

Lonely but trying (trying but lonely)

Posted by odyossefchai - 09 Sep 2024 21:55

Ok here goes.

I'm starting a new 90 day journey.

I don't know why 90 days. Maybe because I saw that other people started a 90 day trial and it worked so let's give it a shot.

I'll give my story over the next posts as I'm new here and not all together comfortable sharing my life story.

I'm already up to day 8 so I have a little wind in my sails.

IYH we'll add in the days, one by one.

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Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 14 Nov 2024 11:04

Onto day 75.

Feeling good about the new me, who doesn't need any 'stimulants' to get through the day.

Believe me, there's been plenty of opportunities to get a 'release'

3 months ago, I would have a 12 hour streak!!

But not anymore. It's not a solution. It's a drug fix. And of the worst mental kind.

BH for GYE.

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Re: Lonely but trying (trying but lonely)
Posted by amevakesh - 14 Nov 2024 14:12

Thank you Yosef for the update. Your meteoric growth makes the heart sing and gives hope to so many people that are struggling. So many people came on to these forums because they have problems with their ?????? ?????? and addition problems with their marriage. When they finally begin working on their eyes, they find that for some reason there marriage improves bit by bit. This obviously is not always the case, but I'd venture to say that the vast majority of marriage problems can be made better (not necessarily cured) somewhat by working on these ??????. Kudos to you for being a living example of this! KOMT!!!!!!

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 17 Nov 2024 05:40

The truckin don't be stoppin

Life doesn't stop.

Spent shabbos in the beautiful Lakewood Ir Hakodesh.

Managed to sleep, eat, daven and learn. BH in 25 hours, there's enough time to accomplish all that and more!

78 days and it's time to celebrate, the only way I know how! With a FAT shawarma.

Tomorrow I'll go out to eat with my son.

BH I am blessed.

For many reasons.

But at the top of them is for Hashem guiding me to GYE

I would be lost without you.

Very very lost.

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 19 Nov 2024 11:19

?? ?????? ??????

Today makers the 80th day since i 'accidentally' found this site and the warm and loving people on it.

I came here as a broken shell of a human being.

I had completely lost hope of ever cleaning myself up. I was deep deep in the shmutz. My life was completely ruined. My marriage was falling apart and there was no hope.

But not now.

BH the marriage is better than ever. Life is better than ever. So many changes have happened and I have so much to look forward to. I am in the process of preparing for day 90. Not because of the number 90 per se. But because of the idea that it represents. Someone who was down in the deepest pits of hell, and I have climbed out. On my 90th day, BN I will post my story and what worked for me. As I've said many times, it was the people who reached out to me, who welcomed me, who gave me an ear to kvetch to and a shoulder to cry on. They are the true heroes.

May Hashem give you all bracha and Hatzlacha in your lives.

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Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 22 Nov 2024 13:32

Day 83.

Shmiras einayim is an issue.

I'm trying not to put pressure on myself, as the important issue I'm working on is PandM and BH
I've had success with that.

83 days is a new life for me. Free from the shackles of the pain and double life I was living.

BH marriage is way better, intimacy is completely different these days. I'm not addicted to sex.
I'm in love with my wife. We are very lucky.

Rabbosai, if you are struggling, reach out. Don't be shy. I know it's hard to open up to new
people and share your innermost pain but it's worth it.

The first few phone calls I made were so raw and painful but it helped me break free.

Counting down now till 90 and working on my thoughts.

Wishing you all a shabbos filled with Simcha, warmth and love. Lchaims will be flowing tonight.

Not too much because then I get too tired and can't learn after the meal!

Gut shabbos

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Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 25 Nov 2024 10:55

Day 86.

BH

Flex: I met Tzitzidude and can confirm he very much is a Tzitzis dude

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Re: Lonely but trying (trying but lonely)
Posted by Muttel - 25 Nov 2024 13:55

Was there ???? on his ?????? That would complete the dude component.

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Re: Lonely but trying (trying but lonely)
Posted by proudyungerman - 25 Nov 2024 18:05

[Muttel wrote on 25 Nov 2024 13:55:](#)

Was there ???? on his ?????? That would complete the dude component.

And I quote...

guardyoureyes.com/forum/17-Balei-Battims-Forum/380078-%D7%A4%D7%AA%D7%99%D7%9C-%D7%AA%D7%9B%D7%9C%D7%AA?limit=15&start=45

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 25 Nov 2024 21:13

I'm not talking about the tzitzis. I'm talking about HIM. HE is a tzitzis dude

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 26 Nov 2024 11:05

Day 87.

Too busy yesterday to have any nisyonos.

Joking. No such thing as no nisyonos!!!

Due to the Mrs being in a small car accident Dr has prescribed 10 days of no 'activity' (BH wife is ok)

I normally would have lost myself.

But I'll be ok now (as long as I can kvetch to HHM which I did)

I will survive AND THRIVE.

Hashem has brought me to this point where I'll be ok. Thank you Hashem for me learning these new skills. Slowly slowly I'm understanding why I had to struggle for so many years.

It's all to learn how to deal with challenges.

Off to daf and shacharis

Love you all

Odyossefchai

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Re: Lonely but trying (trying but lonely)
Posted by Muttel - 26 Nov 2024 14:49

You can call me to kvetch too

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 26 Nov 2024 15:48

[odyossefchai wrote on 26 Nov 2024 11:05:](#)

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Odyossefchai

So I wanted to add on a thought here.

Just to understand how sick I ~~am~~ was.

In times gone by, I would have spent the whole ten days complaining to myself, the walls, the sky, Hashem why I have been punished, and it's not fair, and why am I getting nisyonos that I can't handle etc etc.

I would hardly be spending any time thinking about my wife's discomfort and focusing solely on my own.

Now, although I'm not happy about it, I'll be 100% ok.

It's a whole mindset shift.

From total isolation and self absorption, to understanding and caring.

Which answers someone else's question on here, what is the issue with masturbating.

It's simple. Masturbation is purely self pleasure TO THE EXCLUSION OF ANYONE ELSE.

It's selfish, self mindedness, that I choose to push everyone else away from.

Now that I'm clean, I can stop thinking about myself in selfish ways, and look at someone else and see their pain, their life, and their perspective.

I had to learn this lesson. It took a long time. It was very painful, but it's worth suffering just to be able to be a better human being.

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 27 Nov 2024 11:04

Day 88

Adding more on yesterday's thoughts.

Disclaimer.

None of what I wrote would have been able to stop me from PandM three months ago.

These realizations only come after I cleaned myself up.

I'm not really sure how I stopped. I'm articulating and percolating some thoughts inside my brain. I'll BN share them on Friday (day90)

Warning: Spoiler!

Everyone should have a wonderful day

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