

MZL on the 90-day highway

Posted by mzl - 17 Jun 2018 19:53

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 Realestatemogul - 04 Oct 2018 03:18

WOW WOW WOW!!!!

I think this is the most inspiring couple of posts I have seen on the forum....

What comes to mind is "Sheva Yipol Tzadik V'kam"

I used to think it was "Shema" that maybe you will fall.

It says SHEVA. i.e. you WILL fall not once, not twice, but SEVEN times (or more).

The reason (one of many facets) for this is that in climbing to a new level you have to reach a new level in facing your challenges. It's only when we taste success and then fail do we come to a new realization of what a higher level of success is.

If I am understanding your recent journey correctly and the way you said you fell...

You had tremendous success being clean for over a whopping 100 days!

That is a truly incredible feat and I am sure you are happy with that accomplishment. However, now you are looking to go to the next level. Now you want your clean days to be more wholesome. It's like sometimes a doctor breaks a broken arm to reset in the correct position. So in order to be in a position where without a female in your life you can also be clean, you have to start again. With the experience from the past 90-day highway drive, now you can go on to the next 90-day highway experience and reach an even higher level in the 90 days.

Im rooting for you!!!

(Also I am on my journey through 90 and Its a good reminder that nothing changes at 90 and every day is a new challenge in growing and becoming better people. #PositiveThinking #90days #GYE #ShmirasHabris)

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Re: MZL on the 90-day highway
Posted by Realestatemogul - 04 Oct 2018 03:53

I was thinking about it some more and It is really amazing how quickly you jumped back into day 1. I am rooting for your continued the journey!

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Re: MZL on the 90-day highway
Posted by mzl - 04 Oct 2018 05:13

I just want to clarify that I reset my count because I asked my wife to live with me, not because of mz"l

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Re: MZL on the 90-day highway
Posted by mzI - 04 Oct 2018 05:22

[Dov wrote on 04 Oct 2018 02:51:](#)

I believe you would stand to benefit a lot from a fully open relationship with a person who is clean a few years, married, and has no ulterior motive or curiosity factor.

You obviously have many very good ideas that could be a lot more effective for you with a bit of help from someone other than yourself, just as I and many others do.

I hear you but I don't think it's worth all the fuss. My wife and I have a very good relationship even though the s*x is a disaster.

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Re: MZL on the 90-day highway
Posted by Hashem Help Me - 04 Oct 2018 11:16

It is very impressive that you have set yourself a goal of leaving your wife alone and not potentially "using" her. You write you have circumstances that demand that, and it is inspiring to see someone setting a personal goal. However for the sake of everyone else here, maybe stick to GYE rules of when to reset a count. Seeing someone persevere and get into the 100 days range is a tremendous chizuk for others and especially watching someone such as yourself who posts very often. Maybe have GYE reset you to the "GYE number of days" and for yourself keep a number of "higher standard" days. For in reality, for most people, requesting to have sex their wife from time to time is normal and kosher. Have continued hatzlocha and please accept my apologies if i overstepped my limits....

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Re: MZL on the 90-day highway
Posted by cordnoy - 04 Oct 2018 12:21

[Hashem Help Me wrote on 04 Oct 2018 11:16:](#)

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Bmkt"h, I disagree slightly. Regardin' the count settin', I don't care much one way or the other. Those who are followin' mzl's thread will be encouraged by his progress regardless of the count. I am inspired by the goal of not askin'. Here might be a nekudah which separates those of us addicted folks and those who aren't. Far be it from me to speculate whether most people ask their wives for sex or don't, but for myself and for others that I have heard from as well, our wives feel abused, threatened and used. Askin' or beggin' or pleadin' for sex is a sure-fire sign that we are headin' in the wrong direction. Doesn't mean that our bodies don't give us away, but it is a clear, specific and an accountable occurrence that is crucial for us guys to avoid. So, I commend mzl for bringin' this important discussion to the forefront. I personally do not count it as a fall, but kol hakavod for him.

Godspeed!

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Posted by Hashem Help Me - 04 Oct 2018 12:51

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Godspeed!

I am in full agreement with all that you wrote. And to add, non addicts also have to recognize that under normal situations, sex is about giving, not taking, and therefore it should not be a common occurence to be asking for it. Those who have read my thread "My Story and G-d bless GYE" have seen me write about that and my own struggle and bh level of success with that inyan. Yes, it is most commendable that MZL has set this goal, and it is great that it is being brought out in the open. My only point was that for the sake of newcomers and those who struggle mightily, it is always a great source of chizuk to see hatzlocha with the basics - pornography and masturbation and now that the counter was reset, some "(who dont read so carefully) may be demoralized, and others who join may not realize that there is a major success story developing here. Hatzlocha to all.

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Re: MZL on the 90-day highway
Posted by mzl - 04 Oct 2018 16:57

Thank you for all your comments.

Just to be clear, I hold that wives should be reasonable and giving, and I'm not out to break any records. The change made is only because of special circumstances. It's a dumb thing to do unless you must do it to protect somebody else.

My logic is that my wife and I both know that she will miscarry if I act out. Therefore she's forced to eventually say "yes." Not that different from the women in p***, who can really never say no when you are sitting there watching them in a movie. Knowing that she is effectively my robot creates a desire. I think I'm doing the only logical thing to do.

Things will get easier, this is a temporary arrangement.

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Re: MZL on the 90-day highway
Posted by mzl - 05 Oct 2018 00:56

Day 2

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Re: MZL on the 90-day highway
Posted by mzl - 07 Oct 2018 00:30

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Re: MZL on the 90-day highway
Posted by mzl - 07 Oct 2018 12:05

I was thinking about this concept I learned years ago, it's called basar temusos (the flesh of the dying?) - animals that are sick and are shechted in a hurry - as a metaphor for something which can't be prohibited but which is bad news. For some reason it really resonated with me. I think I heard it used to describe a relationship with an isha yifas tohar and the resulting child. It's basar temusos.

For a long time I felt that's what my marriage was - basar temusos - because I got married to use my wife.

Later on I recognized my bipolar disorder and my addiction and I changed the rules the determine my worth, and since then it's been mostly fun, though my ruchnios suffered.

I have to say though that when I first saw my wife I had this impression of someone who was looking for a husband who would be a mommy and a tatty to her, and I was right on target. When I play that role for her she kind of melts, it's fun to watch.

I still think the expression basar temusos is brilliant for some reason ...

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Re: MZL on the 90-day highway
Posted by mzl - 07 Oct 2018 14:00

I think this new definition of cleanliness is sort of working because I was about to send me my wife a text to basically pressure her, and then I thought about my count here on the forum.

I think the reality is that she will basically never be in the mood as long as she's expecting.

Also, my desire and longing is hugely magnified in my brain, she cannot know how large it appears to me, and she is totally wrapped up in her nausea.

The thing that bothers me the most is that I thought this was going to be a productive year, instead some of my recent advances will probably go out the window.

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Re: MZL on the 90-day highway
Posted by mzl - 07 Oct 2018 15:24

Had a horrible fight. She needs someone who's willing to j*** off.

Hashem is really turning the screws this year. We were pretty happy before ...

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Re: MZL on the 90-day highway
Posted by Shivisi_Hashem - 07 Oct 2018 15:40

MMmmmmmm, now we have to jump in, its fighting time, how can we mix in and be part of it? How did it started? What is it all about? And how can we help?

it looks series now...pls make sure the neighbors are home, and you ha e empty bottles to throw on each others.....

have a good and easy one.

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