

Giving it a go one day at a time

Posted by ysftw - 08 Apr 2015 15:20

Onto day 1, very excited. Looking forward!

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Re: Giving it a go one day at a time

Posted by ysftw - 13 Apr 2015 08:38

5 days done! On to the 6th, every day is a struggle.

Really like the chizuk email today though! That it's not just about you, that you have to be the best person you can be for other people.

Powerful.

Getting used to living with discomfort is a challenge! But again, just seeing that challenge

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Re: Giving it a go one day at a time

Posted by serenity - 13 Apr 2015 13:00

Thanks for the update. Ask God what His will for you is today, and carry it out. You're not alone.

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Re: Giving it a go one day at a time

Posted by ysftw - 13 Apr 2015 22:53

Thanks serenity...really like that one...The whole "working for the boss idea"

Made it through yet another day, things are getting harder though. The gye book is great though.

Anyone got good tips on maintaining a long term shomer negiah relationship? (At least those of through to the end of the day!

you who don't think that that makes me a kofer beikar!!

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Re: Giving it a go one day at a time
Posted by serenity - 14 Apr 2015 00:42

I don't know that I have any advice on that, but I'm curios to hear the responses.

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Re: Giving it a go one day at a time
Posted by ysftw - 14 Apr 2015 22:10

Today was really hard...but struggled through to the end.

No new chiddush but boredom is a real killer. And there's no excise to be bored.

I've taken to the shmirat eynayim tactic of an elastic band flick as a knas for looking twice (the first glance is on hashem).

Anyway I get the feeling I'm more addicted than I thought and even then it's more to seeing things than anything else.

It will be a tough nut to crack but I will crack it!

Also somewhere on these forums someone wrote speak to hashem more I think I'll give that a go!

Quite happy at the moment...got to one week!

One day at a time though

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Re: Giving it a go one day at a time
Posted by ysftw - 15 Apr 2015 08:31

Wow! things were getting depressing on the forum.

Made it through a week.

That's exciting!

and today is going to be a great day, a yom lehashem!

hope you're all doing wellB)

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Re: Giving it a go one day at a time

Posted by cordnoy - 15 Apr 2015 10:24

Sorry, I don't respond often to your posts.

I don't do well with 'elastic-band flicks,' and 'whips,' and 'fastin for three days.'

I also don't do well with a long-term shomer negiah concept.

I know that if I would be in the ordinary workplace, my entire life would be kaput!

Continued haztlachah to you

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Re: Giving it a go one day at a time

Posted by ysftw - 15 Apr 2015 13:03

Thanks!

Just for clarification...rubber band is just really for walking down the street and making second glances, but don't worry I'm not harbouring any illusions that it's the cure...just another tool in the toolbox

Aside from that I'm with u on everything else...would be great for someone with long term

relationship shoms insight to post here

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Re: Giving it a go one day at a time
Posted by serenity - 15 Apr 2015 20:38

Yes, exactly. Sometimes I wonder whose more foolish, us for giving advice or the guy who
. I would like a modern orthodox Rav would be the one to ask, no? maybe? I
really don't know much about how that world works, but I think they encourage casual dating.
Don't shoot, if I'm wrong about that.

I have a "charedi" Rav who could probably be asked. Ysftw, Email me if you want the name.
gomu2serenity@gmail.com

As far as recovery goes, you should ask your sponsor.

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asking us for it

Re: Giving it a go one day at a time
Posted by ysftw - 15 Apr 2015 21:45

Fair enough, I'm not expecting a big hidden insight.

Very long term relationship which never used to be shoms. I'm partial BT and for, waiting to
marry. For me that's the trigger for everything else and I don't see why gye can't help with all.

Altho ideally obviously no one should get into a relationship early on. Massive problem

Anyway great day...looking forward to the next staying strong thanks to hashem!

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Re: Giving it a go one day at a time
Posted by ysftw - 16 Apr 2015 15:59

what a lazy day so far!

and why

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Re: Giving it a go one day at a time
Posted by cordnoy - 16 Apr 2015 19:11

[9494 wrote:](#)

Its funny serentiy, cause I was considering giving "advice", and then I thought , what the heck! -
Who invented videos games????
Im a guy who if a frum girl smiles at me, I start to think that we are meant to be together and it is
written in the stars! And if she is not frum/Jewish then she is totally into me (but maybe not
written in the stars).

written in the stars or written in the scars?

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Re: Giving it a go one day at a time
Posted by ysftw - 16 Apr 2015 22:39

hit the end of this day, success.

Although it's pretty hard maintaining the perspective of one day at a time.

But so far this has done the trick.

although this concept is more powerful than just for people with this problem.

one day at a time...davening, and learning.

one day at a time...doing hashems work in the world

one day at a time...doing my work in the world

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Re: Giving it a go one day at a time

Posted by serenity - 17 Apr 2015 00:15

We only have today! It's not a perspective, it's a fact! In Torah it's even more so. We only have the moment! The future doesn't exist until and unless the Abishter creates it!

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