

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me

Posted by LifneiHashem - 06 Apr 2017 03:03

Was cutting onions and eyes started to burn, a lot. Usual reaction is to jump around, go outside, wash my eyes. Today for some reason instead I decided to just stand there and feel the burn, feel the pain.

Not sure of the relevance, but I'm sure there's some connection, or not.

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Re: On the shoulders of those before me
Posted by Gevura Shebyesod - 06 Apr 2017 03:19

Funny, I was just cutting onions and burning my eyes too.

Not sure of the relevance, but I'm sure there's some connection, or not.

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Re: On the shoulders of those before me
Posted by Markz - 06 Apr 2017 03:20

And kashering your fillings?

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Re: On the shoulders of those before me
Posted by LifneiHashem - 06 Apr 2017 03:39

[Markz wrote on 06 Apr 2017 03:20:](#)

And kashering your fillings?

This year I'm using a kashering stone on my fillings.

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Re: On the shoulders of those before me

Posted by Hashivalisesonyishecho - 06 Apr 2017 04:01

When that happens, the special tefilla to say is re'ay na ve'onianu.

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Re: On the shoulders of those before me

Posted by Singularity - 06 Apr 2017 13:05

[LifneiHashem wrote on 06 Apr 2017 03:03:](#)

Was cutting onions and eyes started to burn, a lot. Usual reaction is to jump around, go outside, wash my eyes. Today for some reason instead I decided to just stand there and feel the burn, feel the pain.

Not sure of the relevance, but I'm sure there's some connection, or not.

Yes. Rather masochist-icize on this than looking at porn.

Keep going, you legend.

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Re: On the shoulders of those before me

Posted by LifneiHashem - 14 Apr 2017 00:55

Went to the zoo today. Mostly average looking people, but plenty of hot women. Some beautiful men too. One absolutely hideous woman. There may have also been animals, not sure.

Got caught off guard and had a bad day. Tomorrow will be better.

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Re: On the shoulders of those before me
Posted by cordnoy - 14 Apr 2017 01:03

I did not see one hot woman today, not a man either, and all the animals were hideous.

Other than that, it was a decent day.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 14 Apr 2017 01:16

Maybe we saw each other. Where you the guy with potato chips and string cheese?

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Re: On the shoulders of those before me
Posted by cordnoy - 14 Apr 2017 01:23

[LifneiHashem wrote on 14 Apr 2017 01:16:](#)

Maybe we saw each other. Where you the guy with potato chips and string cheese?

Nope. I didn't eat anythin' until supper.

And from the descriptions of the women, it sounds like we were in different countries.

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Re: On the shoulders of those before me
Posted by Shlomo24 - 14 Apr 2017 01:50

I also went to the zoo! The penguins were canoodling. Very traumatizing.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 14 Apr 2017 03:14

Come to think of it, I didn't see any canoodling today. Guess it wasn't that bad after all.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 20 Apr 2017 13:33

Post tom tov blues. Blah

why is everything a potential excuse to act out?

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Re: On the shoulders of those before me
Posted by MayanHamisgaber - 20 Apr 2017 14:42

Because we are sick

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