

Heeeeeellppp

Posted by 5shekvow - 09 Mar 2012 06:22

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Ever since i got a filter ive been worse than before! i still have access to another computer but barely....i got the filter and was clean 2 days, fell, fell, (bad falls) had 8 days, fell, fell, 3 days and now i just fell again...i think its time for phone confrences idk where else to go

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Re: Heeeeeellppp

Posted by JackAbbey - 09 Mar 2012 17:09

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its true, phone conference can help, but maybe you should think for a moment:

I DO WANT TO BE CLEAN! thats a hard fact

and in order to stay clean i MUST give up A B C D E F G.....(p\*\*\*, mast\*\*\*\*\*, etc...)

there is NO OTHER WAY AROUND

once you digest that, and you are actually willing to sacrifice your tuffest addiction, only then, again! only then, you can be helped

so you in woodford with your nice truck!!

(remember you are not alone)

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Re: Heeeeeellppp

Posted by 5shekvow - 09 Mar 2012 18:51

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thanks so much for the chizuk...this last one has made me pretty depressed, but at least it motivates me for next time, unlike that previous falls i was completely numb to it and that never happened before. IY"H i will get going again, starting with today.

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Re: Heeeeeellppp

Posted by Eye.nonymous - 10 Mar 2012 20:10

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I came to this forum thinking "I just had a little problem looking at the women on the street."  
P\*rn and M\*sturbation, as far as I could tell, was very infrequent, though a struggle.

Then, I realized I couldn't add up to 7 days on the 90-day chart. Through involvement in the forum, I learned more about this addiction, got a new perspective, and managed to have longer and longer clean streaks.

I, too, once I installed the filter I fell more often (and worse) then before. There is some sort of psychological game we play on ourselves. Either it's that BEAT THE FILTER game, a new dimension of intrigue. Or, "Well, if it get's past the filter, it must be okay!"

My falls have lead to my recovery--without them I would not have realized how sick I was and how much I needed help. At each fall I looked back and said, "What was missing?" I turned up my recovery another notch, and moved forward.

From the forum I joined Duvid Chaim's phone conferences, and eventually joined live SA groups (that's Sexaholics Anonymous, in case you didn't know yet). I now have a very strong support group for recovery, and am taking actions for recovery every day (I hope).

Today I am 9 months and 1 day clean. But, more importantly, I am overall in an entirely different place in life. If I had not made the most of my falls--learned something from them and moved on, I would still probably be falling a couple of times each week, and I would still be overall incapable of coping with life.

--Elyah

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Re: Heeeeellppp

Posted by JackAbbey - 12 Mar 2012 00:44

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5S, how are you my freind

i am thinkig of you

maybe i was a bit harsh

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Re: Heeeeellppp

Posted by mifatfait - 12 Mar 2012 06:18

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Thats sooooo true, the filters etc. make it all more enticing, even of the computer. But I think after a while this additional drive wears off -- and wer'e left with just the filter.

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Re: Heeeeellppp

Posted by 5shekvow - 13 Mar 2012 03:27

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shmeichel, you werent too harsh. in fact it was just what i needed, i feel like i am back on track right now, andi m going to go read the handbook right now, i need to read it while im ahead this time.

yeah, filter sorta makes it more enticing, but i feel over it right now

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Re: Heeeeellppp

Posted by JackAbbey - 13 Mar 2012 10:12

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thanks

please communicate along the way

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