

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 JackAbbey - 23 Nov 2011 18:03

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wow, what a gvurah, to skip a book in the midst!

maybe its not worth to have it at home if there is some filth in it

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Re: Losing Steam

Posted by gibbor120 - 23 Nov 2011 19:54

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[obormottel wrote on 23 Nov 2011 17:20:](#)

My daughter was working on a school project last night, where they had to make up a country (because they know the real ones so well....she placed her country between Canada and France...). So she asked me "what should be the motto for my country?" Without thinking, I told

Like ;D.

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