

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

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This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar.d. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by strugglingguy - 24 May 2016 00:24

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I could have had a productive day today, but I told myself I was tired, etc. so I pursued a different path.

I acted out twice this afternoon.

Home alone; wife out of town - does not help.

I don't have enough fortitude to help myself. I also like immediate gratification. I would not have survived earlier era's of history where you had to be patient. This is all part of my problem.

I could write more, etc. but thats it for now. I will try to salvage the rest of the evening/night for good things.

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Re: Back on the Site

Posted by strugglingguy - 24 May 2016 01:49

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Moving forward ....tomorrow being home alone what can I do not to act out?ill go to work but i know ill be home some.(9:45PM) the problem with me/us is that - we can be good for most of the day - but it only takes a couple "down" minutes to fail!.... i don't want to capitulate to victimhood but ...

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Re: Back on the Site

Posted by Aryeh821 - 24 May 2016 02:10

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[strugglingguy wrote:](#)

Moving forward ...tomorrow being home alone what can I do not to act out?ill go to work but i know ill be home some.(9:45PM) the problem with me/us is that - we can be good for most of the day - but it only takes a couple "down" minutes to fail!.... i don't want to capitulate to victimhood but ...

You don't lose what you gained in that time of being "good" besides your streak and sobriety isn't just a streak

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Re: Back on the Site

Posted by markz - 24 May 2016 02:27

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[strugglingguy wrote on 24 May 2016 01:49:](#)

Moving forward ...tomorrow being home alone what can I do not to act out?ill go to work but i know ill be home some.(9:45PM) the problem with me/us is that - we can be good for most of the day - but it only takes a couple "down" minutes to fail!.... i don't want to capitulate to victimhood but ...

Brother I'm keeping on your case until you tell me what you find suits your fancy

Please please see the GPS in my signature, and choose 1 navigationationism, and what's happening with Cordnoy or / and Jonathan's call tommorow?

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Re: Back on the Site

Posted by markz - 24 May 2016 03:17

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Or perhaps Porn is more enticing?

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Re: Back on the Site

Posted by markz - 24 May 2016 03:30

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[On first page of this thread](#) [DOV wrote on 30 Jan 2014 10:03:](#)

You didn't ask, but...

It sounds to me that you simply have not suffered enough pain from your lack of self-control. I wish you no pain c"v, but it seems to me that whatever pain you have had is just not enough to help you take this seriously - perhaps it has only been *private* and *theoretical* pain. *Philosophic* pain. Like the horrible guilt and the idea of gehinom, etc.

And of course, in the long run, all that stuff proves useless to pretty much all the people here - for they are *still here*, still falling, still looking for the magic bullet. 'More chizzuk may do it, no?'

Private emotional pain is not useless in terms of getting a person's attention or getting one to post here. It's great for that. And for so many people, the first step towards getting freedom was

posting here! Boruch Hashem for GYE! But see how for most of them, it cannot *end* with that. The guilt that brings us here just does not get us to actually do something that solves the problem. The vehicle stalls at this comfy level. The battle remains respectable by being called 'a fight against the yetzer hora', and the many who keep falling back, remain bewildered.

And they quietly, slowly slip away...as you did. And most never return for the same roller-coaster ride. Too shameful. Who can blame them?

Most guys who come here and yet do not get better, obviously need more than just posting here. They need to be doing *something* that is far more real than hiding behind a computer using a fake name and writing shakla v'taria with people who (for all practical purposes) do not exist in their lives.

So you have come back. That's great - and I remember you, too! But what now?

I think it's great that you took a vacation from GYE, but just notice how you just *disappeared* w/o any result - and how you just *came back* when you liked - poof! WE all may really care and sincerely try to help. But is this a true relationship - is there really any responsibility here? No. For you (and any of us here) can just disappear...and we often do! And that's really OK!

The relationships here may be very helpful in some respect and may be a great start, but *they are not real enough*, man. They are sweet relationships of convenience, and so: 'easy come, easy go'.

But if you get caught, get fired, or defamed publicly for doing the stuff you do in private, and the whole naked truth comes out to people who know you and love you - the realness *will* be there. The search for the most respectable, comfortable and convenient way out of this habit will suddenly end. Real measures will be taken.

And you will be fine with Hashem's loving help, as many are, one day at a time!

Life is a cycle of never ending elevation and satisfaction, but we need to start somewhere...

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Re: Back on the Site

Posted by strugglingguy - 26 May 2016 17:32

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Ok. Thanks everyone for reaching out.

My wife is back home (and thus I am no longer home alone); and BH, I have been clean since that last post a couple days ago.

Some kabalos I am making starting right now:

I have adopted the following mantra: "Anything but Porn". Movie/YouTube, cruising Internet, working out, eating, learning/listening to a shiur, etc. are all (obviously) better than P. So, I **will be posting** about this - Bli Neder - daily or every other day.

- I will also IYH keep my phone out (reach of) of my bed.
- I will be reading some of the Big Book
- I will call someone individuals to discuss my issues one on one.

I have been on some of the calls in the past - I think it's time for some new approaches - like u all are saying. The calls didnt do it for me.

Please daven for me, as well: Yaakov Gershon ben Eliyahu Dovid

- I will also

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Re: Back on the Site

Posted by markz - 26 May 2016 18:23

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**WOW**

YG I wanna give you a virtual hug

**KEEP ON TRUCKING**

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Re: Back on the Site  
Posted by strugglingguy - 27 May 2016 16:35

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thx.

are u the former bardichev?

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Re: Back on the Site  
Posted by inastruggle - 27 May 2016 19:37

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Great plan!

KUTGW!

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Re: Back on the Site  
Posted by strugglingguy - 14 Jun 2016 13:03

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I went to my first live meeting last week. 3 other guys - no one Jewish (I live in a small town)

They were supportive - we shared thoughts about ourselves. B"N I will keep attending and read their literature.

have a good isru chag, everyone.

Funny story - I first went into the Heroin meeting downstairs before I realized where to go!

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Re: Back on the Site

Posted by markz - 14 Jun 2016 13:10

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**Amazing**

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Re: Back on the Site

Posted by strugglingguy - 15 Jun 2016 14:49

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I had a fall today; the situation was ripe for it. I am now moving on.

My fellow live member - who I reached out to afterwards - said that I should feel guilt (I made a poor, but "external" choice) but not shame (destructive thinking - I am bad)...

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Re: Back on the Site

Posted by strugglingguy - 15 Jun 2016 17:54

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I could get a live sponsor in my area, but that might be a little strange.

Having a frum guy to sponsor me (someone "experienced" in the 12 steps) might be good for me.

Anyone that can volunteer to sponsor and monitor me? let me know.

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