

Ninety days...

Posted by Damientweeter - 25 Sep 2015 15:40

---

Four days in, up last night until 2, up at 5, laying down to nap before learning with my son until ???, and thinking that masturbating would help be relax and get to sleep. Or maybe a ham a d

Laughed with the Rabbi this morning about the long lines of people waiting to show their citron and palms branches. Where were they before Yom Kippur?

Found my thoughts drifting during prayer to how cute one of my son's friends is... and let the thoughts pass through me until only I remained, talking to my King.

I could probably pleasure myself to orgasm without recalling any image or telling myself any story, my body feels ready. But I won't because it's time to move on.

cheese sandwich... that would definitely hit the spot.  
If my kids can learn how to pray and believe my watching when I don't even think to teach, perhaps if I open myself up to holiness, it will be easier for them too.

=====

=====

Re: Ninety days...

Posted by Damientweeter - 25 Sep 2015 19:12

---

Got to sleep on my own. Lots of baby steps ahead...

=====

=====

Re: Ninety days...

Posted by Damientweeter - 25 Sep 2015 19:33

---

Got to sleep on my own. Lots of baby steps ahead...

=====

=====

Re: Ninety days...

Posted by Damientweeter - 27 Sep 2015 01:41

---

Day 6. Held a boys hand for a moment as I brushed past...

=====

=====

Re: Ninety days...

Posted by serenity - 27 Sep 2015 03:43

---

Thanks for your posts! Glad you're here.

Hatzlacha!

=====

=====

Re: Ninety days...

Posted by Damientweeter - 27 Sep 2015 22:25

---

Day 7. Sorry but gyeadmin reminds me of Ganymede. You know, the moon... I'm feeling old...

=====

=====

Re: Ninety days...

Posted by Damientweeter - 30 Sep 2015 01:14

---

Made it through a hard day intact. Reminds me of what a small part of who I really am this addiction truly is.

=====

=====

Re: Ninety days...

Posted by Damientweeter - 02 Oct 2015 16:17

---

So the rocking motion of my car gives me an erection. My mitzvah of the day is that I counted breaths until it passed. Such is the daily grind...

=====

=====

Re: Ninety days...

Posted by Gevura Shebyesod - 02 Oct 2015 19:00

---

=====

=====

Re: Ninety days...

Posted by Damientweeter - 02 Oct 2015 19:23

---

That may be overcompensating...

~~You need some new monstuh shocks~~

---

=====

Re: Ninety days...

Posted by Damientweeter - 04 Oct 2015 03:13

---

Got on erection while driving, but avoiding the simple solution by counting breaths...

=====

=====

Re: Ninety days...

Posted by Damientweeter - 04 Oct 2015 04:51

---

Reading other peoples posts, I'm reminded how unexceptional I am, especially when I give in to my weaknesses.

Or in hebrew, we read today ??? ??? ??? ????, and ??? explains that ??? is referring to Torah.

While the ways that we succeed and grow are varied, the ways that we fall are the "same old

story".

So I need to value the community more and look for guidance instead of convincing myself I'm too unique for any of it to apply to me.

Or something...

=====  
=====

Re: Ninety days...

Posted by markz - 04 Oct 2015 05:08

---

"I'm reminded how unexceptional I am"

This is one of the very powerful lessons I learned from this forum too. We are not exceptional in the sense of having a unique struggle.

But you should take pride in the fact that you are taking the exceptional steps, that most other addicts are oblivious to!!

=====  
=====

Re: Ninety days...

Posted by Damientweeter - 04 Oct 2015 20:10

---

Ran into a boy at the mikve that I've taught, and it was very uncomfortable. Its remarkable the extent that I have to be able to objectify someone before I can be aroused by them. It's one of the reasons that I began to avoid straight porn once I had kids; I couldn't stomach seeing someone's daughter being degraded. Doesn't work the other way, though. "Befriending" someone your attracted to get you into all sorts of stupid...

=====  
=====

Re: Ninety days...

Posted by Damientweeter - 07 Oct 2015 02:48

---

Back to normal, time come off the mountain and navigate everyday life. At least managed to get ahead on prepping some of the material for ?????, so should be able to get off to a good start. If I can get more organized in general and take off some of the stress, maybe the "need" for "distractions " won't be as acute....

=====

====