

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 shmiraachaim - 06 Apr 2016 19:01

[realsimcha wrote on 06 Apr 2016 12:35:](#)

Day 58: I am grateful to be clean and sober today. Yesterday was a hard day. I was so tired and lethargic and even after I finally got my act together, I realized that my wife was being distant. I asked her about it and she basically said that after years of me spending dysfunctional days in bed etc. she still feels alienated whenever I am not totally present. That hurt alot. One one hand she is right. She is totally traumatized from years of me sleeping in, while she got up early to her responsibilities. She is traumatized from me not being available to my family because I was so wrapped up in "other" stuff. And she is hurt. She has learned to protect herself from me. On the other hand that is history. She bh has seen a totally different side of me for the past while. I know, I cant expect her to heal as soon as I get my act together. But its humiliating and doesnt really encourage me to keep at it. I was not in a good place last night. But... I didnt act out. I didnt use her disappointment as an excuse to throw it all away. This mornign we are both doing better and bh I am able to look back at last night with pride. I hope I am making sense and not making a total fool out of myself. Thanks ...

Wow incredible RS.. Incredible. Its amazing how you are plugging away and not giving in to lifes problems and instead growing from them. Yes, you grew from your experience and thats why you look back at it with pride. That feeling of not giving in is amazing. The pain endured makes it so sweet when you can look back, and say to yourself that your in control of your life (or letting Hashem take control over your life, however you want to look at it) and that life *will* be good, as long as we let that good pain do so. Keep it up!

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Re: I thought I can do this alone.

Posted by shmiraashachaim - 08 Apr 2016 02:40

RS hows day 59 coming along

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Re: I thought I can do this alone.

Posted by realsimcha - 08 Apr 2016 03:38

[shmiraashachaim wrote on 08 Apr 2016 02:40:](#)

RS hows day 59 coming along

Day 59: Shmira, you were right to be concerned. Not because I fell. Baruch Hashem and thanks to His kindness, I am still standing strong. The reason that you were right to be concerned is because I almost forgot to post today. I told myself a while ago that the day that I forget to post is the red flag that a slippery slope has begun. Because forgetting means that I am deluding myself into thinking that I am a regular guy who doesnt need to take stock of his situation every day. [I often wonder how many "normal guys" there are out there. Truth is, who cares.] Now, its 11:35 pm and I am sitting down to post. So I am taking this moment to remind myself that not long ago I wasnt able to look at myself in the mirror without feeling sick. I was ashamed of what I was becoming. Now I feel confident and clear minded. I have a gift that I was only able to dream of. A gift that I am not willing to let go of. No matter what. This is too important for me. Thanks for listening ... and for being there.

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Re: I thought I can do this alone.

Posted by realsimcha - 08 Apr 2016 12:39

Day 60: In another thread there has been alot of talk about if addicton is the yetzer hara described by chazal etc. and to a large degree it really doesnt matter. But I've been thinking about Teshuva. All the time that I was acting out the concept of Teshuva just made it worse. I told myself to treat this clinically in my mind and not to worry about tshuva. tshuva, I told myself, is developing the tools to bring this situation under control with Hashems help and intervention. Now, 60 days clean, I feel a little but like saying sorry to Hashem. I feel like its a good time to look back and to recognize the damage that I did to my spirituality and the mess I made of

myself. Does this mean I will be perfect forever? I don't know [Cords wrote a while back that he just doesn't think about that. He thinks about today.] But for now I feel like putting it on the table. And that got me wondering. Is there a place in the 12 steps for making amends TO our higher power? I know that there is a step of admitting our defects to God, but what about saying "I am so so so sorry for what I've done..."?

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Re: I thought I can do this alone.
Posted by markz - 08 Apr 2016 12:47

R Simcha

I've also been thinking this now that I put a few days between lust, let me know what you find pls

Have you seen what Rav Shmuel Vosner z'l said - For addiction it's enough the tremendous effort and accomplishment of getting over the addiction!

The link is available in the Free Towing tool box [here](#) (part B #4)

If you haven't read it, it's worth a read!!

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Re: I thought I can do this alone.
Posted by cordnoy - 08 Apr 2016 13:41

The 12 steps is about making amends to whoever we have wronged.

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Re: I thought I can do this alone.

Posted by Yesod - 08 Apr 2016 17:29

Hi RS,

Hear you loud and clear, i identify with the idea that tshuva myself now means to do what it takes to stay sober and do what's right.

I am in some ways afraid to go back to typical tshuva, done that 1000 times. I feel like it reintroduces in my mind the concept that the problem is in the past. I'd rather pass on tshuva on stay clean.

However this started me thinking, and i realize that tshuva is extremely important, just like you said, making amends to our higher power, and as cords pointed out the higher power can be one of the anyone's on our list,

Maybe it's time to rethink how tshuva should be expressed, and how it might fit the bill.

Maybe i should say to hashem, "gd I'm sorry that i let this get the better of me, i wish i would of addressed it sooner, im not sure what the future holds, that's in your hands if i let you, so forgive me and help me continue on the right path to better serve you and do what is right in your eyes"

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Re: I thought I can do this alone.

Posted by realsimcha - 10 Apr 2016 02:55

[cordnoy wrote on 08 Apr 2016 13:41:](#)

The 12 steps is about making amends to whoever we have wronged.

I imagine so. Just interested to know if its mentioned that way in the 12 step literature.

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[markz wrote on 08 Apr 2016 12:47:](#)

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If you haven't read it, is worth a read!!

Thanks. Its really something.

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Re: I thought I can do this alone.

Posted by realsimcha - 10 Apr 2016 02:58

[Yesod wrote on 08 Apr 2016 17:29:](#)

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Just continuing our train of thought. Perhaps we would need to understand what we are making amends for. If I steal from someone to feed my addiction then I understand very clearly the amends that I need to make. But if I did something wrong in Hashems eyes, did i hurt him? Is there something to make amends for? Or is it just that I hurt myself and Hashem told me not to? Maybe I have to make amends for the fact that I disappointed him? Can you share your thoughts?

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Re: I thought I can do this alone.

Posted by realsimcha - 10 Apr 2016 03:13

Day 61: Not feeling super prolific tonight. Just want to check in. It was a great Shabbos but I am feeling drained now in every way. Which means I better get to sleep soon. I read all the recent posts. Lots of good stuff. Learning alot from you chevra. Thanks for sharing even when I am being sleepy

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Re: I thought I can do this alone.

Posted by shmiraashachaim - 10 Apr 2016 03:50

Get a night sleep.. always here for you

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Re: I thought I can do this alone.

Posted by Shlomo24 - 10 Apr 2016 04:57

[realsimcha wrote on 10 Apr 2016 02:58:](#)

[Yesod wrote on 08 Apr 2016 17:29:](#)

Hi RS,

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In my own opinion, I don't believe it is possible to hurt God. I also believe that God guides us with instruction to live the ultimate life in this world and the next and whatever he commands is for the best for us.

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Re: I thought I can do this alone.

Posted by realsimcha - 10 Apr 2016 17:36

Day 62: You know what I don't miss? I don't miss playing with my mind. Messing up, then trying desperately to tell myself something that will ease the pain, that will not expose me to myself as lowlife #1. The self-speeches can go on many tracks, sometimes at the same time. For example, "well if i messed up after 60 days that means at that pace only 6 mess-ups a year.. six times? ... thats not so bad ... probably lots of people do that.... also there are so many other areas where I am so much better than others.... also, i can do it now for sure this time it will work and I wont mess up again and if i am really strong that i wont mess up again then its not so bad that i messed up today and even though i messed up today bt thats becasue i have a messed up childhood ... so i am damaged and its not my fault.... and also nobody knows what i am going through who knows what they would do if they were going through what i am going through and anyway this is not really who i am and anyway the point is to pull myself together thats really where the yetzer hara is hiding " And on and on and on. Looping in my head. Endlessly. Trying to resolve the trauma that i just put my whole psyche through. It would take at least two days to get my head straight. So so so so so horrible. All the while trying to look normal. To sound normal. I never want to be there again. Today I am clean. Today I am grateful for what Hashem has given me.

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