

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 alexeliezer - 10 Jun 2011 18:08

Congrats on passing 30 days! And for withstanding the test of being alone in a hotel room. Sounds like the tests just keep coming. You'll be battle-hardened before long.

No stopping this freight train now!

Alex

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Re: My first journal

Posted by ur-a-jew - 10 Jun 2011 18:48

[musicguy wrote on 10 Jun 2011 14:42:](#)

Musicman - where in the country do you live? Maybe one of us is near you and we can make plans to get together?

I've been waiting for the musicguy to meet up with the musicman. When and where's the concert?

Musicguy, congrats on 30 days. As the French are wont to say: Continued Hatzlacha!

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Re: My first journal

Posted by musicguy - 23 Jun 2011 00:47

Hi all - haven't been on to update the journal in a bit.

I'm still clean - it's 41 days now.

Yesterday I broke my left leg in two places (ankle and fibula) and sprained my right ankle. It happened while working at a hotel (I'm an event planner)... I was walking down a flight of steps and didn't see the last one. I felt my ankles just crumble under me. The pain was the worst I've ever felt, and it was a good 2 hours before they got me any painkillers at the hospital. I got a

splint and saw a doctor today, and they are doing surgery early tomorrow morning to put 4 pins in my left ankle. I will be in a splint for a few days until the swelling goes down, then a cast for 4-6 weeks, then a boot for another 4 weeks. They say it will be uncomfortable for about a year.

Because my right ankle was sprained, it's been very painful to stand on that foot, and I can't walk even with crutches. I was unable to walk the short path to our house, and knew I wouldn't be able to get up the stairs where our 1 bathroom is... so we went back to the hotel and they put me up in a room for a couple nights. This has been much easier for me - I use a wheelchair to go from the car to the bed to the restaurant, rather than being stuck in bed all day like I would be at home. I have been able to stand on one foot for very short times, just long enough to go to the bathroom or get in or out of the chair. The doctor gave me a boot for my right foot which makes it easier (I will use it later for my left foot).

So that's the story - hopefully the worst is behind me!

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Re: My first journal

Posted by ur-a-jew - 23 Jun 2011 15:20

Sad to hear about the physical fall, glad to hear that your still standing in the real struggle. Wishing you a speedy and painless recovery.

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Re: My first journal

Posted by Eye.nonymous - 25 Jun 2011 19:06

Refua Sheleima.

--Eye.

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Re: My first journal

Posted by alexeliezer - 26 Jun 2011 12:54

Wow! Nice work!

Wishing you a quick and complete recovery.

Consider taking a vitamin D supplement. It's important for your bones and you won't be getting much sun with the broken leg and all. (example: D3 1000 units daily--watch the kashrus)

I found that when I was suffering physically my addiction was weakened. Hope it's the same for you. Congrats on your continued sobriety.

Alex

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Re: My first journal

Posted by ben durdayah - 26 Jun 2011 17:45

Yoish! :'(

Refuah Sheleimah BiMeheirah!!! :-*

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Re: My first journal

Posted by musicguy - 08 Jul 2011 16:07

Hi all...

Still home recovering from my broken leg (and now a blood clot) but I have good news... today is 60 days clean for me! It feels great. It definitely got easier after 30 days. Thanks for all your support.

Now the idea of hitting 90 days doesn't seem impossible!

Have a great weekend all...

Musicguy

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Re: My first journal

Posted by alexeliezer - 08 Jul 2011 18:22

Awesome!

Days become months!

But when the going gets tough, remember you only need to get through one day at a time.

Refuah Shlaima

Alex

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Re: My first journal

Posted by Eye.nonymous - 11 Jul 2011 16:22

Congrats!

--Eye.

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Re: My first journal

Posted by musicguy - 24 Jul 2011 16:10

I haven't been on in a while so I thought it was time for me to update my journal. I am still recovering from a broken leg so my life has been very difficult than normal for the last 5 weeks. I am supposed to get my cast off in a week and hopefully will be able to walk with a boot so life should slowly get back to normal.

I am still clean (76 days!) but have been engaging in some behavior that is risky for me. I flip channels on the TV at night after my wife falls asleep looking for something to M to. Once I even looked for a clip of a TV show on YouTube on my Tivo. This is risky behavior for me because I have learned that that kind of behavior is just one step away from pulling out my computer and looking at pornography. Even staying up late after my wife goes to sleep is bad for me - it feels like "time off" to me and "time to enjoy myself", both of which can lead to unhealthy behaviors.

I have to go back to my normal routine of going to sleep when my wife goes to sleep - that will mostly fix the problem. I know checking in here will help me to identify this behavior and become more mindful about correcting it.

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Re: My first journal

Posted by alexeliezer - 24 Jul 2011 16:17

Totally relate to the slippery slope. For me it would start with mainstream magazines...

It takes huge discipline to go to sleep when you should. Keeping us tired is one of the master

generic tricks of the YH.

To 90 and beyond!

Refuah Shlaima

Alex

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Re: My first journal

Posted by Eye.nonymous - 25 Jul 2011 05:45

[musicguy wrote on 24 Jul 2011 16:10:](#)

I am supposed to get my cast off in a week and hopefully will be able to walk with a boot so life should slowly get back to normal...

I am still clean (76 days!) but have been engaging in some behavior that is risky for me...

I was just stuck at home for 6 weeks due to home renovations. I thought I was handling it well--I lowered my expectations for learning and working, I was flexible, I wasn't angry, I wasn't complaining.

But, I was feeling lust, and it was getting stronger and stronger, and I nearly acted out (after 4

months, 17 days sober).

So, I realized there were underlying negative feelings, more subtle feelings, that I had failed to acknowledge. They were driving me to act out. Basically, it's really hard to go for so long feeling relatively useless.

After I acknowledged those feelings and called some other people from this forum and shared these feelings with them, the strong lust urges loosened their hold on me.

And I am still sober, thank G-d.

--Eye.

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Re: My first journal

Posted by TheJester - 25 Jul 2011 07:07

[musicguy wrote on 24 Jul 2011 16:10:](#)

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I have to go back to my normal routine of going to sleep when my wife goes to sleep - that will mostly fix the problem. I know checking in here will help me to identify this behavior and become more mindful about correcting it.

Here is my own barometer as to whether what I am doing is dangerous:

Do I feel the need to hide this from my wife

It's really that simple. And if it is, then I try my hardest **not** to do it, or question whether it is appropriate, and share it with her. Why do I share it with her? Because sometimes what I want to do is OK-ish, or even OK. But once the lies start, it's VERY HARD to stop them. I mean, how do you then come clean? "I lied to you". It's hard. And that makes me more self-absorbed, and sucks me more into my own world.

Baruch Hashem, I am lucky to have the wife I do - one with whom I can share things. And *Baruch Hashem* (really) that I went through the tough stuff I did, so that I am really afraid of getting disconnected from my wife - that itself is something I honestly want to avoid. Because it just makes life sick, dirty and unmanageable.

I don't always succeed. I like to think "in small ways", and not recently. But it's a good barometer for me, and the course of action (nowadays) is always to refrain, or to keep her informed. That is what stops anything either starting in the first place, or descending into something unmanageable.

To be a little clearer... I was once the type of person to hide relatively innocuous facts, "in case" they developed or turned into something else. For example, a correspondence with someone "risky". Nowadays, I would alert my wife to this before it begins, and either pursue it (if necessary) without the secrecy, or ask myself whether it is really necessary/appropriate.

I don't know if this helps you in your own situation. I know that I am blessed with my wife, and that not everyone can "use" these tactics.

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