

My first journal

Posted by musicguy - 12 May 2011 23:16

Hi all - I've been on the board only since yesterday, and I'm still learning my way around. I registered for the 90 day board and decided it couldn't hurt to keep an online journal too. Today is day 3, and reading this board every day is definitely helping me keep my goals and strategies foremost in my mind.

It's good for me to focus attention on hobbies and activities which are healthy for me instead of porn... so I'll update you all on this. I took a 30 minute walk this morning (have a few pounds to lose like everyone else) and I'm cooking brisket tonight for shabbat dinner tomorrow night. We don't usually do a shabbat dinner (maybe once in the last 7 years?) but I've been wanting to make brisket so why not.

Today's excitement for me is a new pair of headphones I am testing out - Sony MDR-V6. Right now I'm listening to LCD Soundsystem London Sessions and they sound pretty fantastic. Not sure if I can adjust to the heavy coiled cable but so far I am leaning towards keeping them.

The rest of the day should be easy for me - I am out in public with my laptop and will be at home with my wife later. Only risk would be if I go downstairs after she falls asleep, so I will make sure not to do that... and then I will be at day 4 tomorrow!

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Re: My first journal

Posted by ur-a-jew - 20 May 2011 03:09

Musicguy this is a great thread. I've learned cooking which bike to buy and sobriety. If you're looking for a partner I'm available (you can PM me). My last partner has disappeared. Keep up the great work.

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Re: My first journal

Posted by alexeliezer - 20 May 2011 19:23

You're dead right! The television is feeding the habit. Women on TV are way too provocative for me. Even the weather girl will do me in. In truth, any woman is too provocative for me, except my wife.

How bout a non-fiction book instead?

Before joining Food Addicts or OA, take a look at a small book by Dr Joel Fuhrman called Nutritarian Handbook. There's a concept he discusses called "toxic hunger" and the book will open your eyes to a whole new world of health for you.

What about replacing the handlebars and stem on your mountain bike with ones that will allow a more upright posture rather than the expense of a new bike?

Also, resistive training (weights) are key to weight loss. There's another great motivating health book for men written by Dr Robert Arnot called Turning Back the Clock. You should be able to find it for a song on Amazon.

You're on the road. Keep on truckin!

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Re: My first journal

Posted by ben durdayah - 22 May 2011 21:33

Musicguy,

Just to let you know, the partner/sponsor demand far exceeds the supply, so you may need some patience with that. Rest assured that there is no intent to discriminate against anybody on the basis of religious observance.

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Oh, and WELCOME

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Re: My first journal

Posted by musicguy - 22 May 2011 21:59

Hi all... I haven't posted in a few days so I thought I'd come online and catch up. I'm still clean - since May 9 - and feeling great about that. I'm finding that being on the site and getting the daily emails are helping to clarify my goals in my mind and they are even changing the language I am using to think and talk to my therapist about them. I don't mean I'm suddenly speaking Yiddish... just that I am using words like "clean" and "triggers" which I have never used before. It's a good thing.

The weekend has been pretty easy for me. I've spent almost all of the weekend with my wife, which I really enjoy. It's the best part of the week. Now it's Sunday and I am feeling sad about having to go back to work to a job I don't love. I am exploring the idea of starting a freelance/consulting business on the side, with the hope of eventually doing it full time, but right now it seems a long way off. I have a criminal background (thanks to my P addiction) which would make it difficult to just go out and get another job. If I can get the freelance thing off the ground, it would be really wonderful for me. I think I would enjoy working for myself.

I have been really consistent about not using the computer when home alone but now I am becoming more aware of things that I may do or think that are a step further out... like looking at girls or women, thinking about P I may have looked at in the past, etc. It's just one step away from actually acting out.

I feel like my perspective is gradually changing... I am becoming more serious about giving up P and being really committed to being clean. Just this morning I was thinking about wanting to act out again sometime soon though... and I wonder if these thoughts keep coming, even after you are clean for weeks, months or years.

An update on the accountability partners - I have been matched up with someone, and

someone from this forum has agreed to be a partner and guide as well. It all helps.

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Re: My first journal

Posted by alexeliezer - 23 May 2011 19:36

Musicguy, sounds you're definitely on the road!

Do the thought's go away? I only have experience with one person's thoughts....

In the beginning, before discovering this site, I had made a vow not to look at P on the net. I kept the vow, but was still looking at women and mainstream photos. The thoughts were relentless. After discovering I was an addict and starting to apply the steps, and making a commitment to stop looking at all women in all settings except my wife and daughters (and professionally to the degree necessary), the thoughts continued but not as incessant. A big part of my addiction was fantasizing and my mind would play the recordings of previous fantasies as well as images at the most inappropriate and random times. When these thoughts came, I would again apply the steps, admitting I was powerless and asking for Heavenly assistance. Gradually, the intrusive thoughts went away. They will still knock once in a while, but they're much easier to keep out if I don't let them in. It was a real relief once the thoughts started receding, because fighting them took huge chunks of mental energy. I am much more serene. Life is much better.

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Re: My first journal

Posted by musicguy - 25 May 2011 20:55

I'm at work now and struggling. Feeling like I want to look at some sites that I shouldn't. I'm not sure why I am feeling this way right now - I think it's because I'm feeling like I don't want to be at work.

I'm proud of the way I am handling this for two reasons. One, I am recognizing my position before I act out, even before I look at sites that aren't even porn. I know that looking at them will lead me to actual P. Second, because instead of just continuing to look at websites, I emailed my accountability partner and am posting here. And now I'm going to get off the computer and get away for a couple minutes. Get a coffee.

This sucks.

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Re: My first journal

Posted by TheJester - 25 May 2011 21:21

[musicguy wrote on 25 May 2011 20:55:](#)

This sucks.

No... it rocks. You're not just fighting a battle, but a hard battle. When you win it, you'll know you achieved something.

Keep giving us updates - I for one, and I'm sure many of us do, get a little "high" whenever I hear someone is "winning" (which is what you're actually saying).

It's strange - there are these small wars going on all over the world, and so often, the heroes are unknown...

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Re: My first journal

Posted by musicguy - 26 May 2011 14:50

Hi all...

Someone on another forum asked if I have a recovery plan. Here's how I answered... would be interested in any feedback.

I believe I do have a recovery plan... all elements are not 100% there yet, but here's my understanding of it so far.

- I see my therapist every week (since Nov 2009), where I work solely on my addiction and the issues surrounding it, which include emotional work, family issues, cognitive/behavioral work and the Patrick Carnes "Facing the Shadow" workbook.

- I have put rules in place for myself (the three circles) about what is acceptable and not acceptable behavior.

- I do not let myself use my computer when I am home alone or when my wife is asleep.

- I attempt to focus all sexual energy and attention only towards my wife and avoid fantasizing and objectifying women.

- I am on Lexapro to help with impulse control and to slow down my thinking enough to make calmer decisions.

- I am working to learn the emotions, situations and images that can be triggers for me, and am learning how to deal with them in a healthier way. This includes working on handling situations and issues in my life that can be stressful, since stress is a trigger for me.

- I am working on this site and one other to have a place to discuss these issues outside of therapy, and to hopefully establish relationships with one or more people who can be support check-in partners on a daily basis.

- I work with my therapist to plan ahead for times where I anticipate being tempted to act out (travel, etc.).

There may be other elements I am not remembering right now...

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Re: My first journal

Posted by TheJester - 26 May 2011 15:13

Hi,

Be careful here, because I am not sure that you've made it clear enough to everyone how extreme your issue has been for you, and how your life has been devastated as a result. Also, be careful with advice here that is specific to recovery, if in fact you have a recovery plan that you're discussing with your therapist.

With that said...

It sounds like a great start. Except - are you replacing the bad with anything good?

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Re: My first journal

Posted by alexeliezer - 26 May 2011 19:56

Musicguy,

Good to hear from you and to hear that you're doing so well!

You said "this sucks." I think you just mean "this is work." Hard work. A lot of hard work. And

you're doing it!

Rock on!

Alex

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Re: My first journal

Posted by musicman - 26 May 2011 20:00

If you can't take it one day at a time, take it one hour at a time. if you can't take it one hour at a time, take it one minute at a time.

Every second you restrain yourself from giving in, you are placing yourself above 98% of the world, and you are a true hero of our times.

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Re: My first journal

Posted by musicguy - 29 May 2011 04:16

Rough day today. Started off with my wife being angry at me (last night and this morning), seeing and then staring at something I shouldn't have been looking at in a coffeeshop (no explanation needed) and then having the evening to myself when my wife had plans. A year ago I would have acted out 3 or 4 times by now.

Somehow, I didn't act out this time. I sure wanted to. Picked up Thai food and watched Shutter Island instead (neither was amazing).

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Re: My first journal

Posted by Eye.nonymous - 29 May 2011 20:23

[musicguy wrote on 17 May 2011 14:05:](#)

Most of my focus now is on trying to stay mindful of my behavior and triggers all the time and anticipate situations where I might start down the slope back to acting out.

...and keep a look out for what you're THINKING and how you're FEELING. Negative thoughts and feelings, I have found, are often what drives me to act out.

--Eye.

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Re: My first journal

Posted by TheJester - 29 May 2011 21:27

[musicguy wrote on 29 May 2011 04:16:](#)

Somehow, I didn't act out this time. I sure wanted to.

Good going, and more where that came from!

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