

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 08:02

[Singularity wrote on 09 Feb 2017 07:45:](#)

encouraging and thoughtful that i know i can do this for good !

[cordnoy wrote on 08 Feb 2017 19:11:](#)

[MayanHamisgaber wrote on 08 Feb 2017 18:16:](#)

since coming on to gye yes with the exception of talking to my wife no-one knows about this

Food for thought

You say you're listening to Dov's calls. Have you gotten to [this one?](#)

Disclosing just to your wife may not be as pious as one thinks... give the call a listen ;-)

look at the beginning of the thread where I said that many rebbiem and my parents know that I have this problem

What I meant was that only my wife knows that I am on gye

Thanks for the reminder though

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Re: I will make it b"h

Posted by Singularity - 09 Feb 2017 08:12

Sorry about that. Some (most) times I am too lazy to go back hundreds of posts >.

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 08:12

[Markz wrote on 09 Feb 2017 02:38:](#)

[MayanHamisgaber wrote on 08 Feb 2017 12:59:](#)

[cordnoy wrote on 08 Feb 2017 04:36:](#)

Forget the addict question.

What are you doin' to change?

And please don't say, "I'm not lookin' at porn and I'm postin'," for that's not inner change.

for inner change I'm trying to be honest with myself about my ego anger and self esteem figuring out when and why I get angry/egoistic and working on these middos thru mussar and talking to friends and family.

Also listened to the chossen shmuzzen by R' Fuerman(or however you spell it) also downloading and listening to Dov's calls and reading the different advice found here and trying to decide what works for me from all of these places.

Is there something else should try?

(From a later post) True having a mentor or rebbe to talk to is a good thing but so far I have made very good progress by talking to my wife parents and friends and I see no reason why this cannot continue to work.

Thank you for takking time to help me

Can we have a convo. Do you mind if I inquire my dear brother what's goin on

1. Can you explain working on these middos thru mussar. What does that mean exactly
2. "figuring out when and why I get angry/egoistic". Im clueless how to do that myself. How are you managing
3. "Talking to my wife parents and friends" about the weather? About porn?

All the best - my brother!!

GET YOUR SNOW TRUCK OUT AND KEEP ON TRUCKING!!!

1) learning the basic seforim (sha'aray t'shuvah m'seilas y'sharim orchos tzadikim) about each midda then understanding in a practical way how they apply to me and where I am holding with them and then

2) looking back after I get angry or whatever what happened why did I act like that what

mentality did I have that should be changed or my outlook at situations or people

The biggest challenge for me is not looking down at people for the faults that I see for I probably have bigger faults than them

3) about my middos and where I am holding with my lusts (am I down,up,need soe help....)

is this what you wanted to clarify

thank you all for helping me express this

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 08:29

[quote="Singularity" post=305388 date=1486627947 catid=4]Sorry about that. Some (most) times I am too lazy to go back hundreds of posts >.

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 09:10

[Singularity wrote on 09 Feb 2017 07:45:](#)

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I've listened to the recording but can you tell me what you had in mind.

Sorry not trying to be difficult just as I have said in previous posts that I have told in the passed or have been caught by a few people....

thanks for the recording though was good to hear this again (the first time was by my rebbe after my wife caught me the first time

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Re: I will make it b"h

Posted by Singularity - 09 Feb 2017 09:22

If I can remember he said if you JUST disclose to the Mrs, then it's selfish because out of anyone, she wouldn't let anyone else know because she'd be too ashamed. So it doesn't really apply to you.

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 09:29

Thanks I am happy to know that we are on the sane page

(please excuse the pun :-p)

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 09:34

also when she did find out she called someone and I don't know who he was

AND she pushed me to tell my rebbe (in the right way of course)

Hashem should continue giving her strength to support me

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Re: I will make it b"h

Posted by Singularity - 09 Feb 2017 10:13

Which pun? The same page? or the **sane** page?

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 12:20

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Re: I will make it b"h

Posted by cordnoy - 09 Feb 2017 13:27

[quote="Singularity" post=305388 date=1486627947 catid=4]Sorry about that. Some (most) times I am too lazy to go back hundreds of posts >.

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Re: I will make it b"h

Posted by cordnoy - 09 Feb 2017 13:34

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Very nice.

Perhaps do a search for a 4th step resentment sheet. It might prove to be beneficial.

Continued hatzlachah

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Re: I will make it b"h

Posted by Singularity - 09 Feb 2017 13:36

[quote="cordnoy" post=305411 date=1486646853 catid=4]

[quote="Singularity" post=305388 date=1486627947 catid=4]Sorry about that. Some (most) times I am too lazy to go back hundreds of posts >.

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Re: I will make it b"h

Posted by cordnoy - 09 Feb 2017 13:42

[quote="Singularity" post=305413 date=1486647396 catid=4]

[quote="cordnoy" post=305411 date=1486646853 catid=4]

[quote="Singularity" post=305388 date=1486627947 catid=4]Sorry about that. Some (most) times I am too lazy to go back hundreds of posts >.

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