

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 - 15 May 2017 11:26

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[Chaimel wrote on 15 May 2017 04:28:](#)

Moving along bh, day 6

Super! Continued hatzlocha. Stay in touch.

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Re: Reflections

Posted by TzedekChaim - 15 May 2017 19:14

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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.

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.

Maybe I can shed some light as I have just recently been through this part (getting married soon IMY'H). Not to say that I am an authority on this matter at all (definetly not) just sharing some of what I went through in the hopes that it will be of some use.

I found that the key is working on lust. Don't lust. This means if a thought comes to mind, dismiss it and move on. If you see something inappropriate or triggering, (and you didn't set yourself up to see it. Meaning that you took some reasonable precaution to avoid it; ie. watching your eyes, filters, etc... And yes no one is an angel so don't rate yourself against perfection) then just dismiss it. Use the three second rule. and remember: The first look is on God the second look is on me. (obviously referring to inadvertent seeing)

If you cling onto these thoughts and sights then that is lo sosuru and is lusting after them. The lust is the ikar. I found when dating that if I was in a sober mind and focusing on her and our relationship then dating was very challenging. I guess you have to know yourself. That is my experience for the initial and mid stages of dating. After the engagement I think has it's own challenges (or dimensions of the same challenge. I'd be happy to PM about it with you) Don't worry about that though. Just take it one day at a time and focus on her needs and the relationship and the rest will come.

just sharing hope it was of some use to someone. Happy to clarify anything that wasn't clear.

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Re: Reflections

Posted by TzedekChaim - 15 May 2017 19:36  
Hatzlacha and just keep it up.

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Oh and just to clarify.

you can be very into her without lusting after her. Do you like when she smiles? Do you like her personality. What are 10 things (you can write them on a piece of paper and not on the forum if you like. In fact that may be preferable) that you can describe about her that are very specific that you like about her (ie. you can give an example of them. eg. something she did that demonstrates X. not just that she is a baalas chessed or something generic)

(its not a balance thing so much. Try to remove the lust, and appreciate the attraction. )

Do you miss her when she is not around? do you feel pumped after a good date?

What do you lust about her all day? thinking about her or thinking about her body?

Before posting these two posts I thought I should just shut my mouth and let other more wise people who are married speak. but nevertheless here are my thoughts. If they are not relevant please ignore them.

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Re: Reflections

Posted by Chaimel - 15 May 2017 22:03

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Thanks Tzedek!

i guess technically this should be a challenge for any married man

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Re: Reflections

Posted by Hashem Help Me - 16 May 2017 04:29

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[Chaimel wrote on 15 May 2017 22:03:](#)

Thanks Tzedek!

i guess technically this should be a challenge for any married man

You hit the nail on the head!

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Re: Reflections

Posted by Chaimel - 17 May 2017 02:50

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Learn from the past, change the future.

Forward thinking moto.

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Re: Reflections

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Posted by Chaimel - 26 May 2017 02:05

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Still here, sorry for disappearing. I'm trying to stop overemphasizing on this area while working on it generally. This seem to keep things off my mind instead of constantly thinking about it. Rocking it out bh. Thank you hashem for everything especially GYE!

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Re: Reflections

Posted by Markz - 26 May 2017 02:19

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[Chaimel wrote on 26 May 2017 02:05:](#)

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And if I may add

THANK YOU GYE FOR EVERYTHING **ESPECIALLY HASHEM**

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Re: Reflections

Posted by Chaimel - 28 May 2017 05:19

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Shavua tov brothers!

bh still trucking along! Long distance dating is a killer!!!

Still rocking the night tzitzis.

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Re: Reflections

Posted by Hashem Help Me - 28 May 2017 05:34

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Happy you are doing so well. May Hashem help you keep it up.

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Re: Reflections

Posted by Markz - 28 May 2017 05:39

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[Chaimel wrote on 28 May 2017 05:19:](#)

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Dating via skype?

Thats a new one

Which chassidus is this

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Re: Reflections

Posted by lionking - 28 May 2017 08:15

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[Markz wrote on 28 May 2017 05:39:](#)

[Chaimel wrote on 28 May 2017 05:19:](#)

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Thats a new one

Which chassidus is this

Markz, You need to retake Chassidus 101, I will test you on it.

Chassidim ***aren't supposed to*** use skype.

Chassidim ***aren't supposed to*** date.

Ever heard of the term "beshow"?

What is new about this concept, Do you want I should list out the top 10 dating apps? (If I can slip it through the moderator)

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Re: Reflections

Posted by Chaimel - 28 May 2017 14:16

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[Markz wrote on 28 May 2017 05:39:](#)

[Chaimel wrote on 28 May 2017 05:19:](#)

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Skype ain't a bad idea only it's a lot less personal, I guess I'll suggest it if things get to tough.

the tzitzis was an idea I had at my last fall not a chassidus thing, but if you want you can be the

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Re: Reflections

Posted by Chaimel - 28 May 2017 14:17

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rebbe and I'll refer to you in 3rd person!

[Markz wrote on 28 May 2017 08:19:](#)

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[Chaimel wrote on 28 May 2017 05:19:](#)

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Our chassidus is called GYE