

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.

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Re: Ninety days...

Posted by Damientweeter - 07 Oct 2015 10:37

At this point I'm just trying to remind myself of what I already know.

Part of that is documenting my struggles so that I can learn from them.

I'm also trying to be realistic with my goals. I notice that when I package my problems too tightly, even the slightest mistep sends me into a complete tailspin of guilt and self loathing. So my goal is to stay away porn sites, and not indulge in masturbation. Every day I can accomplish that is a win.

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Re: Ninety days...

Posted by Damientweeter - 08 Oct 2015 02:57

Thought I'd try to unravel the whole "an I gay" issue.

To begin with as an Orthodox Jew, I'm comfortable with the distinction between the desire and the act even if I feel its artificial. So I'm willing to say that homosexuality isn't sinful as long as one doesn't engage in specific sexual acts. So the fact that I've never engaged in gay sex is meaningful.

And the whole gay culture has always struck me as fundamentally selfish and opportunistic. Not my scene.

Even the question of sexual attraction is complicated. To some extent I recognize that a lot of my sexual landscape has been shaped by learned behaviours. As a good ????? I automatically avoid looking or interacting with women socially and while I'm mellowed out some I'll still move to the side of the sidewalk rather than walk directly behind a girl.

However my attraction to certain males doesn't have the same restraints. And I think that I've allowed myself to focus my sexual interest on males

to the extent that it's displaced my normal interest in women.

But when I do relax my inhibitions I very much appreciate women as sexual creatures.

The real question for me is who to I feel the most intimate with, and that is my wife. There isn't anyone I'm closer to or trust more. And that makes the whole question of labeling my sexuality moot. Because I'm not trying to figure out which town to take in Thailand, or which side of the ????? to sit on, but if I need to define my love, it will be to the woman at the center of my life.

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Re: Ninety days...

Posted by Damientweeter - 08 Oct 2015 13:32

Of course I could be kidding myself, but life's a journey you need to take in your own mind and conscience, and all I can do is pray to find the truth along the way.

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Re: Ninety days...

Posted by Damientweeter - 09 Oct 2015 00:42

Had my strongest urge yet today... sitting and waiting for my shift to start. Not just I'm bored and looking for something to do, a real sexual urge to DO IT NOW. Alone. With my feet up playing a game on my phone.

Kinda why I don't have alot of sympathy for the guys who just can't seem to avoid temptation. I mean all I need is 3 walls and a broken door in a run down plant and I'm ready to act out, damn the consequences.

What stopped me was the absurdity of the situation. And that I've been thinking about being a better Jew.

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Re: Ninety days...

Posted by markz - 09 Oct 2015 01:12

Man, you are STRONG!

Next time you're in a tight spot how about scrolling posts on this forum. Start with the [Just having fun](#) category.

Come back to me when you're done with that
Warning: Spoiler!

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Re: Ninety days...

Posted by Damientweeter - 09 Oct 2015 01:53

Tai chi and meditation for me thanks.

But man, the things you can find on then internet...

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Re: Ninety days...

Posted by Damientweeter - 09 Oct 2015 02:03

Tried to read the forum rules but was too turned on by the references to vulgarity, putting down, tongue in cheek, and therapy sessions... Sorry whenever I hear Sam the Eagle I've got to yank his chain...

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Re: Ninety days...

Posted by Damientweeter - 11 Oct 2015 02:41

Spent Shabbos on the country. Family had a great time, totally refreshing.

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Re: Ninety days...

Posted by Damientweeter - 12 Oct 2015 20:21

Bothers me that I can't identify what could cause me to give in. Almost seem to be on autopilot, just waiting to trip.

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Re: Ninety days...

Posted by markz - 12 Oct 2015 21:53

Our autopilot is forever gonna be SA and SSA. I don't think it's our job / possible to change that.

Question is if we are using the tools to ensure this autopilot stays in the safe zone and doesn't head to Las Vegas, G-d save us

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Re: Ninety days...

Posted by Damientweeter - 12 Oct 2015 22:55

Seeing Hillary in Vegas= Manuel amputation with a carrot peeler

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Re: Ninety days...

Posted by serenity - 13 Oct 2015 00:09

I've never been to Vegas. People who know me say I'd never return. I fear they may be right, so I'll just stay away.

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Re: Ninety days...

Posted by Damientweeter - 16 Oct 2015 14:56

If I wanted to be celibate I'd have become a priest... or maybe not...

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Re: Ninety days...

Posted by Damientweeter - 19 Oct 2015 23:25

Bible says about the generation of the flood, "their thought were only of bad things, the whole day". Been there.

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