

Reflections

Posted by Chaimel - 21 Apr 2017 17:22

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(Disclaimer: feel free to read on but I'm just rambling so no need for response even though it would be appreciated)

taking the plunge and starting a thread because today was my first fall since joining GYE (217 days clean!) Before GYE the longest I went was about a week or so but usually fell daily. Thanks to the wonderful people behind GYE and all who take time to read/post/moderate the forum.

its amazing how far I've come as my first response to my fall was: now is a time to restart and reflect on how far I've come!

The greatest thing GYE gave me this far was that it's all about this moment and getting through the day. Celebrate the ups and don't let the downs be downfalls only stepping stones to improve.

i don't have time now but iyh bn I'll continue over shabbos to analyze why this took place and how to prevent falls in the future.

Thanks again to all and have a wonderful Shabbos!

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Re: Reflections

Posted by Hashem Help Me - 10 May 2017 02:05

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Wearing tzitzis at night is a segula for shmira in these inyonim. However when we are in the heat of the addiction/terrible habit, realize that the tzitzis are not a magical solution. In fact sometimes it can backfire by causing one to be hyperfocused and anxious about the issue. When I was a bochur I tried every segula in the book, and just ended up m\*\*\*\* more and more and more and more. There was no GYE in those days, no rebbi/therapist to talk to, in fact no one at all to share with. If I recall correctly I unfortunately sometimes used the tzitzis to rub..... I am not trying to dissuade you from wearing shluf tzitzis. Just if you do, do it in conjunction with GYE, speaking to people, involving a rebbi/mentor, and learning how to relieve

anxiety in other ways.

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Re: Reflections

Posted by Gevura Shebyesod - 10 May 2017 02:11

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[Trouble wrote on 09 May 2017 21:36:](#)

[lhavenostrength wrote on 09 May 2017 21:01:](#)

[Chaimel wrote on 09 May 2017 17:37:](#)

Thinking of buying a pair of undershirt tzitzis to wear at night in order to help keep my thoughts more pure, thoughts anyone?

I think that leaving your phone outside the bedroom may be even more effective. (I use the tzitzis to tie my pants closed, works wonders.)

Sorry about your fall. I'm just getting up myself. Let's walk together. No need for perfection, only progress. Seems like you're making alot of it B"H.

Tzitzis never stopped me, but hey, don't think it can hurt.

Perhaps use your tie or belt and have your hands tied to the bed posts.

Reminds me of [this](#) old thread...

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Re: Reflections

Posted by Markz - 10 May 2017 02:27

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[cordnoy wrote on 09 May 2017 17:48:](#)

[Chaimel wrote on 09 May 2017 17:37:](#)

Thinking of buying a pair of undershirt tzitzis to wear at night in order to help keep my thoughts more pure, thoughts anyone?

Try it; let us know please.

DoDo the tzitzis help durin' the day?

why no one has mentioned the Mitzva of Milah that is worn by day and night

I wonder if that has helped anyone?

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Re: Reflections

Posted by Chaimel - 10 May 2017 02:54

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[lhavenostrength wrote on 09 May 2017 21:01:](#)

[Chaimel wrote on 09 May 2017 17:37:](#)

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Tzitzis never stopped me, but hey, don't think it can hurt.

Bh I've been clean of xxx for a very long while (a year or so) and have my phone filtered well and only use it for GYE email etc, if you think in general it would help (i.e. Falling asleep faster etc) I'm glad to try it

in regard to the tzitzis I wasn't thinking of it as a shmira more of an extra layer of awareness

your posting and kind words are much appreciated!

"Trouble" post=312723 date=1494365788 catid=4

Perhaps use your tie or belt and have your hands tied to the bed posts.

That and sleep in an ice bath, thanks for the much needed laugh!

"Hashem Help Me" post=312751 date=1494381928 catid=4

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Thanks for taking the time to write it out and I get your point, i don't really view it as a safeguard per se but more of another thing to draw extra awareness and you're absolutely right that I need to continue using other resources to get back up

i spent an hr on the phone with someone partially in regard to this.

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Re: Reflections

Posted by TzedekChaim - 10 May 2017 16:53

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Chaimel sorry to hear that you had a fall. Your honesty in sharing with us is amazing!! Any ideas what led to the fall?

As far as tzitzis at night go. My rosh yeshiva in israel was a big proponent of wearing them. I assume for this reason but I don't know. However, my Posek and Rav is very against because he thinks it is a bizui to the tzitzis (ie. I think he means getting them ruined from a wet dream. Unless he just means getting them exceptionally wrinkled from sleeping) I'm not saying what to do just sharing what I've come across.

fall = not good

fall + lesson learned = growth

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Re: Reflections

Posted by Ihavenostrength - 10 May 2017 18:42

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[Chaimel wrote on 08 May 2017 17:12:](#)

Generally at night these days i start heading to sleep and take out my phone to get on GYE before my mind may start wondering. But then I start typing a post trying to keep a clean mind and as I'm typing in the back of my head I'm lusting away!!! Aaaaahhhh!

Two things: 1. Going on GYE before bed may not be a good idea, as it brings your awareness to a very specific place. 2. Yes, I think keeping your phone out of the bedroom helps one fall asleep. Removing anything? that could possibly be a distraction to sleeping is useful.

On a somewhat random note: I've become accustomed to thinking in only three ways, 1. The task at hand 2. Worrying/strategizing 3. Lusting.

I've realized recently that one can also just think about cool stuff for fun.

Last night my mind started turning to lusting. First I thought ok, I'm not going to actively think about any if this. Then I thought hey, maybe I'll try thinking about something cool. So I thought about a trip I had and the different places I visited. Eventually I got tired and fell asleep.

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Re: Reflections

Posted by Trouble - 10 May 2017 18:59

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[lhavenostrength wrote on 10 May 2017 18:42:](#)

Removing anything? that could possibly be a distraction to sleeping is useful.

I will tell my wife that.

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Re: Reflections

Posted by lhavenostrength - 10 May 2017 19:00

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Your posts genuinely cause me to laugh out loud.

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Re: Reflections

Posted by Trouble - 10 May 2017 19:03

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[lhavenostrength wrote on 10 May 2017 19:00:](#)

Your posts genuinely cause me to laugh out loud.

That's what they are there for.

Karma, I don't care for, but I crave the "thank yous."

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Re: Reflections

Posted by Chaimel - 11 May 2017 06:05

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[Trouble wrote on 10 May 2017 19:03:](#)

[lhavenostrength wrote on 10 May 2017 19:00:](#)

Your posts genuinely cause me to laugh out loud.

That's what they are there for.

Karma, I don't care for, but I crave the "thank yous."

Well "thank you!"

sorry for not updating sooner been tied up with work and dating. Bh on day 2 but still seeking out a better strategy. I started the tzitzis last night and time will tell if that helps.

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Re: Reflections

Posted by Chaimel - 11 May 2017 06:14

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[TzedekChaim wrote on 10 May 2017 16:53:](#)

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What I'd assume led to the fall is the girl I'm dating being on my mind, I'm not really sure how to balance being 'in it' but not lust all day.

KUTGW  
I started discussing it with someone competent today but still haven't finished.

im particularly stressed out because I shared the depression situation with my date and she still hasn't finished discussing it with her Rebbetzin.

bh I love being busy but work is getting to me.

in regards to tzitzis I asked and was told it's ok to wear em directly on the skin and ok at night, interesting that he'd say that only because you wear them in the bathroom

THANK YOU EVERYONE FOR POSTING AND CHEERING ME ON!!

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Re: Reflections

Posted by Singularity - 11 May 2017 10:29

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The only awareness I get from my tzitzis is how messed up the knots get over time

Posted by lionking - 12 May 2017 10:01

I personally do wear tzitzis at night, it never stopped me from acting out. As far as Segulas go, this one has it's sources in the Gemora Menuchos Daf 44a.

[illegible]

Posted by Chaimel - 14 May 2017 01:29

Gut voch!

checking in, tzitzis be rocking and bh another good few days, been very busy and thanks to all who reached out!

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