

Generally successful, but have fallen

Posted by usernam2258 - 20 Feb 2015 16:29

Greetings denizens.

My last post was ages ago, months even, and in it (I have just read it) I asked how I can open up, after I fell. Well, I didn't open up - I am too much of a lone wolf for that, though in hindsight, it may have helped. Or it may not have, who knows.

Well, all was going, by and large, well. I managed to go the full 90 days or more without m'ing or looking at porn. A really achievement, and I was quite chuffed about that. However, after that, I got complacent. It started quite basic; I would read a newspaper someone left on the bus or something, and have a cheeky glance at the pictures of the models on the fashion pages. No harm, I thought, in simply looking at a pretty woman. And it would just be that; looking at the posters of the lingerie models in town; its only a glance, what harm can it do? I didn't count these as slips, though rightly I should have.

And, it went on slowly escalating, and I won't say I wasn't conscious of it. Heck, I was fully aware of the fact that I had promised I wouldn't do this, but I just gave myself a slap on the wrist and walked away. It was only a peek, not a problem.

And then, as happens to any wall with cracks in, it inevitably crumbles and tumbles. See, in the university library, they have some books on art, and I convinced myself to go there for only one reason; to see if there were any books on the female figure in art, despite the fact that it has nothing to do with my course. Lo and behold, there was one, and I had a look, but then I thought, no, best put this down. So, I did so, not without periodically going back for a look. All in all, relatively pathetic.

And so, I went home, and long story short, I looked at porn and BAM, 90 days of effort not merely down the drain, because, lets face it, they had already been there, but well and truly flowing down the sewer. And then I did this.

I don't want this to sound like a whole 'poor me' narrative, or a like a kind of self-absorbed diary, though you will hopefully forgive the fact that it does. *Natürlich* I fell ashamed, and of course, I have broken my promise to G-d; frankly, I don't think my word is very good at the moment. I

don't even need to use hindsight to see where I went wrong, because it was obvious the whole time. I am angry with myself, and I don't want to be playing the victim here. And I know it is stupid to be asking for help, when I suspect that I will eventually ignore the advice given (I hope I won't, but my track record says otherwise), and frankly, motivational advice isn't really what I am looking for.

I have a happy life; a loving family; my degree is going well; perhaps I don't feel entirely religiously fulfilled, as I don't always pray, and my Torah reading has kind of petered out; but I don't think that that is why I fell. In fact, a few years ago, before any of this started, and actually before university, I prayed almost every day, and even walked home fast from school so I could read the latest bit of Torah and psalms; I wish I could regain that, and perhaps that is what is missing. Ah, but there is the nub! it didn't quite end overnight, so I can hardly expect it to begin. It miffs me off that I have become increasingly distant from religion; it miffs me off more that I didn't care until recently.

Frankly, I am not entirely sure why I am posting, and I hope I will be forgiven if this simply seems like rambling. Honestly, I think it is just some active thinking, to get my thoughts in order. I am not really searching for advice. I have already received that, and I can search your whole website, which has given me good advice in the past, though I failed to stick with it. I haven't told any 'real' people about this problem, because of shame mostly, and as hypocritical as I feel telling people how disgusting porn and self abuse is, I am in no mind to change my position. Porn and self-abuse are disgusting, and it is sad that so many people slip. And anyway, I don't really feel comfortable telling real people any personal things about myself, not even my family - it is far easier just to say 'I'm fine' and move on. I know this is my fault, something I have to deal with. I know my attitude is probably all wrong and self defeating. I know many people have lust issues far worse than mine.

But I just needed a rant. And there I close.

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Re: Generally successful, but have fallen
Posted by serenity - 23 Feb 2015 23:39

Thanks for that. We can't afford to be complacent.

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Re: Generally successful, but have fallen
Posted by hastirastir - 24 Feb 2015 00:35

Thanks Yid.

The concepts are hard to grasp but you are all correct that by hanging out on GYE there is a lot to learn.

I always try to deal with issues by being pragmatic and logical but the addiction is inherently illogical.

Reminds me of a mashul from Rav Nachman: the Yetzer Hara is like the guy who who tells a kid that he has something in his hand so the kid begs and chases the guy just to find out what's in his hand only to find that there is nothing there.

I'm the child; only I fall for the exact same trick hundreds of times.

Pardon the stream of consciousness.

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Re: Generally successful, but have fallen
Posted by hastirastir - 24 Feb 2015 00:39

Not that this was Rav Nachmans point.

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Re: Generally successful, but have fallen
Posted by yidtryingharder - 24 Feb 2015 02:04

Serenity this is out of curiosity

I know we were at about the same place, and you keep sayin thanks for the reminder not to complacent, So what are you doing not to be complacent

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Re: Generally successful, but have fallen
Posted by cordnoy - 24 Feb 2015 09:48

[yidtryingharder wrote:](#)

Serenity this is out of curiosity

I know we were at about the same place, and you keep sayin thanks for the reminder not to complacent, So what are you doing not to be complacent

I'll let him answer, but did you notice how many meetin's he goes to, and how much readin' he does?

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Re: Generally successful, but have fallen
Posted by yidtryingharder - 24 Feb 2015 13:42

No I didn't thanks for pointing that out cordnoy I don't always follow everyone's exact situation to find what they do its a big fault of mine

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Re: Generally successful, but have fallen
Posted by cordnoy - 24 Feb 2015 15:37

I try to, for much more can be accomplished that way.

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Re: Generally successful, but have fallen

Posted by serenity - 25 Feb 2015 03:40

Hi Yid,

I'm doing my best to work my program. Specifically as to complacency, one of the things I do is to be mindful of what works for other people and what doesn't work for them. I try to apply those principles in my life. I try to remind myself that I can't afford a slip and I try to identify the potential causes of a slip way before it happens. But mainly I spend a lot of time here and working the steps of SA with my sponsor. And as Avrom pointed out, I go to a lot of meetings. I also call someone the second I'm feeling off.

hatzlacha!

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Re: Generally successful, but have fallen

Posted by serenity - 25 Feb 2015 03:48

I think this OA reading is appropriate to the topic.

"If we are to experience permanent recovery from compulsive eating, we will have to repeat, day after day, the actions that have already brought us so much healing." - The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 83.

Every time I read this passage, it brings me up short and causes me to reflect on my program. What did I do fifteen years ago to lose seventy-five pounds? What did I do over the years to arrive at the level of serenity I

have now? What did I do that resulted in my Higher Power being my best friend and confidante? The really big question is, "Am I still doing the program activities today that I did in the first bloom of program?" Most of the time, I can continue to live the principles of the Steps and use the tools daily; I do these things more automatically and enthusiastically than ever. Time has increased my passion and commitment.

When my answer to the big questions is a "maybe" or a "no," I need to make adjustments in my life which give me the time and opportunity to practice program activities on a daily basis. My belief that compulsive eating is a chronic, incurable, potentially-fatal disease confirms the need to persevere in the treatment plan that has worked so well for me for over fifteen years.

- Taken from Voices of Recovery: A Daily Reader, page 316

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