

MZL on the 90-day highway  
Posted by mzl - 17 Jun 2018 19:53

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Day 9.

I think I need to make myself at home in the 90-day topic.

Today I'm really upset because my wife is shopping all day again and I'm watching the kids.

I ate way too much, it's the only thing I could think about to do something nice for myself.  
Pathetic, I guess.

Does G-d really deserve me living next to her and not even masturbate? The worst part is that I have annihilated most of my desires so the thought of masturbating is like watching paint dry.

I guess tomorrow will be better. It's already 3:53 pm.

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Re: MZL on the 90-day highway  
Posted by mzl - 11 Jul 2018 09:16

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I was recently exposed (geographically) to a level of pritzus which B"H I don't usually have to reckon with. Shudder. It occurred to me that in this day and age every little moment where you have an opportunity to get aroused in the street etc. and you choose some other behavior instead, that has look extremely rare, special and delightful to the Master of the Universe. It seems like a real chesed to Hashem that people swim against the current, against all odds.

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Re: MZL on the 90-day highway  
Posted by Markz - 11 Jul 2018 13:19

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[mzl wrote on 11 Jul 2018 09:16:](#)

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Some of your posts are hard to follow

What is "geographically"?

I managed to find inappropriate stuff on "Maps" so I deleted that app. Is that what you meant?

Or are you referring to the female voice of GPS / Waze? Well then do what I did and change it to "Polski - Jacek"

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Re: MZL on the 90-day highway

Posted by cordnoy - 11 Jul 2018 14:15

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[Markz wrote on 11 Jul 2018 13:19:](#)

[mzl wrote on 11 Jul 2018 09:16:](#)

I was recently exposed (**geographically**) to a level of pritzus which B"H I don't usually have to reckon with. Shudder. It occurred to me that in this day and age every little moment where you have an opportunity to get aroused in the street etc. and you choose some other behavior instead, that has look extremely rare, special and delightful to the Master of the Universe. It seems like a real chesed to Hashem that people swim against the current, against all odds.

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As in the Bahamas, Ibiza, Amalfi, Eilat, Anchorage, Buzios, etc.

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Re: MZL on the 90-day highway  
Posted by mzl - 11 Jul 2018 20:35

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I mean when you travel around you run into a lot of women

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Re: MZL on the 90-day highway  
Posted by mzl - 12 Jul 2018 02:45

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Day 34

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Re: MZL on the 90-day highway  
Posted by mzl - 12 Jul 2018 12:59

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I asked my wife for s\*\* only because some time yesterday I thought about her doing something for me weeks ago and I had my guard down because I hadn't slept in like 24 hours. She turned me down, she holds she is not responsible for it.

I would have masturbated, I only stopped myself out of respect for the other guys on the forum.

As they say you made your bed now sleep in it.

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Re: MZL on the 90-day highway

Posted by Hashem Help Me - 12 Jul 2018 19:40

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Very impressive. Just I think you deserve to give yourself some credit. You refrained from masturbating not just because of the other guys on the forum... Allow yourself a pat on the back buddy

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Re: MZL on the 90-day highway

Posted by mzl - 12 Jul 2018 20:39

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[Hashem Help Me wrote on 12 Jul 2018 19:40:](#)

Very impressive. Just I think you deserve to give yourself some credit. You refrained from masturbating not just because of the other guys on the forum... Allow yourself a pat on the back buddy

Sure. My part comes in when I keep coming back and posting and getting involved. I have also developed tools to defuse the yetzer hara, and those are actually pretty laborious so I take credit for the labor. But the motivation is the key to everything. Because fundamentally I believe masturbating would have been reasonable in that situation. I need motivation in order to push myself.

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Re: MZL on the 90-day highway

Posted by mzl - 13 Jul 2018 08:40

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Day 35

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Re: MZL on the 90-day highway  
Posted by mzl - 13 Jul 2018 17:47

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I think one huge problem my wife and I have is that we both have expectations that are not realistic and are not going to be met, about pushing our family along. There's a big empty space between how far I can go and how far she can go. It's bearable when school is in session but in the summer it's unreal. I'm hoping to improve my performance somewhat so she doesn't have to change, because I know she won't. I'm not even thinking about love (we really don't know what that is,) just raising the kids.

We've had better days. Maybe tomorrow will be better.

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Re: MZL on the 90-day highway  
Posted by Markz - 13 Jul 2018 17:58

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[mzl wrote on 13 Jul 2018 17:47:](#)

I think one huge problem my wife and I have is that we both have expectations that are not realistic and are not going to be met, about pushing our family along. There's a big empty space between how far I can go and how far she can go. It's bearable when school is in session but in the summer it's unreal. I'm hoping to improve my performance somewhat so she doesn't have to change, because I know she won't. I'm not even thinking about love (we really don't know what that is,) just raising the kids.

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You can discuss that with your marriage counselor, no?

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Re: MZL on the 90-day highway  
Posted by mzl - 13 Jul 2018 18:12

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I don't have a marriage counselor. Last time we had a major crisis she threw me out of the house and I was gone for a while. During that time we both saw counselors. She was told to give it up, it would never work. I was told to give it up, it will never work. That was seven years ago.

I think this is where the rubber meets the road for my masturbation habit. I have to forego the fantasies that I would normally use to blow off steam.

I have to remember everything I have learned about her, to see that she should be behaving exactly as she's behaving. And think out of the box and cope with the concrete kid management challenges.

Good thing I have markz and other sophisticated friends, who relate very well .,,

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Re: MZL on the 90-day highway  
Posted by mzl - 15 Jul 2018 03:28

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Day 37

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Re: MZL on the 90-day highway  
Posted by mzl - 15 Jul 2018 03:56

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I had a close one today.

Last night I lived with my wife. I woke up in the middle of the night and I must have been sleeping on my back (big no-no) because I really wanted it. So I woke my wife up and mumbled something and I got what I wanted. The key here is that I was half asleep and the filter in my head was not operational, I was like a healthy husband who wants it now and then. She went along with it.

Then today I wanted more and I asked her to dress up etc., but I was fully conscious and respectful (if argumentative) and she shut me down pretty well. I was feeling like I wanted to masturbate and then I thought "how am I going to tell the guys on the forum?" So I decided that no matter how, I have to turn this off. And I figured I saw or thought something last night which makes me need more now.

And then I realized what it was. It was the fact that I bothered her in the middle of the night with no one seeing it, meaning she can't get away, and the fact that she was uncomfortable through it all. And also it felt like a slow, deliberate, quiet, inexorable payback for her being in a bad mood this week, raising her voice with me and roasting me over the coals somewhat unjustly. I was putting her down better than I ever could have using words. Once I put my finger on it I was able to get past it.

Anyhow nailing that down took some effort because it's really mean and even I felt a little shame about it.

Now I'm back to reality. She still doesn't want to please me and I have kids to raise and need to make the best of it. Olam haba is a little closer today than it was yesterday.

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