

New beginnings

Posted by Choosechayim - 25 Apr 2021 17:23

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So, I have posted before about mybpartocular challenges. I am married, but in a sexless marriage, battling the loneliness and sadness that comes with it. I have tried many times for 90 days, and always beat myself up afterwards. So. Here is what I am trying. I am trying 90 days with posting at least 3-4 times a week. I may decide that what I am trying to do is simply that. If I can post consistently for 90 days, then even if I fall, I have committed to being conscious of this work during that time. All chizuk is welcome.

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Re: New beginnings

Posted by Hurt - 25 Apr 2021 17:39

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good luck on your new count. Keep us posted.

All the best. stay strong!

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Re: New beginnings

Posted by HappyYid - 25 Apr 2021 19:15

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Welcome back!

I hope all is well.

Hatzlacha!

HappyYid

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Re: New beginnings

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Posted by Lou - 25 Apr 2021 19:40

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Welcome back!

Hatzlocha

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Re: New beginnings

Posted by DavidT - 26 Apr 2021 15:53

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The Gemara says: "**Habah letaher misaayen lo - He who comes to be purified, they help him**", and Chazal also say: "**Biderech she'adom rotzeh leilech molichin osoh - in the way a person wants to go, they lead him**". Why does the Gemara speak always in plural form: "**they help him**", and "**they lead him**"? The Maharsha explains that every effort a person makes creates an angel. And when the army of angels gets large enough, it has the power to help one overcome all the obstacles and lead him to where he wants to go!

Every time we say "no" to the addiction, a priceless coin is added to our spiritual bank. Even if and when we do end up falling, we do not lose what we had previously gained. When we have enough "spiritual coins" in our account, Hashem helps us to completely break free.

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Re: New beginnings

Posted by Choosechayim - 26 Apr 2021 16:33

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Still here. Thought checking in yesterday would "give me permission " last night, but I persisted. Thanks for all the support

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Re: New beginnings

Posted by Choosechayim - 28 Apr 2021 19:47

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Staying strong. Have been feeling depressed and activated the past few days, but BH.

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Re: New beginnings

Posted by Hashem Help Me - 29 Apr 2021 11:23

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Do you speak with anyone about this?

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Re: New beginnings

Posted by Choosechayim - 29 Apr 2021 12:44

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Thank you, yes. I have a therapist (2, if you count the couples therapist my wife stopped showing up for) and quite a support network.

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Re: New beginnings

Posted by Choosechayim - 29 Apr 2021 12:48

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Re: New beginnings

Posted by bego - 29 Apr 2021 13:16

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Hey

Hatzlocho in what you're doing. What you said about being conscious of it made a lot of sense to me. It's definitely the first stage and even if it doesn't go anywhere, i still think that the broader picture of not lying to oneself is important.

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Re: New beginnings

Posted by Striving Avreich - 29 Apr 2021 20:37

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[Choosechayim wrote on 29 Apr 2021 12:48:](#)

Fell into a bit of a pornado last night. But survived. Will make sure to keep putting my phone on focus mode

Do you have a filter? Are you able to control the urge when it comes up?

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Re: New beginnings

Posted by Choosechayim - 30 Apr 2021 16:54

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Re: New beginnings

Posted by Striving Avreich - 01 May 2021 19:57

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Do you have a filter?

What kinds of things have you tried?

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Re: New beginnings

Posted by Choosechayim - 03 May 2021 16:41

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I do not have a filter. I have not found one that is affordable. I would like to get one for my son as well.

Still committed.

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