

Charlie's change

Posted by mifatfait - 20 Jul 2012 12:17

I used to be Mifatfait Biyitzro, now I'm Charlie. I changed my name, on this thread I explained why: www.guardyoureyes.org/forum/index.php?topic=5489.0

(I don't really know how to hyperlink, I just did copy/paste and hopes it works).

My basic desire to change is that I'm realizing more and more that I simply have to change my outlook on this whole issue if I don't want to spend the next 20 years (or more) struggling to sometimes barely stay sober.

It's so obvious that I need to take on the 12 step attitude and feel powerlessness and start relying only on Hashem and work harder to avoid triggers and...., but somehow the Y"H manages to stop any effort after a short time. His most successfull tactic is convincing me that this is all the wrong haskofoh and I should stop all this monkey buisness and simply fight him head on until I win, of course all this starting right away after one last juicy acting out....

On of the biggest pro's here told me to just do powerlessness even when I don't feel it, little by little it'll sink in (like the mesilas yescharim says about zerizus and humility). I tried it several times and was blown away by the immediate effect, but somehow each time after a week or so I burnt out. I guess after several hard days of not feeling what I'm doing it maybe stopped working?

But now I'm determined to give it one last do or die shot. 8 days ago I decided that until Elul I'm doing powerlessness with no ifs ands or buts, even if I'll feel it's the worst thing in the world for me I don't care. Since then I've been perfectly clean, I beg Hashem every day to help me continue recoveing - one day at a time. After these 5-6 weeks are up I'll see if this works, maybe I'll need some additional help to get sober? Only Hashem knows.

I love all you fellow GYE chevra, thanks for all of your unbelievable help.

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Re: Charlie's change

Posted by Dov - 19 Nov 2012 04:00

...for you and the rest of this olam hafuch. Welcome to the club!

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Re: Charlie's change

Posted by mifatfai - 20 Nov 2012 23:50

Always feel jealous of those guys that say that they are a walking miracle.
Guess I know deep down somewhere that am also one, but feel much stronger urge to
masturbate to sweet fantasy,
than deep passionate feeling of the true closeness.
Just trying to be honest over there.

Someone told me today,
that he counts sobriety date in a general sort of way,
"Sober for one and half month" I will say,
therefore I less feel my powerfullness.
Cause lately been feeling doubts about problem and been too busy counting days and minutes,
that's not the issue at all and can cause me ch"v to fall.
Gotta iron the bumps that I feel once my armor of lust has been removed,
if not will soon put it back on.
Or will see that it never really left,
just stepped aside a bit.

Am working on writing 1st step,
was getting depressed from it and was missing the old fantasies at the same time,
I know that's 2 opposite things, but lust doesn't care.
Sponsor told me that I'm not responsible for ruining my life etc. cause I am sick not bad,
all I can do now is to get better beginning by learning how I'm sick.
He isn't God so doesn't really know if I will be held accountable for all the rivers and oceans of
zera levatala,
but his words ring true that gotta realize that have problem stronger than me.
I pray that Hashem also will understand me that way,
but the important thing is to do all that can to get better for remainder of life.
Teshuva for one stuck in sin starts with stopping of sin,
for sick me that means recovery in SA.
Hashem, please help me.
I need you.

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Re: Charlie's change

Posted by nederman - 21 Nov 2012 00:16

[ChaimCharlie wrote on 20 Nov 2012 23:50:](#)

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Does it count if I feel like a walking miracle after thirty years of depression and wasted
opportunities?

Since you are writing, I will share with you the only thing I know about writing: write first,

organize and clean up later.

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Re: Charlie's change

Posted by mifatfait - 21 Nov 2012 12:20

Of course it counts, R' Ned.

Maybe one day I'll feel it too.

Now I just feel like a box of lust.

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Re: Charlie's chan

Posted by nederman - 21 Nov 2012 12:47

You are a box of lust because you don't believe that you are better off sober. Keep working on that.

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Re: Charlie's change

Posted by Dov - 22 Nov 2012 08:07

Of course you know you are not a box of lust, but just *feel* like one. And that makes all the difference. This recovery thing is geshmak, no?

Continued hatzlocha geting all comfy and chilling with honesty, chaver.

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Re: Charlie's change

Posted by mifatfait - 26 Nov 2012 21:53

Thanks guys.

I am presently working on step 1 in an attempted orderly fashion (with a sponsor, etc.).

Was/am having all sorts of doubts and questions,

I am developing a serious case of pink-elephant syndrome,

the more that I think about how I'm a desperate sexaholic who must stop or will die, the more the doubts plague me.

I'm starting to realize how much the steps must be done not thought, I am powerless over lust simply cause I am, not cause that's the result I got to after several weeks of deep mathematical equasions.

Noticed something which may or may not be interesting to others.

Step one is about admitting powerlessness, only in step 2 do we start with the words "believe" and "God". That which life has become unmanagable is something I must realize not because it's the Ultimate Truth Which Encompasses All Other Truths, but rather because it simply is. About this no one is gonna reveal any new beliefs or information to lead me to new beliefs, it's only about honestly realizing where and what I really am.

To bring out and remember all those miserable feeings and actions that my addiction covers up with the sweet fantasy of the unknown, to realize that I am living an existence where my deepest cravings are those of lust welling up inside me waiting to explode in my face, either I will act them out and ruin my life, or I will continue to fight my very essence till the end of my life. Either one is pretty horrific. I can't continut this way. Why? Don't know, that's just how I feel. Take that.

Gotta run, thank you for listening.

Chaim

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Re: Charlie's change

Posted by Dov - 27 Nov 2012 05:04

I have found out that even though the 1st and 4th step inventories are ways to great stuff, they are living in the problem. There is *nothing* in the 1st step about quitting lust or why to quit it. It's just about the pain, the shame, and the insanity I demonstrate when I acted out till now. And the 4th is *not* about changing in any way, shape, or form; not a plan for self-help, at all. It is just a list of **my** part in all the things that bother me and a surrender to the truth. Nothing is meant to actually *change* until steps 2, 3, 5, 6,&7 are worked.

So the 1st and the 4th are a bit like living in the problem, not the solution. They are necessary, but still dangerous places to linger in. There should be a NO LOITERING sign above them, perhaps, or maybe DANGER: BLASTING AREA. (Does GYE have a sign mashgiach?)

Maybe you are just sensing that?

To me, it means, "Hey, chico - finish this up and move on!"

- hatzlucha, Charles!

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Re: Charlie's change

Posted by mifatfait - 02 Dec 2012 07:34

Thanks, Dov. I have mainly moved on to step 2.

Although thanks to my Higher Power (His name is Hashem) it has started to get a bit clearer.

Someone told me to concentrate on thinking and writing convincing examples of why I am (a) powerless and (b) unmanagable, to get my sick reality out in the open.

Iv'e found that to be pretty relieveng.

Also working on "We admitted", this isn't another one of the myriad beliefs or resolutions I've made in the last 10 years, no it's not, it's just facing the dirty facts.

I'm powerless over something that's destroying me,

and nothing can stop me.

My deepest desire is to finish this post and go to a certain website that if I'm lucky after a ton of searching I'll find a picture of a woman in a bathing suit that got past my filter. It won't give me any satisfaction, I'll just crave more real and enjoyable views, and the trip to work in a few minutes will be all the more painful. I'll put at risk one and a half months of sobriety, and will get to work even later than I already will.

And I really want to do this, and I'm not joking when I say I really have to.

Shabbos was very stressful and last night I didn't relieve the stress by sexing with my wife for myself, so I feel that burning urge to see a beautiful woman.

It's so hard to walk on the streets, I want to have sex with all of them - now.

That's how I'm powerless and life is rather unmanageable, I should be barred from roaming the streets and busses.

My only hope is in rewiring my life to my Higher Power (I mentioned earlier what His name is), letting Him do for me what I can't do for myself.

I read the chapter We Agnostics in the Big Book, in a way it was a bit distanced from me cause I'm not such a self-proclaimed agnostic, but I sure can say that I don't do that living belief that the describe so eloquently.

If through that chapter I'll be able to live with a God that is a real to me as the table and the chair I am typing at, that He is not just some escoteric Being that looks down from above, but that His presence is truly and simply existing together with me - that'll be more than enough.

"??? ??? ????? ?????".

Chaim

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Re: Charlie's change

Posted by mifatfait - 02 Dec 2012 07:37

Wow, still feeling that urge, I'm sick.

Hashem, please help me.

Mazel Tov to me on reaching 300 posts.

I think I'm gonna close the intershmet right now. Bye Bye.

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Re: Charlie's change

Posted by nederman - 02 Dec 2012 12:33

[ChaimCharlie wrote on 02 Dec 2012 07:34:](#)

Also working on "We admitted", this isn't another one of the myriad beliefs or resolutions I've made in the last 10 years, no it's not, it's just facing the dirty facts.

I'm powerless over something that's destroying me, and nothing can stop me.

I just want to point out that Chaim here is not saying that he has lost his power of choice, just that he can't *use* lust without eventually masturbating, *he* can't afford it.

Chaim, if you did not have tell your SA meetings how long you have been sober for do you think you might choose to lust?

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Re: Charlie's change

Posted by Dov - 02 Dec 2012 19:17

Funny. Sad....but still funny.

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Re: Charlie's change

Posted by nederman - 02 Dec 2012 19:59

[dov wrote on 02 Dec 2012 19:17:](#)

Funny. Sad....but still funny.

To me it's sad but also kind of good. What's funny?

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Re: Charlie's change

Posted by mifatfait - 03 Dec 2012 07:04

Oh, come on Dov. What's so sad? A sicko trying to get better? Nu.

Maybe you mean to commiserate with me that I want all this lust and sex but can't get it, well that I really appreciate, but I'm not sure if it would be so good for me to have it.

Chances are you mean that it's sad that I want these things so much, that I' so sick and in so much pain or whatever this is. Thank you.

Nederman, about how long I would last if I didn't have to tell the group (if that was your question, it wasn't so clear), probably not to long. So yeah, I'm sober for the wrong reasons maybe, but who cares? It means I'm not doing these teribble avairos, and even more it gives me

a way to start working on some real live recovery.

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