

Parev [Censored version]

Posted by parev - 08 Sep 2024 21:48

Hi Chevra!

The Admin moved my thread to the BB forum,

but I haven't forgotten you, and want to keep you in the loop too.

I will bl'n post appropriate posts here too!

It's gr8 to be back in zeman, I am forcing myself to daven like a mentch as I know that that is a big catalyst for me to stay spiritual connected and fit.

Have started on step 4 but my sponsor lost sobriety so will see what my new one says.

I am meant to be an ?? at a ???? tomorrow, but are unsure of the halachic fitness of my situation.

Its a little sticky and hope I will get direction in time

E-L-U-L!!!

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Re: Parev [Censored version]

Posted by parev - 18 Nov 2024 23:06

Someone PM'd me that im BACK to day one

I choose to look at it as STARTING day one.

I'm not regressing, im Progressing [from today onwards]

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Re: Parev [Censored version]

Posted by parev - 19 Nov 2024 13:12

Ok, whether I like it or ot I NEED to post - or else i'll be back out there...

Since I acted out with this woman last [and lied to my sponsor - ein kan mokom leharich] I haven't worked the steps.

I was mainly sober going to meetings and staying connected with guys, but never had the drive or willingness to fully surrender and do what it takes.

I have been looking to act out [in some way in person] for a week or two [got inspiration from ??? to use midas azlus to let things slip by - hence never got a smartphone etc] with filtered computer and a kosher phone [that blocks calls to dubious numbers] practically was difficult...

I went for a massage and she touched me sexually in a way that I wasn't ready for, i was toibroiges on the one hand, but on the other I didn't feel 'acted out' I then went to a massage parlour but wasn't going to act out unless it was 'worth it' - ie give me the high that I wanted and not just an ugly release. I told the woman what I wanted, she wanted more money for that wich pissed me off and I left immidietly. I then parked outside a hotel where people take rooms for intimacy hoping to find someone to act out with, long story short I found someone, but again although we got physical we both stayed dressed and I didnt get a release [and other factors too] didn't quite 'do the job'

I knew that 'the only way to be free of it was to do it' so I booked an appointment with a woman I had been with before and there was chemistry - and one the one hand it was an experience that ticked the boxes on the other hand it was a horrible experience coz I could feel the cheating on my wife, and normally I naturally switch off from ruchniyus in these situations whereas she was makpid to cover the seforim would sing love songs and translate them to 'nafshi cholas ahavasecha' (and chumras in MZ"L) etc [she was frum and is now OTD but still 'spiritual'] I couldn't tolerate the yuckiness of it all - I knew that by the end of it I would be ready to work on myself and decided it was yerida Itzorech aliya.

Independent of the wiseness of the decision, immediately afterwards I said ENOUGH IS ENOUGH.

I NEED to REWORK program.

Due to the late hour I could only call USA and Dov answered me, I committed to take this moment to propell myself forward and I didnt want the hisorrorus to get lost. That's why I immediately posted on GYE.

Anyway I need to post and to get a new sponsor ASAP!

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Re: Parev [Censored version]

Posted by willdoit - 19 Nov 2024 16:06

[parev wrote on 19 Nov 2024 13:12:](#)

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Re: Parev [Censored version]

Posted by parev - 19 Nov 2024 22:56

Sorry if my deleted post was triggering for any of you.

To make it short, I acted out and felt bad about it, Enough is enough and I have pledged to get back on the bandwagon.

I made some calls to keep the hisorrorous and commitment.

I have finished day one

consciously ignored many opportunities for second looks [although did take some at a wedding tonight]

Did service to stay sober

Reached out to get a potential sponsors number

ODAAT

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Re: Parev [Censored version]

Posted by parev - 26 Nov 2024 09:42

Day 7

been ill in bed, no mental space to post

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Re: Parev [Censored version]

Posted by parev - 28 Nov 2024 06:42

Day 9

to keep u posted from the other thread:

SO:

I schlepped myself to the meeting on Sunday - ill as the rebbe [no offence]

and approached someone who I thought might be available to sponsor.

He said he's not done al the steps but can help me with step 4

JUST THE MALACH I WAS LOOKING FOR

Anyways he called today [and I schlepped myself out of bed to the car to get some privacy]

and HE WAS SPOT ON!!

My issue always was that I don't have any people to put on the resentment list.

He told me that to have a resentment it means that you were let down by someone, if you have NO-ONE it must mean that you never felt deserving enough in order to be let down. OUCH

He also told me the most common reasons for omitting people on the list 'coz they didn't mean it, they didn't understand, it's not their fault' etc.

But in order to FORGIVE we have to first OWN the hurt.

He then said that if we want a open relationship with Hashem, we as children want that unconditional loving and understanding being-there-for relationship with our parents, and if we didn't get it it's like saying we forgive G-d for October 7th coz he was so busy with the war in Ukraine that Gaza slipped between the cracks. [Hope i'm writing coherently]

So am writing up my list and will keep u posted...!

another gem from my 'sponsor'

[And this may be a key difference between an addict and a ba'al taava]

The idea of step 4 is to

Identify and experience the incidences that cause to act out – because we as addicts act out not from urge rather from **justification**.

By identifying what makes us rationalize and justify our acting out [even though it's messing up our lives]

we can then work on cleaning the house

I want to admit that I am not living a step 3 quite yet

Ich main that *shtiet* we ARRIVED to step 3, it's a process that will sink in IYH.

I also have realized that my acting out was from not surrendering the desire for relationship, but not forcing my wife either.

It's part of my step 4 that my wife wasn't there for me when I needed.

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Re: Parev [Censored version]

Posted by cordnoy - 28 Nov 2024 13:56

Speakin' in general terms: someone can also not have a resentment list, for he is too damn haughty to admit that people have let this Holy, righteous person down

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Re: Parev [Censored version]

Posted by chaimoigen - 28 Nov 2024 16:55

[cordnoy wrote on 28 Nov 2024 13:56:](#)

Speakin' in general terms: someone can also not have a resentment list, for he is too damn haughty to admit that people have let this Holy, righteous person down

Interesting.

My primary way of getting rid of resentment is to realize that my expectations (and resulting resentments) are undeserved. Who says I have a right to expect all the things I think I do, besides ego? Realizing this helps a lot with Shalom Bayis, and dealing with pain in life, even outside of the framework of the Steps.

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Re: Parev [Censored version]

Posted by parev - 01 Dec 2024 16:28

Day 12

definitely feeling the lust less, however still triggered to do something that I'm not allowed to mention on GYE

Am going to a meeting soon and should really get some sleep.

I did do some kibud av and write a letter home for an hour without checking emails

quite impressive.

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Re: Parev [Censored version]

Posted by parev - 15 Dec 2024 08:25

Day 13 [you do the math!]

no chavrusa this AM

DOING STEPWORK!!

YAY

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Re: Parev [Censored version]

Posted by parev - 10 Jan 2025 07:35

day 39

not on GYE so much

doo in alreet BH

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Re: Parev [Censored version]

Posted by parev - 12 Jan 2025 15:38

pissed off

need to sleep decently to be in a good mood

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Re: Parev [Censored version]

Posted by parev - 13 Jan 2025 03:06

went 2 sleep at 10 20 pm now ive been up since 330....

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Re: Parev [Censored version]

Posted by stopsurvivingstartliving - 13 Jan 2025 10:53

Did you get more sleep at the end?

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