

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

This is really hard for me. I feel nervous and uncomfortable as I am posting this . I have been struggling for over twelve years. Twelve nightmarish long years. Some have been better and some have been worse. All have been painful. I have never reached out like this before. Its really hard for me, as I always convinced myself that I can do this alone. I was wrong. I hope that I can get what it seems like others on this website have. Strength. Simcha. Clarity. I don't have any more strength for this addiction, and I want to face the world around me with simcha and without feeling embarassed. Can you help?

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Re: I thought I can do this alone.

Posted by OTR - 24 Feb 2016 23:17

I appreciate your posts to RS, yes we are building something. I posted on my thread a long thought on this exact topic. That the posts on the forum are accomplishing a lot whether we realize it or not.

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Re: I thought I can do this alone.

Posted by gibbor120 - 25 Feb 2016 17:45

[Workingguy wrote on 23 Feb 2016 02:19:](#)

Do you really think there is no other way? There are millions of people who've recovered in so many ways- I'm not going to quote all the stats and studies (one of my hobbies) but as the twelve steps says, we know but a little and we don't claim anything about anyone or anything else- just share what we know works for us.

If for your reading pleasure you'd like more information about the various methods that people have obtained lasting recovery with, you can pm me. For this forum, it's irrelevant.

Why do you say it's irrelevant. GYE tends to be very 12 step heavy. If other methods work better, why not share them?

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Re: I thought I can do this alone.

Posted by shmirashachaim - 25 Feb 2016 17:47

well said.. I have B'H been posting on the forum everyday since the begging of my 90 day journey even though they all haven't been on my forum. I feel just saying *something* to *someone* everyday helps and makes me part of this amazing community of growth and unity. and yes.. even though its hard to do so I feel i should- as you said RS continue to make this nightmare into something beautiful by joining such a beautiful community. Keep inspiring us RS!!!!!!!

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Re: I thought I can do this alone.

Posted by Workingguy - 25 Feb 2016 18:30

[gibbor120 wrote on 25 Feb 2016 17:45:](#)

[Workingguy wrote on 23 Feb 2016 02:19:](#)

Do you really think there is no other way? There are millions of people who've recovered in so many ways- I'm not going to quote all the stats and studies (one of my hobbies) but as the twelve steps says, we know but a little and we don't claim anything about anyone or anything else- just share what we know works for us.

If for your reading pleasure you'd like more information about the various methods that people have obtained lasting recovery with, you can pm me. For this forum, it's irrelevant.

Why do you say it's irrelevant. GYE tends to be very 12 step heavy. If other methods work better, why not share them?

It's a good question, but I think the reason it's irrelevant is bc it doesn't really make so much sense to share what studies show works better if I don't have the personal experience of using those methods. So I can tell you that motivational interviewing is one of the top five most effective ways to deal with addiction, that CBT seems to have better stats than twelve steps with addiction, of that a ridiculously large percentage of addicts actually recover on their own- I believe they call it spontaneous recovery.

But I just don't see the benefit of sharing publicly my doubts about a method and the benefits of other methods if I haven't personally experienced it.

So I took issue with him saying that twelve steps is the only way bc 1) it's not true and how can he even claim to know that unless he's tried everything, 2) as you pointed out, GYE is pretty 12 steps heavy so I wanted to mitigate that bias, and 3) even if it was too true it's too pushy bc the idea, as Cordnoy says many times, is to share your experience.

So I definitely don't want to be pointing out the flaws in anyone else's recovery system.

If you're saying I should suggest these other ways without knowing them personally just from the stats, I don't know if that's helpful.

But I do think it's too 12 step heavy here, which is why I tried it here a while ago and left.

What I would say to anyone uncomfortable with the twelve steps is read the links to success stories in Markz's signature, and you'll see that probably half of them had nothing to do with the twelve steps- Markz included.

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Re: I thought I can do this alone.

Posted by realsimcha - 25 Feb 2016 20:11

Regardless of if the 12-steps are the only or the most effective method, the fact is that the 12-steps are healthy steps for a person to take. Some say that even non-addicts would benefit from such an approach. So it doesn't really bother me if GYE is 12-steps heavy. Bottom line: the 12-steps are representative of significant spiritual growth in a healthy way. They are incredibly powerful in breaking through the mountains of rationalizations and dishonesty that drives so much of our unhealthy actions. In terms of treatment? That's for each individual to discover for themselves. There are probably as many approaches as there are addicts. And the addict who is prepared to look himself in the mirror and be brutally honest with himself, can undertake the journey to find what works for him.

That being said... one of the things working for me is posting every day...

Day 17: I had a sobering thought today. When I am in the middle of a bad week or month, and my life feels like it's falling apart around me, I tell myself that if only I was clean I would be functioning better and I would be accomplishing more and my life would have some semblance of normal. Now, 17 days later, I am forced to admit that while acting out guarantees that my life will be insane, that doesn't mean that not acting out will make my life normal. All the garbage that comes up, all the frustrations, all the limitations will be there and I may feel like my life hasn't transformed into a super success. And what I need to realize is that that's too bad. We need to be clean because not being clean is selfish, painful, dishonest to our loved ones and just plain wrong. I can't pin my health on the guarantee that my life will be awesome now. Just that my life will be genuine and I am grateful for being able to look in the mirror and not afraid of what is staring back at me...

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Re: I thought I can do this alone.

Posted by OTR - 26 Feb 2016 05:28

Here are some of my unicorns and candy canes. This is what we all got when we decided to go

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sober.. Your package was probably delayed.

Re: I thought I can do this alone.

Posted by realsimcha - 26 Feb 2016 20:08

Day 18: Its getting late and things are so busy but I need to be stubborn about this, because now this is whats working. Its a good feeling to log on a day later and to see that people looked at my post and it makes me feel supported in this struggle. Thanks.

I am relieved that Shabbos is coming . I havent had issues on Shabbos [although i just speak for myself I know that there are those whose struggles haunt them on Shabbos as well and I feel their pain of never having a day that they can feel is a freebie]. But after shabbos ... that's another thing. Sometimes already on Shabbos by Mincha that tension grips my heart as i worry about what will be after Shabbos.

Last two motzei shabbosim I knew what to do. I got onto GYE and clicked "I'm still clean" and posted. So thats what I will do. and hopefully that will be the beginning of a good evening. Wishing you all a truly restful shabbos of ?????? ??????

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Re: I thought I can do this alone.

Posted by markz - 26 Feb 2016 20:31

[OTR wrote:](#)

Here are some of my unicorns and candy canes. This is what we all got when we decided to go

You gotta put them in "attachment" brackets before shipping the package

Actually it becomes an image, so can be loaded and fired from the image input box, right here right now



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Re: I thought I can do this alone.
Posted by Seeking Support - 26 Feb 2016 21:23

Yes! Don't give up, try to minimize computer use or only use it in the company of others or even get someone to put passwords on site without them knowing what they are doing.

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Re: I thought I can do this alone.
Posted by Yesod - 26 Feb 2016 22:28

Hey RS

Totally feeling what you're saying.

Same boat.

We'll be in the trenches with you if you end up there. Remember to bring a bottle.

Good Shabbos

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Re: I thought I can do this alone.

Posted by realsimcha - 28 Feb 2016 01:53

[Yesod wrote on 26 Feb 2016 22:28:](#)

Hey RS

We'll be in the trenches with you if you end up there. Remember to bring a bottle.

Means alot. Thanks.

Day 19: Shabbos was a break, and once again it was especially geshmack to have been clean all week. I thought of it when I was singing ???? ?????, that my kavod is finally able to wake up a little ... for today ... its so humiliating to be trapped in the stinkin' garbage, and I am hoping, little by little that the stink is wearing off. I know, though, that it can be back with the click of my mouse. So here's a little prayer for us all that Hashem should give us the strength and clarity to stay sane. especially for this Motzei Shabbos.

Yesod, I've been worried about you. I can tell from your posts that you are a feeling intelligent person and I know all too well how painful it is to be tottering on the edge of a fall. But we are holding on to you... and we are here for you. you are not alone. Gut voch to all.

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Re: I thought I can do this alone.
Posted by realsimcha - 28 Feb 2016 22:57

Day 20: Sundays are not the easiest days and I feel the glow starting to wear off. But I am determined to continue to post to be mechazek myself to keep at it.

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Re: I thought I can do this alone.
Posted by Shlomo24 - 28 Feb 2016 23:02

In my experience once the "pink cloud" of sobriety dissipated I went through a little rough patch, but then I found true serenity.

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Re: I thought I can do this alone.
Posted by Yesod - 29 Feb 2016 00:32

[Shlomo24 wrote on 28 Feb 2016 23:02:](#)

In my experience once the "pink cloud" of sobriety dissipated I went through a little rough patch, but then I found true serenity.

Word.

Stock up while the enemy is sleeping.

Get phone buddies, read, listen, daven.

Cuz you never know when the storm'll hit

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