

Im downhill with no end in sight

Posted by im not alone - 13 Nov 2012 17:55

---

I really dont know what to say.. Ill just briefly descrobe my staus

I joined GYE about 2 years ago, at that stage I was falling almost on a daily basis. BH with the help of you guys here I was able to minimize my pattern, and to maybe fall once every other month. for me that was just a wow wow. but recently im in a total mess I keep n falling almost every day.. I just cant stop... I cant figure out whats happenesd to me but all I know is that I cant stop. all it takes is just a wild though and before i know anything I have fallen as deep as..... I keep on asking hashem every single shomnah esrah to help me but so far im staying on the floor with no idea how to raise myself just a drop...

I dont even know how to explain it, It letraly takes just a mere second for me to start mas... im just giving in honestly as i write this it just makes no sense i believe because i havnt had a 3 day clean streak n quite a while and im just sticking to the floor... oh vey I dont know what to do.. perhaps my writing here will serve as some sort of tangible help

hashem pls help me.. I really dont have to be so low

oh hashem just help me I have nowhere to turn.. Im such a lowlife and you gave me everything in the world... a yummy wife sweet kids a rock solid income... and Im giving you back this

nothing makes sense

now is the moment.. just this second.. Im starting anew

(i dont believe Im crying... didnt cry in a long time)

=====  
=====

Re: Im downhill with no end in sight

Posted by Dov - 20 Nov 2012 17:47

---

[im wrote on 20 Nov 2012 03:30:](#)

... like on one moment im sure ill stay clean for another month at least and the next thing i know

is.... its all over

Hashem please help get the vision i need right when Im being challenged I should be able to stay focused

Wow, so well said. So *'our story'*.

Now, what do you want Him to give you the help to be focused **on**?

=====

Re: Im downhill with no end in sight  
Posted by im not alone - 27 Nov 2012 16:50

---

Bh im thrilled that im back on the 90 day chart.  
Im now in my mid sixth day... with 5 days super clean in the can.. not even a slip

what confuses me is that i dont know how i made it...what exactly had i done differently in the past that i couldnt hold on for a day... knowing the problem ids the first step to the solution... I have to believe it is just a stronger sense of determination.. if thats the case I dont know how to hold on to my commitment, as its not tangible..

thank you all

=====

Re: Im downhill with no end in sight  
Posted by alexeliezer - 27 Nov 2012 18:18

---

[im wrote on 27 Nov 2012 16:50:](#)

what confuses me is that i dont know how i made it...what exactly had i done differently in the past that i couldnt hold on for a day... I have to believe it is just a stronger sense of determination.. if thats the case I dont know how to hold on to my commitment... but I guess.....

What worked, and continues to work for me is channelling my determination toward avoiding that first slip at all costs. This means keeping away from unwatched computers, not picking up even mainstream magazines, and of course, not looking at women, AND, surrendering my intrusive mental images and fantasies as soon as I detect them. In short, staying well out of harm's way. It's the only way I know to get sober.  
Ill just be determined

=====

Re: Im downhill with no end in sight  
Posted by im not alone - 28 Nov 2012 18:17

---

[alexeliezer wrote on 27 Nov 2012 18:18:](#)

This means keeping away from unwatched computers, not picking up even mainstream magazines, and of course, not looking at women, AND, surrendering my intrusive mental images and fantasies as soon as I detect them.

wow that sums everything up in such a simplistic way.. not to look... not to think.... avoid triggers....

I believe if ill work hard preventing the first step It would serve as a gate not to fall. In other words, by putting every effort possible to avoid any kind of slipping, it would redefine my battle... so now im concentrating not to slip.... who thinks about a fall?

anyhow

yet another day in the can b"h... tonight im going to celebrate a full clean week without a fall... (rarely a slip, maybe a bad thought that lasted about a minute or two)

haven't been able to say that in a very long time.... yeps a rock solid clean week (well almost. another few hours to go)

as my fingers roll here on the key bored... im literary filled with joy... I just cant explain.. you have to be in my stage to understand me... the pride and real pleasure im having... hodi lashem... keep me going for as long as i live

.... whats for the menu?

=====  
=====

Re: Im downhill with no end in sight  
Posted by Antartic - 28 Nov 2012 20:40

---

try to keep yourself busy!

Also, I really believe that all what Hashem wants is to prove him that we want to get out... if we do real hishtadlus he'll do the rest.

Once I asked a very great Rabbi, that how is it possible that we dont know the strenght of the Yetzer? How we dont know how big he is....? he answered me litteraly "its not difficult, its impossible"... and he explained that we can only beat him with the help of Hashem... thats why i think that praying helps. So by showing him that we want to be better neshamos He will come and take us out.

I personally think you are doing a great effort. Believe in yourself and in G-d that you will be able to get out and you will certainly will.

We're all in this together. Im just trying to share what is working for me...

=====  
=====

Re: Im downhill with no end in sight

Posted by jewish jew - 29 Nov 2012 11:09

---

[alexeliezer wrote on 27 Nov 2012 18:18:](#)

What worked, and continues to work for me is channelling my determination toward avoiding that first slip at all costs. This means keeping away from unwatched computers, not picking up even mainstream magazines, and of course, not looking at women, AND, surrendering my intrusive mental images and fantasies as soon as I detect them. In short, staying well out of harm's way. It's the only way I know to get sober.

Tried and true!! It is Alex who I am following and doing so for over 40 days!!! (Yes over 40 days, at one stage I was masturbating at least once a day and this is by far my longest streak). Alex kept on writing on my thread and on almost every thread I read that you must take good care of your eyes. After not listening to Alex and nonstop masturbating for a while I took upon myself to not look on the streets, for the first two weeks it was tough, but now I love it because of the calmness it brought into my mind at not having to look and think about every piece of girl I see and getting dizzy and unsettled from it.

Yitzchok

=====

Re: Im downhill with no end in sight

Posted by im not alone - 29 Nov 2012 18:25

---

thank you guys for your input...

oh how i wish that i wouldn't have any busha (shame) at all, for without it i would run out to the streets to dance and dance... yeps bh im over a full week clean now

im not just saying so... im truly filled with such an amount of joy and pride it just pours out of me.. its more than im allowed to have...

hashem help me continue this streak for as long as i live...

=====

====

Re: Im downhill with no end in sight

Posted by Machshovo Tova - 29 Nov 2012 18:41

---

???? ????? ????? ????? ?? ?? ??

Thanks so much for allowing us to share in your great simcha!

I feel like I'm dancing at your simcha together with all GYE chevra.

I picture the angels up there dancing along with all of us.

Maybe, as an incentive to keep up the momentum, you should make a minhag that at the end of every additional clean day, you should go into a private room and dance for the simcha of the great gift which Hashem gave you.

Hatzlacha!

MT

=====  
====

Re: Im downhill with no end in sight

Posted by im not alone - 29 Nov 2012 19:09

---

[Machshovo wrote on 29 Nov 2012 18:41:](#)

Maybe, as an incentive to keep up the momentum, you should make a minhag that at the end of every additional clean day, you should go into a private room and dance for the simcha of the great gift which Hashem gave you.

believe me im dying to do just that... lock my door... turn on some music... and just dance me myself and me.. while tears of simcha rolling down my cheek... no childish overexited talk.. i just cant stay still i have to give it out

....

honestly thats the the only reason holding me back

what the heck what people think...

????? ????? ?????, ????? ??? ????????, ????? ??? ??????? ????? ??? ????? ??? ??? ??..... ??????  
??? ??????? ??? ??? ????

sing along everyone (me myself me and me... everyone)

but there is always a chance of anyone walking in and whoops.... this guy is off the walls  
=====

Re: Im downhill with no end in sight  
Posted by Machshovo Tova - 29 Nov 2012 20:31

---

It may sound inappropriate to do the dancing in the locked bathroom, but on the other hand - for our situation - it may be most appropriate (Hashem will surely understand).

MT

=====

Re: Im downhill with no end in sight  
Posted by Dov - 30 Nov 2012 16:09

---

I have danced that way, many times, INA. And I want to share with you that it is a nice thing - but extreme. It's a feeling of throwing it all off - all olam hazeh, all tayvoh, all protocol, and all worries - and dancing before Hashem (and of course **He is also in the bathroom with you!**)

But the extreme swings are part of what keep many of us in the addiction cycle. Even the religious ecstasy when expressed this way - and I know it well - is fire. And fire warms...and it can also burn. For "throwing it all off and 'just' being with Hashem!" - is in a certain respect immature. Childish. Pure...but still immature.

Yaakov's Ladder *was planted on the ground.*

I am not chas v'Sholom criticizing or minimizing - just wishing you hatzlocha with siyata diShmaya to **keep it in *balance***. The great avodah.

And sometimes I feel myself exploding with joy or gratitude or deveikus like I am ready to just give up my life for Him right now - and (on a good day) I take that explosion and put it into calling my mother and asking her how her day is going...and listening for 10 minutes to her ramble - and really listen, and care, and love her as Hashem wants me to. Or into other undeniably good things.

Hatzlocha!!

(and don't lose the dancing!)

=====

Re: Im downhill with no end in sight  
Posted by Machshovo Tova - 30 Nov 2012 16:36

---

[dov wrote on 30 Nov 2012 16:09:](#)

Yaakov's Ladder *was planted on the ground.*

I am not chas v'Sholom criticizing or minimizing - just wishing you hatzlocha with siyata diShmaya to **keep it in *balance***. The great avodah.

As the Maharal explains beautifully: We are told that the mid-point of the ladder was directly



over the mokom hamikdash. Why davka the mid-point? We can understand that the foot of the ladder or its head has significance, but what's special about the middle of it?

Answers the Maharal: The Bais Hamikdash was a place where a balance was struck between heavenly and earthly concepts. Such as taking earthly animals and turning them into heavenly sacrifices. Therefore, since the foot of the ladder was on the earth and the top reached the heaven, so the mid-point represents the balance between heaven and earth. That's why it was positioned directly over the Bais Hamikdash, which has the same significance.

Shabbat Shalom

MT

=====  
=====

Re: Im downhill with no end in sight  
Posted by Dov - 30 Nov 2012 18:24

---

Sweet.

But what does that have to do with dancing in the bathroom?

=====  
=====

Re: Im downhill with no end in sight  
Posted by Machshovo Tova - 30 Nov 2012 18:42

---

Anyhow, I'm not a Rishon. You don't need to be medayek every word of mine.

(At least tonite at Lecho Dodi, when you feel like dancing, you might think of me and smile.)

Git Shabbis, mein minkatcher landtsmann!

MT

=====

=====