

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 realsimcha - 01 May 2016 02:27

As I did for the first days of Yom Tov, I will post separately for each of the days. That way I can focus specifically on the day that I missed because of Yom Tov.

Day 81: So I didnt include the whole TV thing, did ya notice? I thought about it alot over Yom Tov and I think stopping watching TV and movies is a must. However, I became uncomfortable with turning it into another thing that I am counting. We all know that there are two sides to the whole "streak" sugya. I think that I should stay 100% focused on staying alive. Which means no acting out. The other stuff, is super important and I am gonna give it a go [Motzei Pesach is a big challenge for me so its not the easiest time to be making this commitment]. I am just worried. There needs to be one count. The one that keeps me alive. Thoughts? Fooling myself?

Day 82: As Yom Tov started to end I began to get really concerned about the days ahead. If all goes according to plan I will hit 90 days soon. I learned from the chevra here not to expect any major revelations on that day. I hope that I will be able to stick to the mission here and do what needs to be done in order to maintain sobriety.

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Re: I thought I can do this alone.

Posted by inastruggle - 01 May 2016 03:05

Day 81: Is it your thinking through the streak sugya that changed your mind or you losing some commitment that made you decide not to count?

It's a lot easier to sneak little slips in if you're not counting. Make sure you know what it really is.

Day82: It makes me really happy to hear that you're not expecting anything from day 90.
KUTGW!

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Re: I thought I can do this alone.
Posted by realsimcha - 01 May 2016 14:39

[inastuggle wrote on 01 May 2016 03:05:](#)

Day 81: Is it your thinking through the streak sugya that changed your mind or you losing some commitment that made you decide not to count?

It's a lot easier to sneak little slips in if you're not counting. Make sure you know what it really is.

Day 83: Honest answer? I don't know. I suspect that I may be having a hard time with the "never" part of the equation. Like, for example, in the summer when my wife is in the country. I know that it can be a terrible time for acting out. But one of the things that can make the loneliness bearable is a good [kosher...ish] movie. Am I ready to just learn my daf and go to sleep? I dont know. Scary thought. Is it ok if something like this is a once in a while thing? Is there a way to say that this shouldnt be part of my life but it can be on the back burner? I know that an alcholic cant say it about a drink. But is this the same? Can a person say, I shouldn't really eat red meat, but once in a while its ok? Or am I just in denial that this is an addiction and I should be ready to transform my life and eradicate this with the same enthusiasm as I am trying to do acting out behaviors? Help!

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Re: I thought I can do this alone.
Posted by Yesod - 01 May 2016 16:14

I don't know, i struggle with the same predicament, albeit with internet, specifically youtube and the like.

Notwithstanding that it is dangerous for lust reasons, being in close proximity to all the pitfalls etc. I have a very real addictive experience when i am involved in it.

I have sworn off youtube several times, always after a fall, due to the crisp realization that it primed me for lust and it is an addicting behavior even if it didn't lead to lust.

But, ... i still go on occasionally, not nearly as much, but i still do, and i know that it is very unhealthy and leads me further away from my goal.

So my dumb advice is 1) if you feel that you have a contained experience, ie you don't get addicted and burn the night away, or avoid doing what you have to do, and 2) you can choose only those outlets which are devoid of lust triggers.

Then i say, it isn't the end of the world.

That being said,

Getting rid of it entirely is definitely everyone's goal. I don't think anyone during neilah on yom kippur is proud and accepting of the time they waste watching pointless hours of entertainment.

The question is how to get there. There is more than 1 step to conquer that peak, i don't know if i could do it in a single commitment, i am afraid to really try.

I did swear off movies around 15 years ago, and bh still going strong with that, but i did it at a time in my life when i had enormous motivation and drive.

So if you feel you can make the leap, do it, but hold hands with someone in case it doesn't work, otherwise, make some steps in the right direction, and see if you can progress to the goal.

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Re: I thought I can do this alone.
Posted by Ecstatic - 01 May 2016 17:02

I'm know that an alcoholic cant say it about a drink. But is this the same? Can a person say, I shouldn't really eat red meat, but once in a while its ok?

The analogy to an alcoholic is unfortunately a better one then an analogy to someone cutting out red meat from his diet.

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Re: I thought I can do this alone.
Posted by thanks613 - 01 May 2016 18:11

[Yesod wrote on 01 May 2016 16:14:](#)

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As long as we're giving dumb advice I thought I'd chime in ;-). But I quoted Yesod in full cause I like it.

Motzei pesach is especially hard....because of stress? or triggers to catch up on things you missed? Might matter for you to have the answer for yourself. If not, please disregard.

"Never".... is one of those words that could get in the way, maybe- If only summers when your wife is away is the problem, then why not make the commitment to "never watch TV/Movies again... until the summer." (note: not meant to be advice, just using poetic license). I understand that this mindset could cause you problems in the summer, but why let it stop you now?

For me, movies, youtube, etc. are problems because they are addicting to no end... and the only "end" is ejaculation (for me, and even that rarely stops me). Maybe the problem with TV/Movies is different for you. Personally, I find the internet (and cable TV) to be "unnatural" because there is an endless supply of available things to watch and do. But maybe there are strategies to make it more natural and containable. Like renting physical DVD's, or only watching select movies that you decide to buy and stream (assuming the cost of binge-ing will deter you). If in fact there are "kosher" movies that you decide you can safely watch, maybe this is a strategy that can help. Of course, there is Yesod's point about neilah to consider..

Final Dumb idea: have a separate support group for the TV and acting out streak. Start a new thread instead of putting them together. Or at least separate them into 2 posts to "convince" yourself that they are not dependent on one another.

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Re: I thought I can do this alone.
Posted by realsimcha - 02 May 2016 03:52

You guys are amazing. Thanks for your comments. I have definitely used watching in an addictive unhealthy way. I have - without acting out - trudged into bed at 430 in the morning. I have lied to my wife, telling her what a bad stomachache I had etc. In that sense, yes, we are talking about addictive behavior.

But that is more a thing of the past. In the more recent past, it has been more controlled, but not easier to live without. On one hand, I have been getting into bed at a reasonable hour - thanks to sobriety. On the other hand, I have been unable to go a day without it. Like I needed my daily fix. Also sounds addictive.

Now that I have gone 4 days without it [not withstanding that 2 of the days were yom tov] I already feel a little out of it. I also canceled my subscription to whatever providers I was using. I like how it feels, but I am also terrified. as I explained before.

So, the daily watching needs to end. The compulsive watching needs to end. So for now, and thanks for the advice - I will continue counting. day 4. In the summer I will decide if there needs to be an allowance made. I will bring it before the beis din of this chevra to see what you chevra think before I make a final decision. Now, I will focus on the already terrifying thought of going a few months [we are home for the first few weeks of the summer - only have bungalow in August] without my favorite [yet admittedly incredibly stupid] shows.

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Re: I thought I can do this alone.
Posted by Yesod - 02 May 2016 03:56

Oh dont you worry, all of our habitual viewing choices, compete in stupidity.

Gd bless good luck, im interested in hearing how it goes.

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Re: I thought I can do this alone.
Posted by realsimcha - 02 May 2016 13:08

Day 84: Pretty intense. I had dreams of posting last night. Thats a new one. Its better than other dreams, I guess! So, its my fifth day without any TV or movies. That, in addition to not acting out in any way is really leaving me with a clear mind. It is also leaving me - sometimes - a ball of nerves. There is no more protection from my feelings. No more numbing. Just dealing with life. Ups and downs. I am grateful for the opportunity to share this overwhelming journey with you.

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Re: I thought I can do this alone.
Posted by Shlomo24 - 02 May 2016 14:20

[realsimcha wrote on 02 May 2016 13:08:](#)

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Posted by mggsbms - 02 May 2016 15:08

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Thanks for the share. I resonate with the ball of nerves part. It's like living in two different realities.

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Re: I thought I can do this alone.
Posted by thanks613 - 02 May 2016 17:33

[Shlomo24 wrote on 02 May 2016 14:20:](#)

[realsimcha wrote on 02 May 2016 13:08:](#)

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Re: I thought I can do this alone.
Posted by markz - 03 May 2016 02:07

[thanks613 wrote on 02 May 2016 17:33:](#)

I had a dream recently that someone's avatar on GYE was an explicit pornographic picture.. weird what this whole recovery thing brings out

It seemed explicit to me too, even when I was awake

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Re: I thought I can do this alone.
Posted by doingtshuva - 03 May 2016 10:48

I was once told that we dream on things we think during the day.

Warning: Spoiler!

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