

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 markz - 03 May 2016 13:04

Simcha for Real

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Re: I thought I can do this alone.

Posted by inastruggle - 04 May 2016 16:11

I've ben offline for the [ast few days. Just chiming in to say great job so far.

Very tachlis-dig conversation.

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Re: I thought I can do this alone.

Posted by realsimcha - 04 May 2016 21:07

[quote="inastruggle" post=286637 date=1462378279]I've ben offline for the [ast few days. Just chiming in to say great job so far.

Very tachlis-dig conversation.[/quote]

means alot to me. Thanks.

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Re: I thought I can do this alone.

Posted by realsimcha - 05 May 2016 05:53

Day 86: Looong day. BH 7th day without tv or movies. I am grateful that the chevra encouraged this because I am already feeling the difference of having been off it for a week. I dont think its going to be easy at all but its going to be worth it. Spent some time today with a friend remembering the struggles that I had before I knew anything about this problem. Without understanding, it was so painful. Just this koach pulling so hard and not understanding why my "yetzer hara" is so much more overpowering than "anyone else's". Or why am I weaker? Learning that there is something called addiction [i do not mean from a clinical perspective - I am not diagnosing.] and that there is a mehalech changed my world. Thanks to all my teachers along the way. Double thanks to all my fellow sufferers.

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Re: I thought I can do this alone.

Posted by inastruggle - 05 May 2016 05:59

Before I found gye I used to go back and forth between assuming everyone did it and just me. I still wonder how many people have a problem with it. What I have found out is that I'm certainly not alone and that my yetzer isn't worse than everyone else's.

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Re: I thought I can do this alone.

Posted by realsimcha - 05 May 2016 12:24

Day 87: I noticed something about myself that I wish I could change [what else is new...]. Whenever I am in a public setting, from wedding to funeral, I feel self conscious of how I look the to the crowds around me. I am just not comfortable. I dont think you can tell if you would see me, but inside, instead of being relaxed and warm, I am fidgety and feeling like I dont really know how to act. I wonder if this is one of the reasons that nights that I am out - weddings,

dinners, etc - are huge triggers for me. for me, its not because of the people I see at these events, but because I feel the need to jump into another world where I dont have to fit in... making any sense?

Btw. Day 8 for my tv count.

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Re: I thought I can do this alone.

Posted by doingtshuva - 05 May 2016 19:56

[inastruggle wrote on 05 May 2016 05:59:](#)

Before I found gye I used to go back and forth between assuming everyone did it and just me. I still wonder how many people have a problem with it. What I have found out is that I'm certainly not alone and that my yetzer isn't worse than everyone else's.

First mazel tov for your thousands post, keep it up.

it might be that your yetzer hara isn't worse than everyone else's,

but your sobriety could still be better than anyone else's !!!

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Re: I thought I can do this alone.

Posted by inastruggle - 06 May 2016 00:03

@doingtshuva Thank you. Well said.

@realsimacha I know what you mean I also routinely feel like the odd man out even when I'm in middle of the matziv. I once told this to another gye guy and he said the same thing. It is getting a bit better for though since I started to work on my self confidence.

It's definitely plausible that the stress of the event is a cause for falling. Having all the women dressed up doesn't help either.

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Re: I thought I can do this alone.
Posted by thanks613 - 06 May 2016 21:02

[realsimcha wrote on 05 May 2016 12:24:](#)

Day 87: I noticed something about myself that I wish I could change [what else is new...]. Whenever I am in a public setting, from wedding to funeral, I feel self conscious of how I look the to the crowds around me. I am just not comfortable. I dont think you can tell if you would see me, but inside, instead of being relaxed and warm, I am fidgety and feeling like I dont really know how to act. I wonder if this is one of the reasons that nights that I am out - weddings, dinners, etc - are huge triggers for me. for me, its not because of the people I see at these events, but because I feel the need to jump into another world where I dont have to fit in... making any sense?

Btw. Day 8 for my tv count.

Makes more than perfect sense to me. And Ditto on ina's post.

This may be overdue by now, but I really appreciated when you shared that you cancelled your subscriptions for TV watching. It made and makes a great impression on me

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Re: I thought I can do this alone.
Posted by realsimcha - 06 May 2016 21:21

Day 88: Finding myself having a much easier time staying calm when craziness hits. I didnt

expect that. A few times major annoyances happened to me. Parnassah issues, car issues, kids issues. you know how it goes. For some reason I am keeping my cool. I can only gratefully attribute it to the blessing of sobriety. Thank Hashem!

I am starting to feel scared about hitting 90 days. Its been a while since I have been there and I have only been there once. I really dont want anything to change. I want to keep posting every day and keep being blessed with the strength to stay clean. I would gladly listen to any advice from those of you who have been there. Yesod? Ina? Cords? Markz? Gevura? The rest of the chevra who silently watches the forum?

btw, Day 9 of no TV. Grateful for the chizuk I receive here.

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Re: I thought I can do this alone.

Posted by inastruggle - 06 May 2016 21:37

Just don't change what you're doing. Now that you already hit 90 you realize there's nothing special about it. Maybe stop counting, and just post every day without it.

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Re: I thought I can do this alone.

Posted by realsimcha - 06 May 2016 21:39

[inastruggle wrote on 06 May 2016 21:37:](#)

Just don't change what you're doing. Now that you already hit 90 you realize there's nothing special about it. Just keep doing what you're doing. Maybe stop counting, and just post every day without it.

Why stop counting? I am terrified to stop. I fear that it will make it easier to slip a little then a little more...

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Re: I thought I can do this alone.

Posted by inastruggle - 06 May 2016 21:49

I just figured if the count is going to hurt you then you may want to stop. If you post every day then it may keep you from slipping.

I was just putting out the idea.

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Re: I thought I can do this alone.

Posted by Shlomo24 - 06 May 2016 22:20

I would like you to keep counting, you're an inspiration to us.

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