

enough is enough!

Posted by i-man - 04 Jul 2015 21:54

I am a new member of the gye family and i feel that with chizuk from my brothers in arms will give me additional ammo in this battle of good vs evil

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Re: enough is enough!

Posted by i-man - 09 Sep 2018 21:08

Thank you to everyone here I feel that I have something to show this RH - I'm heading in the right direction and have accomplished a tremendous amount in this area , the beautiful achdus and teamwork make a really big differance

Ah Gut yor to all.

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Re: enough is enough!

Posted by i-man - 12 Sep 2018 01:26

Gut vocht Gut Yor

Yomtov went by very well 'B'H - every time the yetzer horah put a bad thought in my head or an attractive woman in my sight I quickly turned my mind to "zugs" that the olam here says , Im not sure the correct recovery term for that but whatever it is it was working so thank you

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Re: enough is enough!

Posted by i-man - 14 Sep 2018 04:41

Last night I had a slip nu , I called the champ today, I was going to leave it out but I told him and we discussed and it felt good to "fess up" , than it hit me - this is what vidui is admitting to someone who cares about you (in this instance a million fold) and He wants me to succeed , and it helps me move past stuff , If I say it properly I should experience that same emotion.. gonna keep that in mind.

Editors note: RH YK and Teshuva can be able complex subject for many here I'm not suggesting anyone do anything.

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Re: enough is enough!
Posted by i-man - 14 Oct 2018 03:34

I am Doing pretty good B'H I think I put the summers falls behind me .

What I am doing to stay clean :

- I try to be in touch with some of the wonderful group out here.
- I read the forums ect to get ideas and chizuk
- I" let go" to Hashem when I have a challenge
- I try to stop any looking or thinking etc by calling out the lust and shutting it down .

This is the basic Gameplan right now with a few others obviously including Tefilah.

I have yet to properly utilize the odaat concept I'm not sure how to rewire my brain.

Thank you all this site is incredible.

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Re: enough is enough!
Posted by Hashem Help Me - 14 Oct 2018 05:11

Rewiring the brain is a slow process that takes place without one noticing. Being focused, hearing advice, listening to shiurim, helping others, all have a slow yet powerful effect. One day you will iyh wake up and say, "wow, I really think differently about these things now". Iyh soon buddy.

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Re: enough is enough!
Posted by i-man - 22 Oct 2018 22:27

Since late last night I have been getting strong urges every few hours to get my hands on some porn - not sure what for it would so devoid of any actual pleasure - well no one said it's a rational thing...

I pledge to Make a phone call before doing anything I will check back in later.

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Re: enough is enough!
Posted by i-man - 23 Oct 2018 02:36

B'H calling definitely helped things cool off

Thanks to Mike of Mike'sTrucking Co.

for giving me the idea to commit to call someone and report back .

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Re: enough is enough!
Posted by mikestrucking - 23 Oct 2018 19:09

il appreciate the positive press coverage of my business (trucking)
Warning: Spoiler!

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Re: enough is enough!
Posted by i-man - 28 Oct 2018 07:17

I slipped broke through some of the gedarim I have set up - I almost acted out...

Motzai Shabbos can be a major trigger for me- I get lazy and lethargic, not focused on doing anything constructive so I end feeling useless and it goes downhill , anyone have a similar issue ? any good ideas ?

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Re: enough is enough!
Posted by mzl - 28 Oct 2018 07:51

[i-man wrote on 28 Oct 2018 07:17:](#)

I slipped broke through some of the gedarim I have set up - I almost acted out...

Motzai Shabbos can be a major trigger for me- I get lazy and lethargic, not focused on doing anything constructive so I end feeling useless and it goes downhill , anyone have a similar issue ? any good ideas ?

You could try having pre-planned activities for that time. Plan something now for next motzai Shabbos.

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Re: enough is enough!
Posted by Hashem Help Me - 28 Oct 2018 11:30

[i-man wrote on 28 Oct 2018 07:17:](#)

I slipped broke through some of the gedarim I have set up - I almost acted out...

Motzai Shabbos can be a major trigger for me- I get lazy and lethargic, not focused on doing anything constructive so I end feeling useless and it goes downhill , anyone have a similar issue ? any good ideas ?

Motzai Shabbos is one of the most triggering times for many. The Aruch Hashulchan even comments that people are edgy and irritable then due to the loss of the neshama yeseira. Ideas. Before Shabbos, contact some of your GYE chaverim and ask them to check in after Shabbos. The accountability, knowing someone cares, helps alot. Even just the fact that you have the presence of mind to share a challenge usually minimizes the urge. Secondly, if you have an Avos Ubanim program in your area, attend. If you dont have a son that age, offer to learn with a yasom or a child from a divorced home or a boy whose father is unfortunatel unwell. Many of these programs also include some gym time for the boys. Join the physical activity. And if they dont include gym, or if the Avos Ubonim program does not work out, find some other exercise opportunity. Lasltly, as mzl wrote, find something you enjoy. A walk with your wife, a chavrusa to learn with a specific limud specifically for motzai Shabbos (suggestion - Minchas Chinuch), etc. BH you stayed clean, celebrate that fact and thank Hashem. Continued hatzlocha chaver!

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Re: enough is enough!
Posted by mzl - 28 Oct 2018 12:30

I meant any activity, as long as it's planned ahead of time. Because that is one remedy for procrastination and laziness. E.g. clean the bathroom, shop ...

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Re: enough is enough!
Posted by i-man - 28 Oct 2018 12:52

[mzl wrote on 28 Oct 2018 12:30:](#)

I meant any activity, as long as it's planned ahead of time. Because that is one remedy for procrastination and laziness. E.g. clean the bathroom, shop ...

No thanks - theres enough cleaning and shopping BEFORE shabbos...

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Re: enough is enough!

Posted by i-man - 02 Dec 2018 07:42

I just unintentionally came across this interesting set of shailos nogeah to the upcoming YT "food" for thought...The NUDNIK asksby ... 12 Dec 2012 23:04#200114Karma: 3

I can see the topic has moved from hairs to doughnuts, I don't usually like to see them together - hairs and doughnuts ;-)
But talking of doughnuts, I have had some serious halachik shaalos about doughnuts on Chanukah: 1) is the icing on the doughnuts considered a chatzitza? 2) aren't the additional toppings like icing and chocolate a problem of ?? ????? in the ????? of the doughnut? 3) what is the

minimum shiur
in the size of
the doughnut?
???? ?????
????? 4) is the
jelly halocho
lemoshe
mesinai? 5) if
one forgot to
eat a doughnut
on one of the
nights, is there
??????? on the
next night? 6)
if you have a
choice
between 2
doughnuts,
one has no
topping (so no
problem of
?????) but it
has no jelly
???! Or one
which has
jelly, but it also
has icing. So
should u go for
the one with
jelly even
though there is
a problem of
????? because
of the icing, or
should u go for
the one
without jelly
but at least
there is no
?????! Or ??
??? ?????
?????

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Re: enough is enough!

Posted by i-man - 18 Dec 2018 04:00

Recently i was thinking that a big reason I cannot act out is because of the collateral damage my family suffers (I get depressed/full of self hatred and basically project it on my wife and children) I cant yet determine if this attitude is a good tool or not as Ive B'H been doing pretty good..

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