

looking good on my way

Posted by look Good - 02 Nov 2023 15:26

Hi everyone,

am struggling with MB since 12 a friend introduced it to me, was on and off as bucher tried to shtieg

got married thought will be better but just got worse (could blame my wife for not being interested in s-x but the blame game won't do anything its just something people use to justify themselves, and situation changed she is more interested is better for a long time already)

then came the internet when got out of kollel and it turned my life in a living hell constantly wanting something that doesn't exists searching for the maybe I'll find something interesting, from chatting with guys to pictures to erotic reading material keep on stopping and starting again.

getting around filters as nothing is secured for me anymore its only my strong will that will do it

so starting today day 1

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Re: looking good on my way

Posted by hopefulposek - 07 Nov 2023 19:20

Welcome!

Glad to hear your already up to day 5, just coming on to gye and starting to count the days as well as using keeping busy to help with urges is a huge step in the right direction. Keep on posting and hopefully you will find some help and guidance on here from the amazing people in this community.

Did you check out the Flight to Freedom program?

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Re: looking good on my way
Posted by Hashem Help Me - 07 Nov 2023 21:42

The fear of the unknown is horrible. At the right time, the right person should speak with your wife.

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Re: looking good on my way
Posted by look Good - 17 Nov 2023 05:04

i fell yesterday

but i know why i was full of anxiety and when have this feeling i just look to fill it with something the question how to deal with it next time it happens

had a thought yesterday while laying in bed when someone falls to floor its not that bad because he can't fall anymore. but when climbing a mountain if you fall you can fall more and more and can even be fatal, we will have to make sure to stop falling and go further. the same is with our journey even if we fall we can't just let it go because we can fall even lower and we can end up.... we just have to pick ourselves up and and go up again even if we can fall again we don't land and the bottom at least we stay afloat

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Re: looking good on my way
Posted by Hashem Help Me - 17 Nov 2023 11:50

So what is your plan next time anxiety hits? Exercise? Calling a friend? Mindfulness? Something else?

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Re: looking good on my way

Posted by look Good - 17 Nov 2023 19:47

thanks for the options

would try mindfulness

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Re: looking good on my way
Posted by bright - 19 Nov 2023 02:08

maybe try getting used to it now.... Very healthy

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Re: looking good on my way
Posted by look Good - 19 Nov 2023 04:55

[bright wrote on 19 Nov 2023 02:08:](#)

maybe try getting used to it now.... Very healthy

please explain used to what?

mindfullnes?

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Re: looking good on my way
Posted by bright - 19 Nov 2023 14:40

yep.

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Re: looking good on my way
Posted by look Good - 19 Nov 2023 23:31

[bright wrote on 19 Nov 2023 14:40:](#)

yep.

i do mindfulness but when a nisoyon arrives have to remember to use it

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Re: looking good on my way
Posted by bright - 20 Nov 2023 01:27

I would try honing your skill at urge surfing. Its related and has really helped many of us.

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