

Lost Sad Alone and trying again!!!
Posted by butterfly - 05 Jun 2017 14:14

Hi Everyone,

I hit rock bottom yesterday. I really believe this time that it's the bottom. My last few bottoms weren't as bad but this one was a really hard bottom and landed with a real crash. I'm so nervous that it will happen again but I think and hope that this time I'm really ready to tackle this nasty insanity.

My problem is that I'm going through tremendous emotional pain from loads of emotional and sexual abuse as a child and am going to therapy for the last seven years but am now really working out the heavy heavy trauma and it is massively painful and it completely wipes me out. In the past the only thing that soothed my pain was porn but that must stop now and even though I don't feel like I have an ounce of strength left to fight this battle I'm going to do it anyway but will need lots of support.

On a side note, I'm doing a 12 step program designed for emotional and sexual abuse, its called ACA program, it's a very successful and national program. Does anyone know if that would work for sex addiction or should I somehow find the time and the strength to go to a SA program as well.

Please the more that respond the better I'll feel as I feel so alone between my emotional issues and the porn issues.

Thanks so much I love you all!!

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by Markz - 05 Jun 2017 15:29

I don't have an answer to your specific question, but for moral support in an evil immoral world, I'm here for you!!

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by butterfly - 05 Jun 2017 15:49

Thanks so much I can use every bit of support

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by Shlomo24 - 05 Jun 2017 16:53

[butterfly wrote on 05 Jun 2017 14:14:](#)

Hi Everyone,

I hit rock bottom yesterday. I really believe this time that it's the bottom. My last few bottoms weren't as bad but this one was a really hard bottom and landed with a real crash. I'm so nervous that it will happen again but I think and hope that this time I'm really ready to tackle this nasty insanity.

My problem is that I'm going through tremendous emotional pain from loads of emotional and sexual abuse as a child and am going to therapy for the last seven years but am now really working out the heavy heavy trauma and it is massively painful and it completely wipes me out. In the past the only thing that soothed my pain was porn but that must stop now and even though I don't feel like I have an ounce of strength left to fight this battle I'm going to do it anyway but will need lots of support.

On a side note, I'm doing a 12 step program designed for emotional and sexual abuse, its called ACA program, it's a very successful and national program. Does anyone know if that would work for sex addiction or should I somehow find the time and the strength to go to a SA program as well.

Please the more that respond the better I'll feel as I feel so alone between my emotional issues and the porn issues.

Thanks so much I love you all!!

Wow. You had a lot of pain in your life and it seems like it's still haunting you. I am in SA and I know other members who go to ACA. I would think that you should see if it works for your sex addiction, and if it doesn't then maybe seek out the S-fellowship.

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by dms1234 - 05 Jun 2017 18:56

SA isnt as scary as it seems. If you need it (your a sex addict), maybe it would be a good idea to pop in for a meeting. Hatzlacha!

Im in SA and it has helped me.

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by belmont4175 - 05 Jun 2017 20:00

Welcome Butterfly!

I am in SA, in our fellowship we have a ACA program and so do other groups, however its exclusively for SA members, personally I am grateful for the day I joined SA, even if I'm not cured, what counts is PROGRESS not perfection.

may your journey be blessed with Hatzlacha.

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by cordnoy - 05 Jun 2017 20:19

[belmont4175 wrote on 05 Jun 2017 20:00:](#)

Welcome Buterfly!

I am in SA, in our fellowship we have a ACA program and so do other groups, however its exclusively for SA members, personally I am grateful for the day I joined SA, even if I'm not cured, what count is PROGRESS not perfection.

may your journey be blessed with Hatzlacha.

Did someone offer free drinks that these old timers hic decided to show up?

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by Shlomo24 - 05 Jun 2017 22:02

[belmont4175 wrote on 05 Jun 2017 20:00:](#)

Welcome Buterfly!

I am in SA, in our fellowship we have a ACA program and so do other groups, however its exclusively for SA members, personally I am grateful for the day I joined SA, even if I'm not cured, what count is PROGRESS not perfection.

may your journey be blessed with Hatzlacha.

My local fellowship has this also... Hmm.

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by Aaronhopeful@gye.com - 25 Jun 2017 04:30

Be strong! Look the best way is distracting yourself by learning Torah! Try daf yomi! We are here for you! We all fall. You are amazing. You are big tzadik that you knew that there's a problem and you want to stop. Hatzlacha!

=====
=====

Re: Lost Sad Alone and trying again!!!
Posted by serenity - 25 Jun 2017 15:22

I hear the pain in your share. You are not alone and you are cared about. I'm a grateful member of SA and had the opportunity to spend time with the Brooklyn fellowship this weekend. I went

to a Shabboss morning meeting and a meeting this morning that had close to 40 people in attendance. The fellowship, love, care, honesty and support that is available to anyone with the desire to stop lusting is there for the taking. All one needs to do is show up and say they are a member.

Whatever you decide and wherever your journey takes, I pray that Hashem gives you all the blessings that I would want for myself including the serenity and comfort in knowing that I'm not alone.

how Hashem works and hears when his children are alone and afraid.) . It's amazing

=====

(Cords, I guess its Hashgacha pratis because I didn't hear about the free drinks