

Getting back to basics

Posted by Ash - 08 Jul 2012 16:50

Good morning/afternoon/night to all who read this. I am a young male struggling with this addiction. I have been living with this addiction for years and it has always masked itself with whatever resentment or negativity I had at the time at whoever it was directed towards. In short I had it but never said it like it was till last year about this time. It got to an out of control situation. It all blew up in my face and people got hurt emotionally as a result. That was a realization that something is wrong and that I had nothing in control and so healing began to take place. I have unloaded and processed a lot of negativity and past, forgave those who wronged me, and came to believe that a higher power exists and that even at the worst of my times he was still looking out for me. SA, meetings and the 12 step came about six months later when I did more research and decided I needed to take that next step. To get current I am grateful to god of the strides I have been able to take and owe people in my life so much gratitude (including some that got hurt) that I will never be able to pay back. I'm glad and grateful that I can say things as they are and not have to deny or rationalize this addiction, and I'm just grateful that I can be writing all the above today. My longest sobriety since last year has been 2 weeks and have made 7-10 days often enough when I am consistent and focused on working the steps. However with all this I have a long way to go. Lately I have been falling quite a bit . The falls arnt extreme compared to the past (last year and prior) however it sickens me every time again (a feeling that as hard as it is I'm grateful that I can feel as prior I would not or care not to) and again. I know something's that I should do but was never strong from the getgo. Those things are contacting others when I know I should, and having a consistent partner and even better a sponsor to help me through this. I will be touching base with this website more often now and and using its tools. I am using some things alkyd such as the daily emails and have downloaded some of the books. Connecting on a more one on one bases is what I believe will be best for me so feel free to contact me via email or text first if you feel so. I am also on the 90 day chart. So here I am starting from the basics. I got nothing to lose but my lust and all to gain. Thanks for all those that will read this.g

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Re: Getting back to basics

Posted by Dov - 31 Jul 2012 05:42

I think it is good to have reminders and other things haunt us sometimes. It restores that knowledge that living honestly is so good. For as long as we tell the truth we will never have to remember tomorrow the lie that we told today, to stay consistent!

Others might be able to help you with the technical issue of cleaning this mess up, and that'd be great. But I just wanted to show you the silver-lining. There just ain't no easy way out, I guess.

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Re: Getting back to basics

Posted by Ash - 31 Jul 2012 11:09

Very true dov...to go further on what you said it also puts things in perspective as in where you see where you were and where you are now. One can't help but feel grateful to be out of that streamed mindset. Wait did I just use a classic y'h trick against it? Lol...anyway looking forward to the today....as for the technical issues I looked back at the statements and called all the placesthatcharged me to make sure I had nothing active or opened. Everything looked fine (inactive/closed/or canceled)...hopefully it stays that way.

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Re: Getting back to basics

Posted by Ash - 06 Aug 2012 12:11

Good morning Gye folks. I would like to ta about the gift god gives but is often not seen as a gift or overlooked. Its called the gift of moving on.So last night I fell (darn Sunday nights lol) and I am back on the wagon this morning as though last night never happned. I kept debating with myself that maybe I should put myself on probation and in a similar situation next week so that I can redeem myself and continue the count, or so that was what my y'h said. I was like after nah. A streak is just a streak made up of many "today's" . Convincing myself of probation is another word for the opposite of taking it one day at a time and it's a lie. Besides who am I racing and who am I kidding. It took years to bore in the addiction and honestly I don't mind the journey of recovery being just as long(although I would love shorter too). I am here now today and I want to do what's right today. Being stressed over a fall and sad that one lost the streak is counter productive (my last streak got me real close towards beating my best yet) so I just wanted to share this with all who get bogged down on a streak. In my opinion recovery has more then just one part of not doing "it". This is one of them and I am thankful to god for giving me this. The gift of moving on!. I know with all my heart that at some point it will be smooth sailing(do not mistaken smooth for addiction free) so long as I don't give up. In my last cycle I have already overcome challenges that was rare to get over in the past and I was extremely close to beating my best even with all of them. Even as I write this I know of a device that is unprotected and I can fully act out on it (I completely didn't remember of the device) and I am all alone. What's stopping me? I don't have the urge for starters but that's not because it's been satisfied last night (okay maybe a little) but most addicts once they start binging it's downhill and for a long time I was like that too. But I don't binge like that anymore because god grants me the gift of moving on. Anyway just wanted to share my feeling at being at the beginning of the count and how grateful I am for god to give me the opprotunity to start clean. Have a wonderful today all and god bless!

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Re: Getting back to basics

Posted by Gevura Shebyesod - 06 Aug 2012 14:05

Sorry about your fall. But that was a beautiful post and you have the right attitude. Keep on Trucking and don't look back!

Gevura!

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Re: Getting back to basics

Posted by Ash - 09 Aug 2012 09:50

So here's something cute which I thought you guys might appreciate. I awoke from a dream last night and the last thing I remember is conciously refusing to take a second look at something triggering. It wasn't anything extreme just the typical view you would see on any given day in the city. So I'm thinking how awesome is that that even in the most private of worlds, the dream realm one has the opprotunity to work one one's self...lol...just makes me feel good.

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Re: Getting back to basics

Posted by rt - 09 Aug 2012 21:03

Woho. that's already a whole new level of shemiras eynaim, loltz.

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Re: Getting back to basics

Posted by Ash - 13 Aug 2012 12:08

Good morning fellow members. As I write this I am sitting next to a open window feeling this morning's fresh air which is so perfect and peaceful. I do not have a shred of lust at this time and sometimes at times like this I make the mistake of feeling for a moment that this is a

voluntary state of mind and all thanks to my will power.. It is not. It is a gift from god. Over the last week I have been feeling a lot of self pity which is rare but it was indeed felt. In the past the solution was simple, act out. I'll admit I did take a number of half measures but ultimately did not do actions that were so common. I did do what I do best which is to process emotion and feelings as they come up and never try to "control" them. There were times when however that I simply could not come to terms or process some of them. One of them being the fact that every piece of progress feels like a tiny piece of scrap that is given to me and I have the fear of losing it all before I get all the pieces from god to complete the puzzle and I'll admiti was a little angry on god for not giving me a "big break". Now as I sit by this open window I am able to process and internalize the emotion. what I can internalize is simple. I'm not getting "little" pieces, I am getting the pieces I "need" to be getting and each being so great in its own. Like this moment being so great(the weather, scenery outside, sounds of nature, a good prior night sleep, etc.) all aiding to me feeling no lust and other positive feelings, so to is every moment (or life's puzzle piece as I like to call it) is huge in its own and very necessary. I feel for the first time the slump of self pity is off my back. Ill be back to write some more in a number of days. Till then wishing

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Re: Getting back to basics

Posted by tehillimzugger - 13 Aug 2012 12:45

beautiful

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Re: Getting back to basics

Posted by Ez streak - 14 Aug 2012 17:07

all a progressive successful sober "today"

You'll get there holy brother it's all about trying fight and fight eventually the realization of how fake and false that lifestyle is that u won't go after it or desire it but until that realization comes u have to believe ur doing this for urself that by staying away ull be happier and that u should hate the desire when it comes I spit when immodestly dressed girls walk by bc it trains my brain that that's the wrong way to live and bc they dress like that they destroy the beauty of human beings they dehumanize life. Life is about love searching and yearning for god helping others not being selfish for with ur time just love others ull see ull build real relationships and grow more and never need that ugly girl dress immodestly be well all the best my holy brother

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Re: Getting back to basics

Posted by Dov - 15 Aug 2012 01:07

Wow. If all that spit.ting works for you, that's great. But please stay off my side of the streets becs I hat slipping on lots of spit.

You are a lubavitcher? Or you picked this up from someone else who is? I guess they are using the eitza of the Alter Rebbe of Lubavitch he wrote abt in Tanya that sounds like that tool.

If it is working, fine.

You know however, that you may have meant something different in the second part if what you wrote - for certainly the Ish Emess of the Baal haTanya would not agree with this view:

bc they dress like that they destroy the beauty of human beings they dehumanize life

They are doing mitzvas anoshim melumodoh - habit, society, upbringing...the sane reasons most of us frummies have probably chosen to dress the ways we do! So it is not them and their mistake the Baal haTanya is asking you to hate - but the mistake they are making....but really, that's not it, either. The thing - the **only** thing to hate here, is the lusting you and I would feel or are feeling b'shas mayseh she is there and we are here. Our lust is the spit, not her, not her misguided pritzus, not her misguided desires, not her at all, actually.

I may be misinterpreting your tool completely so tell me so, please. But it is apparent to me that by pointing the finger (or the spit) at her (mentally), you may avoid lusting for the moment, and that's great. But you have conveniently pretended that the only problem you have is HER. And it is not. It's YOU and what she means to you as a woman.

It affects (infects) men's view of real women, paying more attention to the *attractive* women at work or in their families (see the ones we get into conversations with more often) than to the homelier ones. Face it - we tend to feel they are 'less of a woman'. This is not helping - EVEN IF THE ATTENTION WE ARE GIVING THE ATTRACTIVE WOMEN IS IN *FIGHTING THEM*...Woops, I meant fighting *our use of their images, voices, etc.* Fighting them gives them **more** attention to us for we are considering them a power. As though she is the nukvah of the soton incarnate (begins with an "L")...this is not a joke, for I know there are some guys who walk around like that and thereby give more and more power to these women...and they are just basically misguided bimbos!

Aikido is the art of using your opponents energy against him, rather than fighting him, at all. I am suggesting a possibility that instead of these women deserving spit - learn to treat them to a generous helping of ignorance.

And it that does not work, then do what I and many others do practically every day, and daven for them. I talked about that enough elsewhere. It works every time, if you really mean it for their

sake.

- Dov

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Re: Getting back to basics

Posted by Ez streak - 15 Aug 2012 05:57

I heard from a friend if u have inappropriate thoughts of a girl spit bc the thought travels down from the brain so u cut off that thought by spitting, the spit helps me fight and hate my own lusting. But the way they dress is against all morals they forgot how to dress only like 50 years ago people complained that showing Elvis moving his hips the way he did was to much. Can u imagine. People complain now the girl does not show enough. I used to run after girls in leggings and short shorts. I don't run after the girls with skirts I treat them respect bc they respect themselves. The girls that dress badly dehumanize themselves and everyone that lusts after them.

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Re: Getting back to basics

Posted by Dov - 15 Aug 2012 08:15

PLeas, EZ, I am not arguing with you or anybody. And the guy who gave you that advice was 100% right - but probably not for sexaholics. Dead wrong for sexaholics. You may not be a sexaholic at all, though - how am I and who am I to know? Nobody.

I just want to point out that if your derech is not working for you one day, you can try the tools I am writing about. It is a different approach and works for many.

Hatzlocha my friend!!

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Re: Getting back to basics

Posted by E-Tek - 15 Aug 2012 14:59

And the spit goes for society, perhaps, but the individual in question probably doesn't know better- after all, everyone else does it...

Tznius doesn't come naturally, like not stealing or killing. How should they know if no one told them?

The proper emotion is rachmonus, I would think.

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Re: Getting back to basics

Posted by tehillimzugger - 16 Aug 2012 11:27

[E-Tek wrote on 15 Aug 2012 14:59:](#)

The proper emotion is rachmonus, I would think.

And I would think the proper emotion is

to treat them to a generous helping of ignorance.

(or "ignoration")

-TZ

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