

Hello, I'm new.

Posted by NotAlone - 05 Oct 2009 22:21

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Hello everyone at GYE.

I have been reading these forums sporadically for the past few months, and they have been a great inspiration. I am an addict. I didn't realize it, or didn't wish to admit it, for the past few years. Saying it, or rather, writing it, is a great weight off my shoulders. I'm still young and single, and I hope I can get rid of this spectre that hovers over my every conscious moment before it takes me over completely, and destroys my life.

I had been trying to overthrow my addiction alone for some years, with a typical lack of success. At times, I would resign to my fate, and at times I would fight in feeble throes of self-loathing. I knew I must distance myself from my lust, and I did, but ultimately a test would come anyway, and I would fail. My life settled into a holy-unholy cycle, a sort of secret mental routine. The simple knowledge that I was doing something wrong was always enough to make me regret what I did, but not enough to cure my blindness in moments of weakness.

Eventually I found GYE a little over half a year ago. I don't remember how. I didn't pay it much attention at the time; I was at the top of a holy cycle. I had not watched anything in months, I had not done anything in weeks. What did I need it for? I could handle myself!

Eventually I collapsed again under the strain, and sunk so low that I no longer cared. Finally, I rose to float again, a corpse in a sea of sin and self-loathing. I cleansed myself of my sin and started again. This time I read the site. I was determined to find the cause of my weakness, to find a method to control myself for those few moments or hours on which weeks or months hinged. And then I understood what caused me to fail:

I was alone. There was never anyone to help, or encourage, or support. All I had was me. Whenever I finally had to confront my lust, and could no longer avoid it, whenever I felt weak and vulnerable, I could not hear the call of G-d urging me to control myself. I could only hear two voices: Mine and another.

"Do it."

"No."

"You like it."

"Maybe now, but not later."

"Later doesn't matter."

"Doesn't it?"

"It doesn't."

And it didn't. Not to me. The second voice always blocked my foresight. It blocked my connection with G-d. It is a powerful voice.

No one was there to help, to yell "Open your eyes! It's shut them!". There was no one I could look to for support. I knew no one who suffered like me!

But there is someone. There are many: all of you who I know at GYE, though you don't yet know me. All of you who have the same or larger tests, that conquer them, and who would look upon me with my shut eyes and yell at me to open them, to realize what I am doing. And, by remembering them, by reading this forum, I gained the strength to move on.

I distanced myself again from the lust. Yesterday it returned. No stimuli. No precursor. Just some biological cycle.

Today, I barely held it back. I barely won. I know that to win again, I must ask for help. I must throw away my foolish pride, and let people help me.

I am, I hope, NotAlone.

To those that have read this far, I thank you greatly.

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Re: Hello, I'm new.

Posted by Yosef - 05 Jan 2010 20:30

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Thanks to Guard,Rage, and Haba for your support and to NotAlone for starting it going. While I can't say that I'm grateful for my fall, I am grateful that I have come to see that **I really wasn't getting the program**. Someone with 25 years clean told me that "MY" program was not working for me. ( lamashel -doctors do not self-diagnose and treat themselves they go to another doctor no matter how "smart" they are)[b] What was my program? Basically online SA meetings with an SA phone sponsor. He told me to read the Dr's opinion in the AA Big Book over and over and to study the critically important concepts of: Tolerance, and Toxicity (pgs. 30 & 32 in the SA White Book). He told me that because I did not fully understand these and other concepts such as trigger mechanisms ( p. 33 SA ) that I wasn't truly sober even during my 1 year and 5 months. I think he is right. I was abstinence but I had not make a real deep commitment to stop fantasizing, putting a filter on my computer, not dipping into memories or guarding my eyes. I continued to feed the addiction and glossed over the day-to-day work on making a "progressive victory over lust". I can see why this is also made a prerequisite for sobriety by SA. My friend told me that I was fooling myself if I thought that I didn't need face-to-face meetings and that the relinquishment of pride that would be required for me to attend would be my greatest gain. (that was from Dov). You see. Pride told me that I was somehow different than the rest of you guys, that I could cut the corners and get away with stuff. Like an

alcoholic that stores a few bottles away for that rainy day. My brain neurons are loaded with bottles in the forms of memories and fantasies and as we know, there are no shortage of "hits" that we can take from the external world around us. Now let's see what I'm really made of. Will I finally realize how sick I really am and be willing to go much deeper into my brain and be more honest with myself about the junk that I'm thinking about. It says on p. 32 of the SA white book, and it's explicit if you want to stop here: "In sobriety, once we have withdrawn from lust and then let it back in, the toxic effect is felt immediately and strongly. We can tolerate less of it than ever, and it produces a greater disturbance. Our sexaholism doesn't stand still; it progressively worsens." Will I go to face-to-face meetings? You see I'm still not there yet. I'm still "bargaining with disaster". Am I really willing to go to any lengths to have a true Spiritual Awakening (not just intellectually learning the Daf). What will it take for me to join with those who really "believe in themselves and the Power that pulls chronic Alcoholics (lustaholics) back from the gates of death" (Big Book, The Doctor's Opinion, p. 25.)

Thank you for letting me share,

Yosef (a gratefully recovering sex-addict)

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Re: Hello, I'm new.

Posted by Kollel Guy - 05 Jan 2010 21:37

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You summed up the SA program very well.

And I love the honesty.

Very cool I must say.

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Re: Hello, I'm new.

Posted by Yosef - 06 Jan 2010 19:14

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Thank you for *your* honesty, K.G.. Wow...that's great...a new friend...let's stay in touch!

Yosef :D

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