

Still clean or not?

Posted by Time4Change - 01 Dec 2014 14:40

Hey,

I haven't posted here in a while.

As of this past Friday I had reached 67 days clean of acting out with porn. I've been attending 12 step groups and have started working the steps.

This past Friday I got very drunk at a work function and landed up in bed with a colleague.

This is the first time I've ever acted out with another person, and I don't intend on doing it ever again.

What I'm struggling with at the moment is how do I view my recovery after that incident. Am I entirely back to step one?

I still am clean 70 days of porn (which is my main type of acting out). Can I still say that I'm 70 days in recovery of acting out with porn?

I will discuss this with my sponsor but I want to get some input from the guys at gye.

Feel free to comment on any of my questions above.

=====
=====

Re: Still clean or not?

Posted by dms1234 - 01 Dec 2014 21:37

I would say no, this is considered a fall but thank you so much for the wake up call. We never know what could happen. We always have to be careful

=====
=====

Re: Still clean or not?
Posted by Gevura Shebyesod - 01 Dec 2014 22:14

Hi welcome back!

Sorry to hear about that. I would have to say that what happened is worse than acting out with porn. Still, staying clean from porn for 70 days is an achievement. And now, take a deep breath
) , tell yourself you've learned a valuable lesson, and get back Truckin'.

=====
=====

Re: Still clean or not?
Posted by gibbor120 - 01 Dec 2014 23:20

It is very important to make gedarim! Much more important than having different counts. I can only remember one guy who thought it was good to have different counts for different things. It just confuses things in my opinion.

What is it with all these counting questions today? Focus on the things that keep you sober, and don't get all hung up on counting.

oh, and listen to your sponsor. IY"H we'll hear good things from you!

=====
=====

(DMS you forgot that