

Dont know where I stand.

Posted by Mendy - 16 Mar 2012 04:01

Hey

I am not very active on this site, I found this site a few months ago after I had a big fall, found some helpful tips and it really helped me alot. however I still seem to lose control every once in a while, by lose control I mean I go to inappropriate places and do inappropriate things, I was able to control myself since I found this site, but today I lost control of myself again and did a terrible thing. I am not sure what to do, I am married have a wonderful wife and family. Do I need to find a therapist? on a regular day I am fine, I have my hard days and I control myself. but sometime I loose myself. I feel terribly ashamed, my wife doesn't deserve this, and neither do my children. how do I fix myself?

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Re: Dont know where I stand.

Posted by mendyanonymous - 23 Apr 2012 03:13

Hey,

Just wanted to thank everybody for your input here,
BH I have been absolutely clean since my last terrible fall 39 days ago. This was the 3rd fall that I had since I got married, by fall I mean: this was the 3rd time that I have gone to fulfill my sexual desires somewhere outside my marriage. It made me realize that I really have a problem and I need to everything in my power to make sure this never happens again. I am afraid and concerned that this courage that I have now (39 days is a very long time for me to not even act out in my mind) may not last forever. How do I make sure that I continue with the right path that I am on now?

I find that what works for me is just thinking how terrible it is to do something that can god forbid hurt my wife and children. Also not over assessing the situation to much, the first few days are always very hard for me but once I am in the clean streak for a few days, it becomes very easy to control myself and stay clean. But how do I make sure that I never ever have a fall again? I know from previous times that once I had a fall (by fall here: I mean masturbation) it was very hard for me to get clean again, and just one fall led me down the terrible path to internet porn and eventually back to another MP. I will never do this again and I need your help to make certain of that!

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Re: Dont know where I stand.

Posted by chaimyakov - 23 Apr 2012 13:34

Mazal Tov on 39 days! You must be doing many things right to have gotten this far!

The GYE handbook lists many layers to help us break free. It suggests that we keep adding until the point that control/recovery is achieved. For me personally, i have recently added a TaPhSiC neder to get me past a particular challenge and it has done wonders for me. Hope this helps you continue m'Chayil l'Chayil.
Hatzlacha in all things GOOD.
chaimyakov

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Re: Dont know where I stand.
Posted by Eye.nonymous - 23 Apr 2012 15:02

You have to stay clean for yourself, not for anybody else.

Also, it is not control and courage that makes for long-term sobriety; It is humility and surrender.

--Elyah

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Re: Dont know where I stand.
Posted by alexeliezer - 23 Apr 2012 16:10

[Mendy wrote on 23 Apr 2012 03:13:](#)

But how do I make sure that I never ever have a fall again?

Mendy, you're doing great work.
It is really very helpful to take this one day at a time. Even 3 years out, I still think this way. All we ever have is today. Just get through today. Forever is just a bunch of todays.
Shteig on!
Alex

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Re: Dont know where I stand.

Posted by ontheedgeman - 24 Apr 2012 12:31

"Faith without works is dead". I think that means if we don't keep up meetings, prayer, meditation, personality inventory, etc, we're going to struggle with relapse time and time again.

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