

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

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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 Yesod - 19 Feb 2016 16:26

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Hey RS, you're not alone, keep it up, this is something you can overcome with gds help.

Remember, every day you don't feed it, it's a little weaker, the magic fades just a drop, so hold on another day.

The motivation can also fade every day, well that one you SHOULD feed, and that's what we're here for.

So if you keep on feeding the commitment, and keep on starving the challenge, you end up with a healthier situation for yourself, no?

Whatever,

Just hang in there and REACH OUT, as much as you like we are here and we LOVE to help.

Zg. Y

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Re: I thought I can do this alone.  
Posted by OTR - 19 Feb 2016 16:29

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I was also here in the past and then relapsed... but I'm back now too and starting again...

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Re: I thought I can do this alone.  
Posted by realsimcha - 19 Feb 2016 17:11

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[Bigmoish wrote on 19 Feb 2016 14:33:](#)

It might be a good idea to try to identify what changed.

Did something trigger you? Is there a stressful event going on?

Thanks ... been thinking about it and i think that its really just the time passing. I read a study somewhere here on a post [I am sure markz can find it :) ) that there is such a thing as withdrawl with this stuff and it hits at around two weeks. It seems that the brain starts freaking out when it realizes that its not getting its fixes. I think thats what it is. So its really about putting one foot in front of the next ... Thanks, for being there

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Re: I thought I can do this alone.  
Posted by realsimcha - 19 Feb 2016 17:12

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Yesod, thanks for reaching out the other day. I think i will try that call. thanks

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Re: I thought I can do this alone.

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Posted by realsimcha - 19 Feb 2016 17:16

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[markz wrote on 19 Feb 2016 14:48:](#)

RealSimcha when you get a urge today

dance around and say

A

N

I

H

A

M

A

N

let me know if that helps

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Re: I thought I can do this alone.

Posted by realsimcha - 19 Feb 2016 17:17

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[Yesod wrote on 19 Feb 2016 16:26:](#)

Hey RS, you're not alone, keep it up, this is something you can overcome with gds help.

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The motivation can also fade every day, well that one you SHOULD feed, and that's what we're here for.

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Whatever,

Just hang in there and REACH OUT, as much as you like we are here and we LOVE to help.

Zg. Y

Your'e a good friend. Thanks for the chizuk. Yes. i think you have the equation right. starve the urge and feed the commitment. clear. not easy. but with hashem's help. doable.

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Re: I thought I can do this alone.

Posted by realsimcha - 19 Feb 2016 17:19

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[OTR wrote on 19 Feb 2016 16:29:](#)

I was also here in the past and then relapsed... but I'm back now too and starting again...

Its been a hard day for me ... but seeing that fighters like you keep getting up and trying again gives me strength . thanks for reaching out and hatlacha with your journey...

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Re: I thought I can do this alone.

Posted by cordnoy - 19 Feb 2016 20:05

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Instead of focusin' on what was different yesterday or today, simply focus on the task or moment before you, and not more than that. Don't listen to studies please, even on gye.

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Re: I thought I can do this alone.

Posted by realsimcha - 19 Feb 2016 20:07

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[cordnoy wrote on 19 Feb 2016 20:05:](#)

Don't listen to studies please, even on gye.

Why?

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Re: I thought I can do this alone.

Posted by cordnoy - 19 Feb 2016 20:08

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For they will just confuse you, depress you, and convince you that now it is time for withdrawal.

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Re: I thought I can do this alone.

Posted by markz - 19 Feb 2016 20:21

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[cordnoy wrote on Unknown:](#)

For they will just confuse you, depress you, and convince you that now it is time for withdrawal.

Cord' I think you should have chosen a username 'RealSimcha', but it has been expropriated...

Reb realsimcha, studies can be disregarded, but your opinion counts, and it can be productive to checkout the poll voting booths of gye found under the "Free Towing" thread [HERE](#), I have found them to be beneficial for me

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Re: I thought I can do this alone.

Posted by Workingguy - 19 Feb 2016 21:00

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Just to weigh in, I love studies. They've helped my messed up brain make sense of some things and to know what things in recovery to avoid. But I think that I would agree with Cordnoy still bc there is a study for everything. As they say about statistics (and they should about studies) there's lose, damn lies, and statistics.

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Re: I thought I can do this alone.

Posted by shmiraashachaim - 19 Feb 2016 21:47

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RealSimcha I hope you're doing OK! I think we started struggling around the same time on our newly committed journey and I feel your pain. Yah studies no studies at least for me I think sometimes it gets hard just because my enthusiasm is not the same and my brain needed excitement. Sometimes my need for excitement is satiated by my commitment for recovery but when it dies down my need for excitement comes back and as we know nothing is as exciting as porn;)?. I like what Yesod said how we need to focus on feeding the commitment and starving the challenge!

Keep it up! looks like you have a lot people backing you up here. As for me this is my post for the day and I hope we continue on our goal of at least a post a day and eventual recovery!

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Re: I thought I can do this alone.

Posted by realsimcha - 21 Feb 2016 00:44

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[shmirashachaim wrote on 19 Feb 2016 21:47:](#)

As for me this is my post for the day and I hope we continue on our goal of at least a post a day and eventual recovery!

Thanks for checking in on me.

**Day 12:** (I know it says day 13 but day 13 just started in the evening so as far as i'm concerned - tomorrow is day 13). Shabbos was wonderful. It just feels different havign a good week behind me. When i was saying kiddush in friday night i was noticing how much kedusha is mentioned there and i felt that in some maybe very tiny way - this week i added kedusha to the world. And all of it thanks to all of you who are sharing your struggles, looking out for each other and really caring.

Hoping for a day that lives up to these feelings...

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