

Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 10 Apr 2016 17:17

We have our first day under our belt, and I am finding that I really like the GYE approach. The only thing I probably disagree with is the promotion of the 12-Step program, but I really am excited about putting the TaPhiSiC method to work! I am fleshing out the details of my Nusach. Inspired by the "emergency turn off" photos, I decided that I would collect such photos that could be used as emergency turn off..(of a much more revolting nature), and want to even combine that with a horrible smell to really snap me out of it. So I want to say that I will look at these pictures and smell some horrible smell as one of the things that I will do when an urge comes on.

Tomorrow, I am supposed to go to a SMART recovery meeting -- (a different approach from the 12-Step programs). I have never been to one before so it is new for me:

www.smartrecovery.org/

I am not making a SMART recovery endorsement, because I don't know enough about it to do so, but this is what I am trying. I will keep you posted!

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 23 May 2016 05:30

It's day 44, and my yetzer hara is working on me. I have a temptation to "unwind" and mz"l while collecting pictures from the internet. This was the way I would often relax, especially on a Friday night. I have also had some SSA fantasies that have been creeping up on me in my dreams as well as my awake hours...Be"H,I will make it.

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 23 May 2016 21:52

Approaching day 45, and Be"H, have not given into urges!

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Re: Meyer Lemon: 90 Day Challenge

Posted by thanks613 - 25 May 2016 00:59

Glad to hear it!

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Re: Meyer Lemon: 90 Day Challenge

Posted by MeyerLemon - 26 May 2016 17:27

It is day 47, and this morning, I was thinking about the "Breslovim" in that maybe in fact they are right about the nocturnal emissions being a product of the shmutz we see during the day, and not as something that *needs to happen* because of biology. It's been 47 days without spilling seed, and my body hasn't been in that desperate place it was since roughly day 17, when I felt like I was going to burst. Still, I am trying to be careful, because I know that a day can start off calm, and then something happens..even a thought, and things go haywire.

I want to try the suggestion of the special glasses for shmiras anaiyim, but I am not sure how to make such sunglasses. I am thinking that maybe getting pinhole glasses and then covering some of the pinholes would do the trick. Anybody here use special glasses to keep shmiras anaiyim?

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Re: Meyer Lemon: 90 Day Challenge

Posted by inastruggle - 27 May 2016 17:53

I've never used glasses for shmiras einayin though a rebbi of mine once suggested taking off glasses for that.

It's actually a gemara about it being a product of what we think and see.

Glad to hear you're still doing great.

KUTGW and KOT!

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