

a new start

Posted by mggsbms - 24 Jun 2015 14:48

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After being here for many years and succeeding sometimes more then others, I have left GYE. im trying to start this thing again with renewed motivation hopefully with good results.

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Re: a new start

Posted by mggsbms - 20 Sep 2016 21:51

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Day 5

I've had some falls the past two weeks or so. I ask hashem to help me get back on track. Resentments abound but there's to much at stake to let them get hold of me.

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Re: a new start

Posted by Markz - 21 Sep 2016 04:10

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Brother were you used to be on cordnoys great daily calls

Did you find a substitute while he's on his extended cruise

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Re: a new start

Posted by mggsbms - 01 Jan 2017 06:07

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day 5

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Re: a new start

Posted by cordnoy - 01 Jan 2017 07:00

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[mggsbms wrote on 01 Jan 2017 06:07:](#)

Gut voch !

I've been off for a while. I didn't have the energy to post and to share. We've had other ways to connect, but at this time I think will give it another shot.

Accountability is crucial for me so I will be posting regularly as to where I'm up to.

Today I'm sober and its day 5 in my sobriety count.

Welcome back,

Willl this accountability be better than your other way?

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Re: a new start

Posted by mggsbms - 01 Jan 2017 07:05

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At this point in time it probably will be. Lakol zeman veis. Things have run their course.

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Re: a new start

Posted by cordnoy - 01 Jan 2017 07:07

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[mggsbms wrote on 01 Jan 2017 07:05:](#)

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Ok.

justl askin'.

It should be with hatzlachah.

You know my number.

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Re: a new start  
Posted by Watson - 01 Jan 2017 10:14

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[mggsbms wrote on 01 Jan 2017 07:05:](#)

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Welcome back. As Cords would say hope is a 4 letter word. What actions are you planning to take to ensure that your hopes become reality? If you keep doing what you've been doing, you'll keep getting what you've been getting.

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Re: a new start  
Posted by mggsbms - 01 Jan 2017 12:21

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I've been doing different things with varying results, I'm posting now for one purpose as mentioned above.

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Re: a new start  
Posted by stillgoing - 02 Jan 2017 21:34

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[Watson wrote on 01 Jan 2017 10:14:](#)

[mggsbms wrote on 01 Jan 2017 07:05:](#)

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This is really anti-climatic for me, since this is my 1000th post, and I was planning to post something really good (whatever that is?), but I didn't want to let this pass, so here I am.

Watson, in principle, I agree with you. It makes sense, right? If I keep on banging myself on the head, I will keep on having a headache.

But we have to ask ourselves, what *ARE* we getting?

Let's say that someone has been having seizures five times a week, and he starts a new medication that is slowly reducing it to less and less times, even though he may still have an occasional seizure, I think we would agree that the medication is working.

Granted, after a long time of no further progress, he may want to explore if there is an additional option that can eliminate the seizures altogether, but sobriety is a progress, and not a goal - nain?

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Re: a new start  
Posted by Gevura Shebyesod - 02 Jan 2017 21:43

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1000 is a 4 letterdigit wordnumber!

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Re: a new start  
Posted by Shlomo24 - 02 Jan 2017 21:51

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Mazel Tov Kein Yirbul  
Progressive victory over lust is the goal but someone who chronically slips isn't really doing that. It's very easy for me to say "I only masturbated this time" or whatever rationalize, but lust is lust is lust. I try to work a zero-lust program. I can't have "a little" of it.

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Re: a new start  
Posted by GrowStrong - 02 Jan 2017 22:00

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If sobriety is the train then what is the destination.

As addicts we cant say "normality"

And since as addicts all we can really do is focus on now and today.

Being sober for today is as good a goal as any.

So is sobriety the way to getting permanently sober?

Can an addict ever state permanent sobriety?

So I would say its the process and the goal.

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Re: a new start

Posted by Watson - 02 Jan 2017 22:04

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[stillgoing wrote on 02 Jan 2017 21:34:](#)

[Watson wrote on 01 Jan 2017 10:14:](#)

[mggsbms wrote on 01 Jan 2017 07:05:](#)

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First of all, that was a fine post. Happy thousandth!

I think we may be in agreement here though. I agree with what you said. The only thing is that it can be easy to claim progress as a form of denial:

1) Are things really getting better, or am I just holding my breath a little longer than last time? I can use statistics to cover over the fact that nothing is fundamentally changing, the next fall is inevitable. It's just that the inevitable used to happen after 20 days and now it happens after 30 days. Is that enough?

2) After how long is it wise to question the results I'm getting? Is a small amount of progress after years of effort enough to justify the method in use? Granted there may have been some progress, but would alternatives yield much better results?

Just the thought of getting real help can be terrifying. So sometimes people justify not getting real help by saying that if they just tried harder they could do it on their own. How do I know - I did exactly this. I suffered for years and years because I was too afraid to get help. I tracked my progress by counting days on a spreadsheet so I could check I was making progress. Sure, the gradient was barely above zero, but it was headed in the right direction. After a few years I could see how meaningless the graph really was, that nothing was really changing in any meaningful way. So I sought help and got into SA. I took my twisted thinking into SA with me too, and it's taken time for some of my thinking to adjust, oh so slowly. That's progress - me changing my mind about something!

I would urge anyone who isn't getting the results they came here for to consider adding something new to their recovery. No-one has to suffer as long as I did.

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Re: a new start

Posted by stillgoing - 02 Jan 2017 22:07

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Certainly, I'm not condoning occasional falls, what I am saying is, that for some people (for many?) having a zero-tolerance lust program can cause a major downwards spiral should they one day fall. Better that they work their program everyday as long as they see (gradual) progress, even if there is an occasional fall. that doesn't mean that the program is not working, it can just mean that he needs to work it longer.

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