

Connecting the days

Posted by connected - 05 May 2022 17:34

I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by Hashem Help Me - 02 Jun 2022 11:10

34 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

Just checking in.

Still standing. A suggestion - Maybe take out the word "still". It subtly implies an expectation to fall. These little nuances help us rewire our thinking.

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Re: Connecting the days

Posted by connected - 02 Jun 2022 12:28

[Hashem Help Me wrote on 02 Jun 2022 11:10:](#)

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Just checking in.

Still standing. A suggestion - Maybe take out the word "still". It subtly implies an expectation to fall. These little nuances help us rewire our thinking.

Good point.

Although, the same suggestion can be made to GYE. They use the same phrase when updating the 90 days count...

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Re: Connecting the days
Posted by connected - 02 Jun 2022 20:21

36 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

I have to give credit where credit is due. (At least some of the credit.)

Somewhere in the dusty libraries of GYE, I came across a [thread](#) discussing the effectiveness of the [Easy Peasy method](#). There were staunch members on both sides of the conversation going back and forth.

I decided to give it a shot and started reading it. I report that - poor writing notwithstanding - it has helped me immensely.

At the same time, I do see why it wouldn't work for everyone. (In fact, I highly doubt that any method would work for everyone.)

So I'm putting this out here for whoever might stumble upon this thread; I think it's at least worth a shot.

B'Hatzlacha.

Stay Connected

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Re: Connecting the days
Posted by Shmuel - 02 Jun 2022 22:29

[connected wrote on 02 Jun 2022 20:21:](#)

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Stay Connected

How are you defining "helped me immensely"?

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Re: Connecting the days

Posted by connected - 02 Jun 2022 23:46

[Shmuel wrote on 02 Jun 2022 22:29:](#)

How are you defining "helped me immensely"?

To sum it up in one line "I understand and truly feel that I'm not making a sacrifice".

In the past, this was the hardest part in trying to quit. I'd constantly feel like I'm depriving myself and like I need to be brutally fighting with myself. Like I'm stuck in the center of a tug of war. At some point, the perceived benefits of P&M would outweigh the benefits of quitting and I'd go back.

Reading this has removed the illusion of any benefits.

This is in a very condensed nutshell. (The size of a pistachio nut.)

I say again, I'm not preaching for everyone to use this method. I'm just saying that it worked for me (my longest stretch up until I read it was 14 days and it was pure hell).

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Re: Connecting the days

Posted by Shmuel - 02 Jun 2022 23:50

[connected wrote on 02 Jun 2022 23:46:](#)

[Shmuel wrote on 02 Jun 2022 22:29:](#)

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Amazing!

Thanks for sharing!

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Re: Connecting the days

Posted by connected - 07 Jun 2022 17:13

41 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

Yom Tov was what it was.

The nice parts were lovely, and the not-needing-to-get-out-of-bed-immediately-upon-waking-up was extremely tough.

In the past, this would result in me turning to my wife to satisfy my urge or acting out on my own (if my wife rejected my attempt or if I didn't have the courage to try her - probably due to previous rejections).

But these are two (of the many) things I'm trying to change.

So there I was, lying in bed, the urge burning in me, trying to figure out what course of action to take.

"Don't go to her; she's not your s*x object."

"But she's my wife. Isn't this part of the deal?"

"Nope. The deal is to give, this is purely selfish."

"OK, fine... So I'll just go to the bathroom..."

"C'mon, it's day 40 (the furthest you've ever made it). You know that acting out, while momentarily relieving the urge, will ultimately leave you feeling like crap. It's not a fair tradeoff. It

doesn't make sense."

"So what should I do?!"

"You know exactly what you should do! Stop lying around and get busy! Get out of bed, get dressed, and go take care of your rascals of kids, who are in the meantime turning over the house..."

"But I don't want to!"

"Well, that's the only option. Do you want to help yourself? Do it. Do you want to be miserable? Stay here, and fantasize."

(The voice of reason is still external...)

Fifteen minutes and sixty push-ups later, I was reading Baila Butterfly to my innocent angles over a fine spread of sickly-sweet-smelling fruit loops and other nutritious ways to start your Yom Tov day.

Bottom line, I guess what this three-day Yom Tov taught me is that I need a full schedule on Shabbos and Yom Tov mornings, lest I have time to ferment in bed.

Stay Connected

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Re: Connecting the days

Posted by yechielmichel - 07 Jun 2022 17:35

[connected wrote on 07 Jun 2022 17:13:](#)

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Stay Connected

Gotta say, I love this. Reads like poetry.

You get the best reward of spending time with your kids.

(Side-side-note: Is it all only selfish? Or is part of it the natural desire that Hashem planted in men to be giving of ourselves to our wives? What happens if you let your wife know at some point that you desire her?)

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Re: Connecting the days

Posted by connected - 07 Jun 2022 18:09

[yechielmichel wrote on 07 Jun 2022 17:35:](#)

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Why thank you!

I'll bring your side-side-note to the center; of course, there's plenty of grey area.

I think a simple way to gauge my selfishness is to consider what preceded my initiation. (Her initiation is a concept I need to get out of my vocabulary.)

I tell my wife that I need her, and if we spend time together schmoozing, etc., and then I initiate, there are good chances that I want to give.

However, if it's 7:30 am, and she's sleeping, and I (very gently, right...) wake her up because I woke up in the mood, then no doubt, I'm there to take.

In hindsight, in my close to ten years of marriage, I'm embarrassed by the number of times that this was the case.

I hope it's not too late to fix it.

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Re: Connecting the days

Posted by connected - 10 Jun 2022 16:02

44 Days

The furthest I've ever made it (I look forward to writing this line every day now...)

Not much has happened since my last 90-days update.

Oh, yes, I downloaded a cacophony of emotions and thoughts in the form of a long "[letter](#)" and watched as a few worlds detonated; nothing major. 'twas interesting to observe different Deios colliding.

I'm looking forward to a new, exciting medallion. The monochromatic 30-days one (also 14) is kinda boring and blah. Even the medals of the first few levels have more personality. Maybe it follows the pattern of breaking free. In the beginning, there's a certain freshness, etc. (even though it can be grueling), then the mundane, daily grind sets in, threatening to drag you down, and then at some point, it starts getting more manageable (I hope). Hmm...

Enough time and thought wasted on this.

Anyhow, I don't want to push time any faster than it's already going.

I gotta enjoy every moment I'm alive.

Stay Connected

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Re: Connecting the days

Posted by connected - 12 Jun 2022 22:58

46 days

The furthest I've ever made it (I look forward to writing this line every day now...)

Happy brutal sunday.

He was everywhere.

Crossing the street.

In the freezer aisle in the supermarket (also the other aisles).

In the car beside mine in traffic.

At the other pump in the gas station.

Always there. Always peddling his sweet wares.

"Just one look. I promise you'll enjoy it."

"No thanks. I know that I'll gain nothing from looking"

"But listen, I'm offering you something you haven't seen in a while. This one is unique!"

"No means no. I just can't afford it."

My wife gives me a quizzical look, "what are you mumbling about?", I just smile sheepishly... I wish I could explain it to my life partner. I just don't trust that she'll get it. It's on my road map. One day I hope to be strong enough to let her in to my dungeon-turned-to-palace. But for now I need to continue by myself.

And continue I do.

Moments turn into minutes.

Minutes into hours.

Hours into days.

You all know how it continues.

But it starts with one moment. Which moment? The current one.

Stay connected

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Re: Connecting the days

Posted by No Mask - 12 Jun 2022 23:16

[connected wrote on 12 Jun 2022 22:58:](#)

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BEAUTIFUL !!!

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Re: Connecting the days

Posted by connected - 13 Jun 2022 13:07

[connected wrote on 12 Jun 2022 22:58:](#)

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Stay connected

...and I just realized that the "voice of reason" spoke in the first person...!

Progress.

(Yes, I'm patting myself on my back)

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Re: Connecting the days

Posted by Looking_to_improve - 13 Jun 2022 22:22

Hey, I don't usually comment, but I just wanted to say I'm really enjoying following your thread,

keep it up.

Warning: Spoiler!

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