

SOS

Posted by chaim11 - 01 Aug 2013 21:37

My Dear friends

I really need your help, this is an emergency.

I have been around here since June 2012.

I'm in my mid-thirties, married with kids. I have been (and still) a hard core addict for many years.

Last year when I joined this wonderful community, I was able with the help of god and his dear messengers 'Guradyoureyes' and the wonderful people here to begin a new life. I was clean for 9 months; I joined the support groups over the phone and practiced the 12 steps. My whole life has been changed, spiritually, mentally, and even physically.

Until I fell back about five months ago, I'm sinking deeper and deeper into hell, yea, its hell in all terms. I can't get up again as I did it before. I can't even make the first step; I don't know what happened to me.

My fellow friends, I need your support – PLEASE HELP ME

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Re: SOS

Posted by gibbor120 - 02 Aug 2013 19:13

Hi Chaim. Have you considered that you may need live SA meetings?

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Re: SOS

Posted by Dr.Watson - 06 Aug 2013 12:11

How's it going Chaim?

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Re: SOS

Posted by skeptical - 06 Aug 2013 20:56

Please update us, we're worried about you

The only thing holding you back from being able to get back on track is your mind.

Stop telling yourself that you can't and start telling yourself that you can - and then turn the stuff off.

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Re: SOS

Posted by cordnoy - 14 Jan 2015 04:50

Hey Chaim, check out what Watson wrote to you over a year ago!

Hey Watson, check out what Watson wrote over a year ago!

b'hatzlachah

[Dr.Watson wrote:](#)

1. Well I can see right away why you could do it a year ago and not now from what you wrote.

When you describe how much you want to quit now you say "I don't have that strong will to quit it. But I badly want to have this will..." I understand what you're saying. You realise how porn is harming you and you remember how amazing your life was when you were free from it, but your will is slightly detached, an intellectual knowledge, not a strong feeling.

When you describe how much you wanted to quit a year ago you say "Last year summer, I have realized that **I'm going to die if I don't quit it**" It's not hard to see how that mindset would help you quit. When it's life or death it's easy to quit. when it's something you want, would be nice etc, it's much harder.

Do you still feel like you'll die if you don't quit?

A story in the gemoroh springs to mind. I can't remember details but I'm sure the talmidei chachomim here can fill them in. There was a man, a rosho, who 'acted out' with every zoneh in the world. There wasn't one he missed out. So much so that when he heard of a beautiful zoneh on the other side of the world, he set out to meet her. Now that's commitment to a cause, right? She told him he could never do teshuvah and he decided he wanted to change. He knew he needed to change, but it was an intellectual thought that he should, it wasn't enough to motivate him to do anything for himself. So he asked the mountains and oceans and heavens and everything else he could find to do it for him and they all refused. And when he had been turned away enough times something changed inside him. He felt it. He felt how much he wanted to change, how much he needed to change and he felt it deeply in his heart. Only then did he act for himself. He started to cry. And cry and cry and cry and do teshuvah like no-one had ever done teshuvah before. When he had decided that it was life or death for him and he acted, his teshuva was accepted and he went straight to shomayim.

Can I ask you, what is your motivation for quitting? Why do you want to quit? What do you stand to gain from it?

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Re: SOS

Posted by Watson - 15 Jan 2015 04:56

It reminds me of the white book pg 23 "I had to die to myself in order to live."

Ki imcho mekor chaim b'ohrcha nireh ohr.

I hope everything's going well for you Chaim. Please let us know if you want.

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Re: SOS

Posted by jack - 16 Jan 2015 01:22

the pain you feel is not the pain of death, it is the pain of birth.you are trying to enter a new place, and it hurts.keep going, go right thru it, you are not alone.everyone here will help you bear the pain.but you've got to endure the pain.no pain, no gain.

jack

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Re: SOS

Posted by cordnoy - 16 Jan 2015 03:55

Well said jack.

Like I wrote (and charted) on another thread: change is painful!

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Re: SOS

Posted by Watson - 16 Jan 2015 04:07

White book pg 23: "We have to suffer to get well."

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Re: SOS

Posted by chaim11 - 16 Jan 2015 04:07

Waston, thanks for your concerns about my well beings...that feels good.

Let me update you; I couldn't gather myself to start recovery once again... was thinking deep deep and on the way messing up my life, my wifes life and my kids:(

I started working on myself again for four weeks ago, crawling back slowly...

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Re: SOS

Posted by Watson - 16 Jan 2015 04:10

Thank you for letting us know.

I hope things start to get better for you. We are here for you if you want to share more.

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Re: SOS

Posted by cordnoy - 16 Jan 2015 04:14

I'm glad I reacquainted the two of you here.

B'hatzlachah to both of you

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Re: SOS

Posted by cordnoy - 03 Dec 2015 00:26

Hey chaim,

We brought you back once before.

Can we do it again?

How is life?

B'hatzlachah

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