

I can't get past 2 days

Posted by aryehtahor - 24 Mar 2010 03:03

I just fell in a bad way. In fact, I've been falling periodically every couple days for several weeks. My first attempt at the wall of honor got me to 40 days before I fell. Now I seem to be stuck in the gutter and unable to get past square one.

It's really really hard for me not to feel yayoosh right now. I've been thinking a lot about how to solve this problem, and other serious addictions I'm suffering from and I've tried a lot of different strategies. But I don't really see any progress! According to my attempts at the chart, I've regressed back to pre-GYE pre-Frum levels (I am a baal teshuva).

I am almost at the point of tears. I feel so frustrated, like I'm a little kid and an adult keeps dangling some candy at the end of a string but it's just a little too high for me to reach and I don't want to be tormented anymore. WHAT AM I SUPPOSED TO DO? WHAT DO YOU WANT FROM ME? AM I A BAD PERSON? IS IT ALL MY FAULT?

I'm so scared of what will happen if I can't beat this. I want to like myself. I want to think that I'm capable of having a decent marriage if and when it happens. I'm tired. Too tired to figure out if I should join a phone conference, get a sponsor, do 12 steps, be part of an accountability group, get another filter, work on not looking at women, learn halachos, all of the above, none of the above...(sigh) I just don't know anymore.

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Re: I can't get past 2 days

Posted by aryehtahor - 26 Mar 2010 15:19

Dov, I think you're right.

The main struggle in my life as long as I can remember has been against a psychological condition, call it whatever you want, that made me anxious and paranoid and withdrawn and scared for weeks at a time for no reason, followed by a surge of enthusiasm and excitement.

I have been treated for this for years, and I think I have finally found a drug regimen that works for me. I think I was able to clean up my act in the period before about 2 weeks ago because I had these drugs supporting me. I recently started tinkering with it, and all the symptoms came back. So it seems that this is my baseline that will remove the reasons I started my addictions in the first place. Then I'll just need to wake up to the fact that life is much better without them. Without the drugs, I don't even have a shot at it.

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Re: I can't get past 2 days
Posted by Dov - 26 Mar 2010 21:12

We need to use every tool at our disposal to live the kind of life that is best for us, no shayloah. The very fact that you are taking concrete steps to do that is huge.

Have a huge (gadol) Shabbos! ...not in that order, though... ;D

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Re: I can't get past 2 days
Posted by frummer - 26 Mar 2010 21:51

I know how you feel, actually we ALL do. The first thing I read when I was getting involved with GYE was the GYE ATTITUDE HANDBOOK, you've probably already heard of it. But maybe Hakadosh Barekhu wants to give you a new perspective on your struggle, one you didn't have 40 days ago. The way you view Hashem, YH, and your self might give you the strength to fight on a deeper and more intense level than before. SO JUST READ THE ATTITUDE HANDBOOK, seriously it really help me when I felt like dirt.

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Re: I can't get past 2 days
Posted by briut - 28 Mar 2010 22:57

[aryehtahor wrote on 26 Mar 2010 15:19:](#)

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Hi. So nice to hear some refreshing honesty about what helps.

I tried raising the topic once, and it fell flat. Would you like to take the (risk/step/first-foot/etc) and share a little more on the following thread? I'd be grateful, and would enjoy some company on the road.

rehab-my-site.com/guardureyes/forum/index.php?topic=1905.0

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Re: I can't get past 2 days
Posted by Elya K - 29 Mar 2010 02:35

If you can't make Dovid Chaim's the only now is the Thursday night group at 9 P.M.

I think ! Correct me someone if I'm wrong. There was a group on Monday nights. Is it still on?
Not sure.

712-429-0690 PIN 225356

Only requirement: Introduce yourself by any name you wish and join in the fun.

Elya

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Re: I can't get past 2 days

Posted by nederman - 29 Mar 2010 04:06

The reason you finally sit down and do it is because you think about it all day long. Make a commitment that if you have a lude thought, look at an erva etc. you will confess asap, i.e. whisper "I am sorry I looked at that woman" etc. For addicts like us there is no distinction between the initial thought and the final destruction of semen a day later. It was inevitable.

Don't wait to get married. Hashem will get you the wife that you need, at any point in your life. The wife is there precisely to fix your problems, even if it's unpleasant.

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Re: I can't get past 2 days

Posted by trying123 - 29 Mar 2010 05:41

[30years wrote on 29 Mar 2010 04:06:](#)

The wife is there precisely to fix your problems, even if it's unpleasant.

What would you make of the saying "marriage is not a hospital"

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