

Checking In While Recovery Is Out To Lunch

Posted by Holy Yid - 15 Aug 2011 05:18

Hi it is me, Holy Yid. One of the lucky old timers. I have been blessed to have found this place over two years ago. I did one round of the twelve steps call and was doing much better but lately I have been falling from time to time. Right now I have unfiltered internet access and it is killing my life and soul.

Just sharing so I would not gloat and just give advice to newcomers while I wallow in dirt.

=====

Re: Checking In While Recovery Is Out To Lunch

Posted by JackAbbey - 15 Aug 2011 11:05

still helpfull, knowing what NOT to do

wouldnt it be a lot more helpfull by following an example of what TO DO?

if you have been here for so long then just dive in

remember hashem will fight for you, we just have to our max

=====

Re: Checking In While Recovery Is Out To Lunch

Posted by kidushashem - 15 Aug 2011 11:32

[Holy Yid wrote on 15 Aug 2011 05:18:](#)

Hi it is me, Holy Yid. One of the lucky old timers. I have been blessed to have found this place over two years ago. I did one round of the twelve steps call and was doing much better but lately I have been falling from time to time. Right now I have unfiltered internet access and it is killing my life and soul.

Just sharing so I would not gloat and just give advice to newcomers while I wallow in dirt.

wow, very brave of you to post that; You're right, as a newbie, I always think that the old timers who have posted hundreds of times must be way beyond the Taava since they've done so much work.

But now that we see that even an old timer can fall so hard, what hope can you give us, the newbies?

What is it that you have been doing wrong that caused you to fall back in?

Did you get too sure of yourself and remove the filter b/c you thought you were "past that"? Did you feel like you were in complete control?

I'm sorry to be so nosy and I'll understand if you don't feel like getting into details too much but I would like to know how to avoid falling back in after being clean for so long.

I think you would get a big zechus if you could teach us all how to avoid such a situation.

With love and admiration,

KH

=====
=====

Re: Checking In While Recovery Is Out To Lunch
Posted by ZemirosShabbos - 15 Aug 2011 16:12

Holy Yid,

your honesty is admirable

we all stand behind you. do what you gotta do, you will be all the better for it

zs

=====
=====

Re: Checking In While Recovery Is Out To Lunch

Posted by Holy Yid - 15 Aug 2011 17:47

KH,

Recovery, the site, the chevarah and all the rest of this wonderful place has given my gifts that are priceless and have changed my life. I No longer hate myself deeply for the things I did online. I am living a more spiritual life. I have become calmer and more trusting. I have also met some of my closest friends and some of the most caring people I know, even though I do not know their names.

Even if someone does not break free 100% they still have much to look forward too.

I am glad you asked why I fell. I have not had time to do a full analysis but the short of it is that I stopped living recovery. I thought I was better and did not have to stay in touch with the chevrah and live in a spiritual way. I was not being as honest and aware as I needed to be. I stopped avoiding triggers and growing spiritually.

Some people call that complacency but I think that labeling is a bad idea as we get caught up in the labels and don't deal with the issue.

Please ask me more. I might not be able to post for a few days but that might be a good thing.

=====

====

Re: Checking In While Recovery Is Out To Lunch
Posted by mechazek - 15 Aug 2011 18:16

Hi holy yid thank you for sharing your struggles. For me every one of my slips have been a gift it helped me internalize more and more the severity of my delusional thinking and my nonrealistic view on life. they were a gift and I hope it turns out the same for you.

What were the reasons why you decided to recover in the first place? why have those reasons gone away?

=====
=====

Re: Checking In While Recovery Is Out To Lunch
Posted by Holy Yid - 16 Aug 2011 01:12

I came here because I was loosing control of my life.

I would spend hours online doing you know what.

I seem to have forgotten or never fully accepted that I do not not have control over p***

=====
=====

Re: Checking In While Recovery Is Out To Lunch
Posted by JackAbbey - 16 Aug 2011 11:38

one of the most important steps of healing an addiction is to realise that:

I HAVE NO CONTROL OVER THE ADDICTION

then you will look for help to control it

go for it

hashem will help you, he helps all of us here at GYE

=====

=====

Re: Checking In While Recovery Is Out To Lunch

Posted by Back on Track - 16 Aug 2011 11:52

Don't worry. Even though you probably have a different name in real life, you are surely a Holy Yid by any means. I am bh clean for almost 4 months and now praying that I don't hit a bump and fall downward. We can never be sure of ourselves regarding addiction. But ashrei adam hamefached tamid. We can still learn 2 appreciate life and enjoy sobriety. What you wrote about not living the solution really hit home for me. If your not enjoying your sobriety there's a good chance you will come to believe you will enjoy acting out more. Keep in touch.

=====

=====

Re: Checking In While Recovery Is Out To Lunch

Posted by ben yaakov - 16 Aug 2011 19:40

Hi holy yid I have been clean now for over a year with alot of support. I still feel that if I would have unlimited access I would fall. I also find that very once in a while i'm feeling down and the thoughts of getting turned on come in my head. afterall this is the way I always made myself feel good. I think that it may take years untill these thoughts will stop and instead think of what can I do to accomplish something positive instead.

Untiil that happens I feel cannot have unlimited access.

We have to constantly remember we can't fight this. Therefore I don't feel bad that I have these thoughts. unfortunately I did this to myself and now I have to handle it by getting used to doing something else to feel good about myself.

=====

=====

Re: Checking In While Recovery Is Out To Lunch

Posted by obormottel - 16 Aug 2011 20:42

so put the filter back on, nu?

and then start everything over. as Bardichev says, mehayom ul'habo keep on trucking.

=====
=====

Re: Checking In While Recovery Is Out To Lunch
Posted by bardichev - 16 Aug 2011 20:55

obbermottel we will be drinkinking lichaim and dancing yalili pretty soon!!!!!!

=====
=====

Re: Checking In While Recovery Is Out To Lunch
Posted by obormottel - 16 Aug 2011 21:03

[bardichev wrote on 16 Aug 2011 20:55:](#)

obbermottel we will be drinkinking lichaim and dancing yalili pretty soon!!!!!!

looking forward to that...

BTW, how are we supposed to keep on trucking if I just turned in my 18-wheeler, and my
trycycle is missing a front wheel?

=====
=====

Re: Checking In While Recovery Is Out To Lunch
Posted by shteighecher - 16 Aug 2011 21:05

Cmon on my truck brother

=====
=====

Re: Checking In While Recovery Is Out To Lunch

Posted by bardichev - 16 Aug 2011 21:05

who rides a tricycle besides for dov???

=====
=====