

The Truth

Posted by wilnevergiveup - 09 Sep 2020 19:13

---

Hi guys, I am starting a new thread to post about my journey moving forward. In my other thread I kinda write inspirational thoughts and maybe some vague somethings about me struggling.

The truth is however that I really do struggle, even now at 140+ days clean. I Don't struggle as much and I have pretty much figured out (for the most part) what my "triggers" are, but when they come they can still freaks me out.

It's not a far fetched idea in my mind that I will someday have a full relapse and this too freaks me out. I don't expect it anytime soon but I don't imagine it as a non-possibility. This may be good or may not be, this thought process may keep me focused or it may give me ideas that I really don't want to think about.

Basically I want to use this thread to post only my struggles and all other inspiration and stuff I will post on my original thread. This way I hopefully will be able to be more aware of myself and my struggled and wont be hiding behind a mask of "oh I'm doing great, just look at my count..."

The other thing is that I never really opened up about what I actually am going through and over the next little while, hopefully I will be able to do a little of that.

Your thoughts and input are welcome.

All the bast,

Wilnevergiveup

=====  
=====

Re: The Truth

Posted by wilnevergiveup - 12 May 2022 13:45

---

I have realized that there are just times that I cannot cope with life without at least some pacifier. Be it lust, food, alcohol, or just staying in bed. Lust is the safest physically, I am just not sure about it because it might be making my depression worse. Sometimes I use food, which gives me the feeling of loss of control. I try to limit my alcohol consumption because that would be a disaster.

It's tricky, I am hopeful that I will get through this, working through therapy. I am exploring medication, that might also take an edge off of the struggle.

And that's it for now.

=====  
=====

Re: The Truth

Posted by yechielmichel - 12 May 2022 14:23

---

[wilnevergiveup wrote on 12 May 2022 13:45:](#)

I have realized that there are just times that I cannot cope with life without at least some pacifier. Be it lust, food, alcohol, or just staying in bed. Lust is the safest physically, I am just not sure about it because it might be making my depression worse. Sometimes I use food, which gives me the feeling of loss of control. I try to limit my alcohol consumption because that would be a disaster.

It's tricky, I am hopeful that I will get through this, working through therapy. I am exploring medication, that might also take an edge off of the struggle.

And that's it for now.

Thanks for sharing this. I find the same. There is a tendency to substitute one escape with another.

I'd ask myself: What am I running away from right now? Why am I uncomfortable with it? Sometimes I need to attack it head-on. For example, if it's procrastinating at work, etc.

As you point out, some forms of escapism are healthier than others. How about going for a run or lifting weights?

=====  
=====

Re: The Truth

Posted by sleepy - 12 May 2022 20:44

---

[wilnevergiveup wrote on 12 May 2022 13:45:](#)

I have realized that there are just times that I cannot cope with life without at least some pacifier. Be it lust, food, alcohol, or just staying in bed. Lust is the safest physically, I am just not sure about it because it might be making my depression worse. Sometimes I use food, which gives me the feeling of loss of control. I try to limit my alcohol consumption because that would be a disaster.

It's tricky, I am hopeful that I will get through this, working through therapy. I am exploring medication, that might also take an edge off of the struggle.

And that's it for now.

i find sleeping the safest hence,sleepy

=====  
=====

Re: The Truth

Posted by gettingthere9 - 13 May 2022 04:36

---

[wilnevergiveup wrote on 31 May 2021 18:33:](#)

[Hashem Help Me wrote on 31 May 2021 11:29:](#)

I asked because one needs to replace the thrill to some extent. It can be toned down a lot, but nevertheless, there has to be some replacement for the lost "excitement".

And yes, go celebrate. appreciate where you are up to and thank Hashem for it by sharing the celebration with others (without going into details....)

Thing is I do things a little extreme, like I used to work out, and unless I really go crazy it doesn't really give me a thrill (and I don't have time anymore for a full blown workout).

I really like learning, I wish I could get a thrill from it consistently. I wish I would just be able to get through a full zman on the thrill of learning itself.

But, G-d obviously has other plans.

Although some are newer here and don't have patience reading through an entire forum, WNGUs forum would be a pretty wise one to start from the beginning.

?Lot's of really good info and very unique perspectives.

=====  
=====

Re: The Truth

Posted by gettingthere9 - 13 May 2022 04:41

---

Thanks for sharing this. I find the same. There is a tendency to substitute one escape with another.

I'd ask myself: What am I running away from right now? Why am I uncomfortable with it? Sometimes I need to attack it head-on. For example, if it's procrastinating at work, etc.

As you point out, some forms of escapism are healthier than others. How about going for a run or lifting weights?

Someone knee-deep in therapy may very well be working through *what* he is running away from

etc., the thing is, that doesn't minimize the pain during the process. In fact usually it exasperates it in the pain.

=====  
=====

Re: The Truth  
Posted by Sapy - 21 Jun 2022 13:58

---

"The Truth" is that I miss your presence here... (Maybe your busy suing the Truth social for taking your name?...)

=====  
=====

Re: The Truth  
Posted by wilnevergiveup - 22 Jun 2022 18:51

---

[Sapy wrote on 21 Jun 2022 13:58:](#)

"The Truth" is that I miss your presence here... (Maybe your busy suing the Truth social for taking your name?...)

I'm back. I was really busy the last couple of weeks and didn't have much time.

=====  
=====

Re: The Truth  
Posted by wilnevergiveup - 25 Jul 2022 13:38

---

Today was a bad day, I watched porn and masturbated.

I wish I didn't have to deal with this struggle but I guess that's not up to me.

=====  
=====

Re: The Truth

Posted by wilnevergiveup - 25 Jul 2022 18:49

---

=====  
=====

Re: The Truth

Posted by Vehkam - 25 Jul 2022 19:16

---

Why would anyone take away a karma for posting that I had a bad day?!  
i put one back!

=====  
=====

Re: The Truth

Posted by Captain - 25 Jul 2022 19:36

---

I also added. See, you got a net gain!

=====  
=====

Re: The Truth

Posted by wilnevergiveup - 25 Jul 2022 20:21

---

Now I gotta get back into things, I haven't done real porn in a while.

I went to the Kosel today and cried. I don't want any of this. I opened up a Tehillim to a random *perek* and it was talking about how if someone believes in Hashem, then he is not afraid of even the worst challenges. I am not sure how to understand this. I don't think it means simply that someone who believes in Hashem can overcome every challenge. I am thinking that it means that challenges come with pain (growing pains if you want) and that pain is what we are afraid of. Dovid Hamelech may be addressing the pain that comes with challenges and is telling me that the pain, whether it's from constant failure or shame and guilt is part of the challenge that Hashem wants you to grow from. It's not just the *nisayon* itself, the pain that comes with it also needs work to process.

Thanks for reading.

Cant wait for therapy cuz I am feeling really lousy this week.

=====  
=====

Re: The Truth

Posted by Sapy - 25 Jul 2022 22:46

---

Hi I'm glad to see you back, I missed you. hope you still remember me...

I'm sorry for your fall. And I like your vort, I wish I would have a kosel to cry now, I can use it. (I also fell, and it fricken sucks)

=====  
=====

Re: The Truth

Posted by doingtshuva - 25 Jul 2022 23:06

---

[wilnevergiveup wrote on 25 Jul 2022 13:38:](#)

Today was a bad day, I watched porn and masturbated.

I wish I didn't have to deal with this struggle but I guess that's not up to me.

I'm sad to hear,

I also hit the +

Have you updated your 90 day chart ?

All the best

=====  
=====