

Losing Steam

Posted by kidushashem - 02 Oct 2011 21:25

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Hey guys,

I feel like I'm in not such a good place right now. I feel like I'm losing steam.

What I'm going to do now is write what comes into my mind and hopefully come out with the answer on my own.

So here goes:

I'm holding around day 60 being clean. During the last 48 hours, I've been having a major struggle which has been intensifying during the last 10 days or so.

Where did I do wrong?

Well, starting from Rosh Hashana, my eyes have been exposed to a lot of tempting stuff. We had female guests during the 3 day Yom Tov. Thank G-D they weren't too attractive. But my approach with female guests is to not create awkwardness. I try to strike a balance where, on the one hand I am not trying to not think of pink elephants, but on the other, I don't get too friendly. I'm still working on finessing that balance and I could have done better.

The situation worsened last night when I decided to edit the unclean parts of a video for later watching. Dumb move. The obvious outcome was, that as I was deleting those scenes, I still got snatches of them and it got my Yetzer going. These weren't very bad scenes and that's why my Yetzer had the strength to get me to do that.

Then, today, I watched a couple "clean, disney" movies. I got the inner strength to walk out on the rest of the family finally. But I had already scene beautiful women and my YH was ravenous.

I came across an unfiltered iPad later. My mind said that I should go have fun, it will be so amazing.

Thank G-D, I didn't do anything. In the last couple hours, my mind's been telling me to go have fun with all the available tools at my disposal.

Sheesh, it's so tough.

Ok, I know where I went wrong. Shouldn't have spoken to those girls so much (5 points from Gryffindor), shouldn't've edited that movie (15 points) and shouldn't have watched today's movies since I didn't know what they were really (another 15). Blah Blah Blah. It's so annoying. Why do I have to put up this big fight all the time?

So Dov would probably immediately ask me: "how much do you value your recovery?" I would say "a lot". He would say "so nu, what are you crying about?".

I guess he's right.

So... Bottom line:

My urge to sin is not me. It's my body. I don't want to be controlled by my body. I also noticed that the urges are especially strong when I'm feeling anxiety or upset about something. My brain screams "quick fix!" I learned something so powerful from OMottel the other day. He said he came to the realization that P&M doesn't make him happy; It just makes him feel good. And then it's gone and he's as empty as before... So, I don't want any quickfixes. I want to face life head on.

I don't want to be an addict. When I look at an alcoholic or drug addict, I see someone who puts his addiction before EVERYTHING else in life. He loses family and friends. Money and work. He puts his value in some dumb powder or drink and he's dead. So dead. Dead to the beauty that can be found in all of life. He is not happy. And that's what the addict inside me wants. It wants the pain of life replaced with death. It wants to ignore real pleasure and ignore life. It is a lazy bum and a loser. It wants to cause me more pain on top of what it already has caused me.

How could I want to do the thing that has caused me such insanity as to land me on this website where I need to spend so much time fighting for my life? Look at the monster I've become! I don't want to "solve" the problem by making it worse!

I want to be in control of my mind. I want to have happiness that comes from knowing and servicing my creator. I don't want to use the G-D given building blocks against the purpose for which it was created.

I want to be sober for my wife. Wherever she is, whoever she is, she might be sitting somewhere thinking about me right now. Fantasizing about the Tzaddik she's going to marry. I don't want to disappoint you. I don't want to ruin your life along with mine. I have no right to ruin myself. I want to be strong. I want to be good.

So, I am an addict. I am hopeless. All I have are my fences. Once those fences are crossed, I am in mortal danger. Do I really want to break my clean streak and restart again? Do I really want to restart the whole process and prove to myself that, yet again, my dreams were futile? Do I want to put my care in Hashem's hands? Well, he won't let me unless I keep my part of the deal. I have to do my best. Put those fences back up. Get some Torah into the life (the YH finds

his homes most easily where there is no chochma. chochma=torah).

Be productive. Start reading the handbooks again.

Keep posting on this thread.

Ok, I'm so tired.

I'll keep posting on here. Please, any comments are welcome!

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Re: Losing Steam

Posted by blackbigday - 04 Oct 2011 18:56

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Thanks KH - these are some meaningful sharings going on. Someone noted this recently- but it seems the YH is making a strong showing with us dafka now. I feel like I gave everything I had into Rosh Hashana davening. Now I'm a little worried about that, as crazy as it sounds. From the moment I came home after Shabbos, everything has fallen apart. My wife has had a mood swing, my son has become impossible, work swept the rug out from under my feet, and the sadness has kicked in. I worry at that point, because P&M are not far behind sadness in my personal experience.

I haven't given up yet, I feel that Hashem is testing me- as if to put me in 'the big leagues' because that where I was trying to hold on Rosh Hashana. Did I go too far? Did I reach over my head? I feel if I can make it to YK without a fall on the P&M side, or without a blowout with anybody in my life- it will be a victory.

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Re: Losing Steam

Posted by Gevura Shebyesod - 04 Oct 2011 19:03

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I think you're right, I'm having a harder time for the past week or so also.....

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Re: Losing Steam

Posted by mechazek - 04 Oct 2011 21:07

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There is something very unhealthy for me when I have a very intense davening on rosh hashanah it is like I get caught up in feelings that is not reality based and when an addict is not intouch with himself it is trouble.

I have heard from Henoah that when you go to shul you can start thinking you are just like everyone else and then you think you can act like every one else.

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Re: Losing Steam

Posted by blackbigday - 04 Oct 2011 22:08

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So what is the aitzah, don't get intense for Rosh Hashanah? I know I think I overextended myself, but what is the alternative?

Who is Henoah?

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Re: Losing Steam

Posted by showoff - 04 Oct 2011 22:26

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you must remind yourself that you are a sex addict.Either by reading some literature or some other way.

Try to be honest with yourself ask yourself am I getting carried away into non reality land?Try to keep it simple and focused,maybe just focus on the pirush hamilim,not with all the in depth analysis sefarim just what they mean to you but move through the davening.

Henoah is a chashuve yid that is a sexaholic and is sober for along time.

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Re: Losing Steam

Posted by milehashem - 05 Oct 2011 06:59

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Are you seriously telling people NOT to have as much kavannah as possibly in davening?  
Seriously?!?

Sounds like the yetzer hara talking...

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Re: Losing Steam

Posted by geshertzarmeod - 05 Oct 2011 09:13

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Im extremely impressed with your fortitude! If I may add one point. You're doing great on the  
??? ??? but you've got to find more ??? ??? ways to keep you busy. Even the title of your thread,  
losing steam, implies what i think is a problem that we all seem to have. We get inspired but  
then it wears off and we are susceptible to those temptations. We need to work hard at doing  
things that will keep us out of trouble. KOT

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Re: Losing Steam

Posted by alexeliezer - 05 Oct 2011 15:34

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My feeling is we should go into shul and daven and connect as much as possible, no holds  
barred.

If we're feeling a stronger Y"H, that doesn't mean we've been weakened. Adraba (just the  
opposite) we are on a higher spiritual plain, and our Y"H is rising to meet the new challenge.  
The Y"H never goes away. He's always a well-matched adversary (actually training coach if  
you read Reb Yid's letter from the Y"H).

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Re: Losing Steam

Posted by kidushashem - 05 Oct 2011 22:47

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I really don't want to post what I'm about to post. But I think it's probably good for me.

I just watched a few episodes of The Office. For those who don't know what it is, it's a sitcom.

My intention was not anything evil. I was invited to watch it by my sister. But... surprise, surprise. There were some words, scenes etc. that just weren't appropriate. Terrible? No. But I'm and addict. I shouldn't be getting anywhere near this stuff.

I just made a promise the other day (bli neder) that I would not watch anything that I wasn't fairly certain was clean. And that if I did, I would immediately stop if anything popped up. Well, I messed up on both accounts.

Any sitcom these days has to have inappropriate stuff. And I didn't stop once some stuff came up. We skipped parts that were bad. But I should have completely stopped. Man, this is so difficult for me. It's not like I had a fall or anything. But I am so scared that one thing will lead to the next and I could fall.

I just feel like I don't have the strength to be serious enough. I feel like it's so hard to just say "no". Maybe I just need to take that first step. After saying it once, I'll be able to say it again, more easily.

If I don't want to fall, I really have to be serious.

So here goes, right now, I am making a hachlata that I will give 50 shekel to tzedaka if I don't stop watching something that has anything inappropriate, unless I know for certain that there are no more scenes. 20 shekel for tzedaka for watching something that I haven't researched and understood to be clean.

Hachlata good for until after succos.

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Re: Losing Steam

Posted by ur-a-jew - 05 Oct 2011 22:55

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[kidushashem wrote on 05 Oct 2011 22:47:](#)

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Why don't you just try taking it one day at a time. From experience it is very difficult for someone used to watching television to quit for the "rest of their life" but it's not that hard to stop for a day. So for today don't watch anything. We will worry about tomorrow, when tomorrow comes. That's the approach you should start out with every day. Hatzlacha.

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Re: Losing Steam

Posted by kidushashem - 05 Oct 2011 22:57

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wow, thanks! that's a really great tip! I take it one day at a time with the addiction to lust, so why not with movies!

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Re: Losing Steam

Posted by obormottel - 05 Oct 2011 23:13

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The Wife was watching X-Men the other night while I was busy with a book on good husbandry in another room. I came out to ask her something and being the thoughtful thing that She is, she paused the movie. Too bad, the frame was that of a pretty woman's face. Just taking that one look at a freeze-frame reinforced in my mind the decision I made to not watch any moving pictures at all, no news casts, nothing. No billboard reading, no magazines. No Loehman's Brother's coupon books. No Costco catalogs. Call me an extermist, my life's more precious.

I saw a post by Bardichev where he says "no more looking in cars".

G-d knows, that's exactly what I used to do when driving a cargo van few years back - looking inside each car, trying to see a knee, or worse. Oh, how sick does one get, and how uncommon that is, after all! Even driving a sedan, I would stare and point out to myself all the pretty faces, and fantacise about what lies below. "Look, another pretty head", I would say.

As for me, I am not even 70 days clean, and I am not allowing myself to look at anything for my own sake. That's all I got.

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Re: Losing Steam

Posted by JackAbbey - 05 Oct 2011 23:30

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thats gr8!

i cant see any other way forwards in life

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Re: Losing Steam

Posted by kidushashem - 06 Oct 2011 15:08

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"no more looking in cars"

does this mean I shouldn't look into people's houses anymore either?

what about their bank accounts?

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