

Hello everyone

Posted by Thump - 11 Dec 2011 07:45

Hello everyone,

I'm here to overcome my sex addiction and to help others in their fight.

I've gone more than four months without acting out. It's quite short, but at the same time the longest time I've been clean in my whole life since I got addicted. And more importantly, I finally understood that :

a) I'm an addict

b) I'm very severely addicted

c) I don't mean to go back to my "addict's life" never ever again, whatever has to be done to stay free.

I'm a jew. I'm not religious. I'm not married and I live alone.

At the moment, I'm going to a 12 steps group and I see a therapist (not specialized in sex addiction though)

Thanks for listening

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Re: Hello everyone

Posted by obormottel - 23 Dec 2011 23:05

I exchanged messages with someone earlier, and here's what the fellow said:

"I was davening to Hashem all day to help me ... and He arranged some amazing circumstances and it was a great time. A little strange but really nice. I'm a bit in awe and a bit numb."

So this feeling of being awe-struck when Hashem is found once He is sought seems to be an across-the-board reaction...myself included. I just love the feeling of His presence in my life.

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Re: Hello everyone

Posted by Thump - 25 Dec 2011 00:45

[gibbor120 wrote on 23 Dec 2011 16:42:](#)

[Thump wrote on 22 Dec 2011 22:38:](#)

Something about a word you said of me : "sincere".

Here it comes again : each time someone says something good about me I feel like a total fraud and I feel like screaming : no, I'm a very bad person, a liar, a swindler. I feel so bad about my twisted life of addict that I feel unable to accept in my heart anything like a compliment or a show of affection....

It's hard for me to beleive that you could post the things you have posted without being sincere. Some of us have a hard time accepting compliments. I have found that it's best to just say "thank you" and move on.

I'm being sincere about what I write here, I mean what I say. Simply I am someone who lacks integrity : I haven't done things I should have done, and I've done things which are against my own value system. As a result I feel torn.

Anyway. I need to move on now. I'll see what can be done.

Basically, at the moment, I feel I'm a mess inside and I'm afraid I cannot be redeemed. I guess I'll leave that in the hands of G.D.

Talk to you soon.

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Re: Hello everyone

Posted by Thump - 25 Dec 2011 00:52

[obormottel wrote on 23 Dec 2011 23:05:](#)

I exchanged messages with someone earlier, and here's what the fellow said:

"I was davening to Hashem all day to help me ... and He arranged some amazing circumstances and it was a great time. A little strange but really nice. I'm a bit in awe and a bit numb."

So this feeling of being awe-struck when Hashem is found once He is sought seems to be an across-the-board reaction...myself included. I just love the feeling of His presence in my life.

Thanks, it makes things easier to know I'm not alone feeling that way.

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Re: Hello everyone

Posted by Tzvi S. - 29 Dec 2011 15:11

anyone seeking a partner contact the main GYE email for partners partner.gye@gmail.com

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Re: Hello everyone

Posted by Thump - 03 Jan 2012 22:33

After almost 5 months going clean, I relapsed. That is plain awful. I feel plain awful.

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Re: Hello everyone

Posted by gibbor120 - 03 Jan 2012 22:38

[Thump wrote on 03 Jan 2012 22:33:](#)

After almost 5 months going clean, I relapsed. That is plain awful. I feel plain awful.

Don't let it drag you down buddy. 5 WHOLE MONTHS! WOW! That is a loooong time, especially for guys like us. Get right back up and KOT!

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Re: Hello everyone

Posted by obormottel - 03 Jan 2012 22:41

I just rounded the corner on five months clean, and I know I would feel awful.

The main thing for me would be to make sure I hit the ground running, and immediately pick myself up without a chance for feeling self-pity.

Feeling your pain, brother,

Mottel

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Re: Hello everyone

Posted by NeiroYair - 04 Jan 2012 04:16

Now's when Hashem is REALLY close. Closer than when you were clean as it says, imcha anochi b'tzara- G-d says: I am with you in your pain. Now's your chance, man. Take the bull by the horns and run with it! Five days and I'm going bonkers! And you're working off 5 months. That's greatness, my friend. Please tell me your shoe size because, I'd love to be in it! ;D

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Re: Hello everyone

Posted by Thump - 04 Jan 2012 22:59

Thanks for your help guys,

As I told you I relapsed a few days ago. That was horrible. I can't describe how awful and dark these last few days have been.

Whatever, I'm not going back to my old addict's way of life.

Hopefully, G.d will allow me to stop that insanity NOW.

Yes looking at porn compulsively is -to my opinion- a form of insanity. It's an illness.

May G.d protect and cure us all from that blight.

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Re: Hello everyone

Posted by obormottel - 05 Jan 2012 00:21

Omein, and more power to you, brother.

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Re: Hello everyone

Posted by chaimyakov - 05 Jan 2012 17:01

Thump,

Everything is so "me" in everything you are going through. It seems natural(for me anyway) to focus on the "bad" and dismiss the good. But that never helped me.

5 months clean! Amazing! i am so jealous of that accomplishment. Since becoming addicted 30 years ago i have never reached such a milestone. You are doing so many things right otherwise you never could have succeeded for so long.

Lets look at this with a mathematical eye. 5 months=153 days=3672 hours

fall=minutes or hours at most

lets say 2 hours for our sake. $2/3672=.00054466$

In other words you were 99.9994553% perfect over the last 5 months

Take heart, you are so close to perfect it is practically a done deal. Look closely at what happened and see what you can do to mend the hole in your protective fence and move onward and upward.

All the best,

chaimyakov

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Re: Hello everyone

Posted by alexeliezer - 05 Jan 2012 17:14

Don't fall. Bounce!

Right back to where you were before.

Forget the count. This isn't a game with a score.

It is life itself. It is only about today. That's all we ever get. Today.

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Re: Hello everyone

Posted by gibbor120 - 05 Jan 2012 17:31

[chaimyakov wrote on 05 Jan 2012 17:01:](#)

Lets look at this with a mathematical eye. 5 months=153 days=3672 hours

fall=minutes or hours at most

lets say 2 hours for our sake. $2/3672=.00054466$

In other words you were 99.9994553% perfect over the last 5 months

Take heart, you are so close to perfect

I like your calculation, it really puts things into perspective!

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Re: Hello everyone

Posted by Dov - 05 Jan 2012 22:35

Dear Thump,

Have you ever read Chapter 5 of Alcoholics Anonymous - especially the first two pages of it? It's a great and classic read. I live through it, as do many other good people like us who are addicts. If you have not read through it carefully, it may be a good time to do so. If you have already read it, it may be time to read it again from your fresh open-wound perspective - you are open now and suffering...unlike many people, you can read it like it is really true now.

Another classic read that may fit well with what you are going through now, is the Member Story in the back half of AA called (in the 4th edition), "Acceptance was the Answer". Really earthshattering for me, and it is every time I re-read it.

You are obviously a very sweet and sensitive person. Your open admission that you cannot rely on yourself is refreshing and precious. Your pain is obviously terrible. The loneliness is poison and I feel that you have no option but to go out and try to help others in whatever way you can,

just in order to be joined with the human race. Maybe you cannot leave your house for some reason, physically - then use your computer. And consider praying. Even if you do not understand G-d. Trust me, your poor understanding is not significantly better than the 'understanding' of G-d that the most religious person has ever had! Go for it. Humility is really the key to prayer and their recovery thing - not understanding, wisdom, piety, or knowledge.

Maybe you can see what there is for *you* in recovery, in the words of "How It Works".

All the best,

Dov

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