it is pulling over me

i am becoming a shell

i have given up on myself because of my past deeds and i feel that stopping is impossible now

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