

Day 4 - Scratching the open wound
Posted by Kosher Yid - 19 Apr 2012 20:03

A time to face it. The whole thing consists of increasing the pain in order to make it unbearable and you let it go ! Yesterday I made this mistake of describing some of my worst adventures in just thinking it would help the recovery. It eventually led me back to "shaarei moves", once again craving for it but I resisted, though it still kicks in at the very moment I am writing those lines. It is vital for me to do it in order not to yield. I realise how precious is the GYE Chevra. The mission for today was to answer some questions about the problem, i. e. first of all (and the hardest part), identify your triggers. I gave some, crossed some other out, and finally wrote them back. Honesty. I was feeling guilty and ashamed to see what kind of stuff arouses best, but now their ONLY life is on paper. No place in my mind anymore. Then I had to describe some of the withdrawal and rebound effect I have experienced in my living hell. Finally, I read the part on the "solution" in the Big Book and took notes.

For the moment I feel like having scratched a badly infected open wound. A necessary surgery but painful, just as the stupid self-pride who brought me into problems was falling to pieces. It hurts, believe it does, but I keep on going because it is worth the pain, and surely not as painful as a denaturated "life" filled with fear, guilt and spiritual death..

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Re: Day 4 - Scratching the open wound
Posted by alexeliezer - 19 Apr 2012 20:20

Read your day 3 and 4 posts.
I'm no expert, but it sounds like you're getting a little too detailed with yourself, which is taking you a little too close to the edge. If you are becoming aroused by your recovery exercises, that seems to me to be going too far.

But you've already done it. You've admitted you are powerless based on all the sick stuff. Time to move on to the next step.

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