

Funny walk to 90 by Yehoshua

Posted by yehoshua - 03 Jun 2010 14:42

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Re: Funny walk to 90 by Yehoshua

Posted by yehoshua - 24 May 2016 12:43

He said that SA group is better then nothing.

Well... He said that there are many therapists out there and that he just can't take me, since my wife was expecting and yes, we got a beautiful baby girl. He can't take me, because I wouldn't be able to follow his program since I would tend to my family and wouldn't have the time... And then I asked what he felt about SA groups and he said that something is better than nothing.

So here I am, still alone. That is the truth, even though i feel llike progressed somehow, but just now I am slipping. I saw some s*ft scenes on Youtube and I really want to act out. So I am here, again. ... I didnOt fall, but I don't have anywhere to turn.

Again it is because i feel overwhelmed and tired and angry. I feel like I have the right to do it and like I really need to do it, just once. So sweet.

Now what? Call someone, call, please call, just call, just call, call, get up and call.... but who... just call SA gruop, don't join them, call, call..... (my experience tells me, i should call)

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Re: Funny walk to 90 by Yehoshua

Posted by BenTorah.BaalHabayis - 24 May 2016 18:56

I can empathize with your feelings. I've also had some instances recently where I was feeling a

desperate need to act out, if only once. And I've been clean for a few months so it's only fair...

But I know better. Because I know that there's no such thing as only once, and if I allow it once I am essentially inviting the lust to dominate me again and take over my life. And it's not "fair" to allow myself to let that happen to me. And I also know that as sweet as I feel this will be I won't be able to face myself after all is done.

Yes, I know better. But will my actions reflect what I "know"? I'm not sure myself.

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Re: Funny walk to 90 by Yehoshua
Posted by Dov - 24 May 2016 21:36

I PM'd you, Yehoshua...afraid it might not be for public consumption...you agree?

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 10 Oct 2016 16:31

Haven't been on for some time. I do have slips here and there, just yesterday i was searching for somethings (weights and fintess things) and then typed in d* and i saw the s* toy. I don't see it as a fall, but it was acting out, it was lust, lust pure, i didn't give it over to G-d. (i got my little fix and then didn't go back again to it - but that picture bothered me all day then, and every time it image popped it to my head again, I had to give it over to G-d) Same thing today, I opened Youtube and wanted so bad to watch a video that was offered there (talent show) and it had a woman in a short dress. So I did click it, and there was nothing there really s* or p*. But I did click it and it was lust. I didn't go any deeper than that, but in my mind I was thinking of women's parts. I didn't jump, yelled GEWALT in my head and gave it over to G-d. 1st STEP, Hashem!!!! Please, let me yell Gewalt, even when I feel nice and cosy and safe.

That is the insanity!!!

I am sorry I had to write this.

I just listened again to SA anonymous - Harvey (on youtube) - it is really good. And I am having trouble with my lust, with my mind. Thinking it is not that bad if I just give it a little thought. I mean I didn't m* or view p*, but I feel like I could slip and fall in a second. I have been sober for some time. I mean I really try to lead a healthy and good life. I train regularly, I clean up, meditate in the morning and I give my thoughts over to G-d and most importantly, I do the work that I am required to do. That is my main issue (that is my experience) - even though the work is hard and takes long, sit down and do it, slowly, but do it.

I am ashamed, but i must admit this. It might help someone. Lust and acting out comes to me when I am alone and when I have something to do, real work - then I usually run away to p*. I open a Youtube video of a certain therapist and let it play, while I work (like cleaning the house, dishes..., or before and sometimes even while translating). I am ashamed, because I do not perform out of my own wish of accomplishment or sense of duty...

I am having trouble with lust after the work done lately. I feel like I have arrived and that is also really bad. Or even in live, I would want the women to have some sort of contact with me, that is a bit more than it really is. Like, if a woman touches my arm, I would say thank you, that felt nice. It is isn't a problem, I do not let it lead to s* or kissing or something like that. But I don't feel right, I feel like I am using them and I see that it doesn't make them feel comfortable around me. Like I want something more to give them, so that they would feel well around me - but in reality, I think it is just lust.

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Re: Funny walk to 90 by Yehoshua
Posted by cordnoy - 26 Feb 2017 19:31

Hey, how are you?

Someone1 just asked me about you.

Wishin' you a good chodesh.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 23 Feb 2018 11:39

Hi all,

sorry, I haven't been here nearly two years almost. How am I doing? Well, I wouldn't be here, if I were doing great.

I made some mistakes at work, nothing big, but mistakes that the whole firm knows about now. Everybody makes mistakes and they nobody gave me a talk or anything. But there were looks, and that killed me. Now, this week I am alone, my family is all on vacation and I am alone at home. So, I saw some videos on youtube (just women dressed s*) and a movie, where there were women topless (there is a lot of that in movies, and my job demands I see movies, but maybe I could avoid it - watching came with a feeling of despair perhaps). Well I wanted to m*, but I didn't want my children to hurt because of me. So I stopped, I could maybe since it wasn't real acting out, it was slipping. If I were to act out for real, that would probably mean I would need a stronger stimulant. Yes my disease progressed, the fantasies I had are not enough, now I think i would want to go live. If that were to happen, I would not be able to stop in mid stream as I did now.

So I still don't have a therapist or attend a live SA group. But I feel like I need someone to hug and to love me knowing this me, the addict me.

I still don't want to go over my wife, like going to an SA group without telling my wife. But if I don't progress in my healing, I will progress in my falling. Vow, that is experience, not fancy talk.

Otherwise I was keeping it together, I worked really hard, tried to exercise daily, cleaned, cooked, even the relationships at home and at work are good. But the fail at work, I failed and then my world came crashing down, like all I do, comes crumbling down, just cos I am so darn incompetent, lazy and careless. At work I hugged a woman today, actors do that and she is an actress, it was a friendly thing - ok, I never hug, but she has issues probably, and felt a need for a hug, and frankly so did I, like two lost children. That can't be good.

How about I share my strength and hope?

I am here and I want to be free. I am sober today. Day 2.

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Re: Funny walk to 90 by Yehoshua
Posted by Hashem Help Me - 23 Feb 2018 12:26

Why dont you reach out and speak to some chevra here? Maybe they can replace the inappropriate hugs with kosher ones which will actually be more real.....

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Re: Funny walk to 90 by Yehoshua
Posted by Dov - 23 Feb 2018 12:47

Hi chaver, it's so good to see you again, been a long time. You can call me or email, if you like. It's still the same phone number and my email is still wequithiding@gmail.com

at least three new guys call every week w same kind of story. You're not alone, tovarish.

Lots of love and respect,

Dov

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 23 Feb 2018 14:20

You're not alone, tovarish.

Thank you. I feel like crying, dude. Vow, baruch Hashem.

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Re: Funny walk to 90 by Yehoshua
Posted by Dov - 23 Feb 2018 14:32

Funny, cuz I feel like smiling

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Re: Funny walk to 90 by Yehoshua
Posted by Dov - 23 Feb 2018 14:32

Funny, cuz I feel like smiling

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 23 Feb 2018 14:50

I talked to **Hashem Help Me** on the phone. I feel like smiling too.

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Re: Funny walk to 90 by Yehoshua
Posted by Gevura Shebyesod - 23 Feb 2018 15:08

Sorry to hear about the hard time you're having. But stop knocking yourself down you're worth more than that. And the next thing you do you'll do well and everyone will forget about before.

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Re: Funny walk to 90 by Yehoshua
Posted by cordnoy - 23 Feb 2018 15:13

[yehoshua wrote on 23 Feb 2018 11:39:](#)

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Welcome back.

I'm I'm jealous.

God speed to you.

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