

Tried a lot of things but failing over and over

Posted by benblum - 19 Oct 2023 19:26

Hi, I have been member of GYE for many years now. At the beginning I was very active (logging every day), chatting, reading the forum, trying the tools. It worked for me. I started getting sober. I started understanding. I even reach 90 days. but after that, I started again with P&M like before. Then I discovered SA. I was active at the beginning. I thought I found the door to freedom from this insanity. Went to meetings (in person and zoom), made phone calls, was connected, was doing readings and all kind of inventory. At the beginning, it worked for me. I was getting some sense of sobriety, I was being honest and I was making real connections but then with time I went back to my usual me, my acting out. I do not run from the urge, I embrace it and each time I think to myself, I failed again. I like acting out, I cannot lie. I do not have painful consequences from it. Some tell me that until I have painful consequences, I will not stop. Other tells me that I need to make disclosure and destroy my life in order to have a chance to rebuild it, some tells me to go see a therapist...Every story is different and I am honestly lost. I acted out most of my life, always with myself and fantasies. I would like to change but I seems glued to my old habit, my old me. Lust is my best friend, my confident. It knows all my secrets. I know that I am the problem. I know that in order to get better, I have to change myself but I tried over and over again. I am praying to Hashem, I am making strategies, using tools and program, I am reaching to sponsors and friends but when the urge comes, everything goes out the window. "Just let me have it!" is the only thought that come to my mind. No good resolution, no good intentions seem to survive my urges. A part of me loves acting and the other part hates it. And one is much stronger than the other, much more powerful. Some tells me to stay from lust just for one and it sounds good and easy but the truth is that when it comes, my good intentions do not mean anything. I wish I could see progress, I wish I could say that I grew but I don't think I did. I learn much about this addiction, this disease, about its powerful mechanisms, how it affects the brain, about its real consequences, how it can destroy lives and hurt people...but unfortunately knowledge is not action. I know a lot but I keep acting out. I met along the road many friends, brave people that tried to help me, that were fighting too but sometimes I have the feeling that I am the only one that does not learn and I stay behind...If you have any suggestion, please let me know. I am really desperate. I think I was born with this challenge. Hashem is the only one who can help me and give me freedom from this but until now, my spiritual connection is probably way to weak and when the urge comes. I forget

So I decided to come back to GYE after being away for several years. This is the place when I once had some hope, when I saw tiny burst of light...GYE will not cure me. I will always be me. But maybe I can change, change from the inside...Start a new cycle where I can find help and somewhat change my way of thinking and my behaviors. Thank you for letting me share.

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Re: Tried a lot of things but failing over and over

Posted by benblum - 09 Nov 2023 02:41

I have webchaver (covenant eyes) + qustodio filter...The problem is that I am the administration especially of the filter. I am trying to close this loophole by assigning someone different. If the filter is in place and I cannot temper with it, it will already a good fence. Ultimately every filter has loopholes and for sure will not keep me sober. It can be a good first defensive line but I know that I need more than that. I need to change from the inside and this takes time and effort

I am sober today. I left the forum open all day. Sharing as I felt. Looking into the feedback I got. There is a lot to learn, a lot of work needed to grow...I am on my way. Tonight the plan is to stay sober and go to sleep quickly. Not spending too much time on screen

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Re: Tried a lot of things but failing over and over
Posted by benblum - 09 Nov 2023 15:29

Got overwhelmed by lust yesterday night. I entertained the thought instead of running away to sleep. Result: a few ours of social media and p..n. Not fully acted out but still. Obviously today, acting out is on my mind. Need to honest and keep sharing. I am restarting again...

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Re: Tried a lot of things but failing over and over
Posted by frank.lee - 10 Nov 2023 12:07

GYE can provide you with filter admins for you. I'm sure some readers here can help.

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Re: Tried a lot of things but failing over and over
Posted by benblum - 10 Nov 2023 14:58

Definitely interested in this. Let me know

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Re: Tried a lot of things but failing over and over
Posted by chancy - 10 Nov 2023 16:46

Reach out to GYE, they have someone who helps with all things relating to filters.

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Re: Tried a lot of things but failing over and over
Posted by frank.lee - 11 Nov 2023 22:01

guardyoureyes.com/component/content/article/15/26-filters

Check it out.

A general point about filters I want to speak out. You are a partner with them. If you have the mindset that the responsibility and security of the filter is on them, then it is you against the machine and you may try testing things.... It is a partnership. You need to do your part to stay clean and safe.

And from experience with certain filters, you can call them and speak to them and they can understand your issues and help you set yourself up for success! You can ask to speak to someone who can help you...

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Re: Tried a lot of things but failing over and over
Posted by benblum - 21 Nov 2023 16:26

Been sober and clean for 4 days. Not sure the reasoning but I take it. Trying to focus, being busy...I am grateful for the reprieve...Was lightly tempted yesterday evening but did not follow through...

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Re: Tried a lot of things but failing over and over

Posted by true_self - 21 Nov 2023 20:57

[benblum wrote on 21 Nov 2023 16:26:](#)

Been sober and clean for 4 days. Not sure the reasoning but I take it. Trying to focus, being busy...I am grateful for the reprieve...Was lightly tempted yesterday evening but did not follow through...

There's the reason!

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