

into the mist

Posted by breath - 10 Apr 2013 03:55

hi everyone.

im a 24 years old guy.

nothing special.

no particuliar friends.

no popular.

no rich.no poor.

no strong.

a shadow.

no hobby or passion.i mean i used to read books or plays video games movie and other but i stop everything one atfer the others.i prefer to stay with my pc watching and doing you know what.

i read some stories about struggle, fighting, anger and other feelings but for me its different.i feel Nothing. no black nor light its grey.i live in the fog.living each days on the same routine.sure i pray 3 times per day but im ashamed of myself to speak with Hachem.i put tephilin .eat kocher and others but there is no feelings.

what am i doing here ? i dont know ...i stop fighting .i left the anger behind me.

im just sad .this is where i live.

no hope.i forget this taste.

people speak about stopping for days.i just want to have 12 hours of freedom.

im tired.i will continue later.

i wont do anything till morning.

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Re: into the mist

Posted by breath - 28 Apr 2013 02:56

But no , the thing is I have in my mind a remembrance of the sadness and despair who follow the fall.and I seriously didn't want to believe the lie.

so I turn off my pc and went away just to breath a little.

"ok what should I do now ? i started ro told myself like elyah told me :keep asking Hachem help then after a while i told myself maybe Hachem push you in this situation just to know how you will react, it's not a fall but a test ! a challenge ! ok but now ? should I go away with that on my mind ? sooner or later I will go back and this time I will maybe not think.i have a reloaded gun in front of my head, it's too easy to pull the trigger. "

then I made a terrible thing. It's probably a bad idea but it was the best I thought

I even don't know if I should write this because its was very dangerous.

send me an email or delete it.i don't mind.

so I came on the site. choose a girl and tell her to he keep her clothes on.

then we speak . During all the two hours we speak.about her problem .how ahe finish here and give her some advice.after the two hours I said goodbye and good luck and she start to speak with another client . probably everything she said was false but I don't care.

I didn't fall.didnt touch myself. keep eyes... well it still a girl but at least she wear clothes . basically I threw away the gun in my head.maybe the next time, I will fall but ...just don't think about it.

so what do you think of that ?

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Re: into the mist

Posted by Eye.nonymous - 28 Apr 2013 15:52

[breath wrote:](#)

so what do you think of that ?

Being honest about these things is what's going to help you get through it.

It's great you had the courage to post about what you've been through.

--Elyah

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Re: into the mist

Posted by breath - 02 May 2013 03:33

thanks !

because it was a very dangerous slip and i was scared it was a fall again (im terrified of the fall)

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Re: into the mist

Posted by breath - 02 May 2013 03:46

today i was proud.

i used to think that i m a pervert.a twisted man.a broken jewish.a failure.

I rode the gye book but i don't understand, admit what it says.

today i understood that im doing what im supposed to do (about the fight).

i didnt failed my life.i was just put inside my war.

now its my job to win.

now the fight has a new taste

a taste of joy, of happiness, its like...when you go to Disney land by car.you are not arrived but you are just happy because you know where you going and it will be enjoyable.

then later i wanted to saw innapropriate things but i smiled.you know why ? because i knew what i have to do, that im born just to choose to look away.

i did it.i look away

and i smiled more...

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Re: into the mist

Posted by Oyyvey27 - 02 May 2013 05:46

[breath wrote:](#)

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"ok what should I do now ? i started ro told myself like elyah told me :keep asking Hachem help then after a while i told myself maybe Hachem push you in this situation just to know how you will react, it's not a fall but a test ! a challenge ! ok but now ? should I go away with that on my mind ? sooner or later I will go back and this time I will maybe not think.i have a reloaded gun in front of my head, it's too easy to pull the trigger. "

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what I think??? my friend and don't just say that in jest I say wow wow wow you are a lot stronger then you believe. You give me tons of chizick. Hatzlacha on your journey Thank you for sharing.

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Re: into the mist

Posted by Eye.nonymous - 06 May 2013 09:15

[breath wrote:](#)

today i was proud.

I rode the gye book but i don't understand, admit what it says.

It's sort of like those old coffee makers before the days of instant coffee--just takes a while to percolate.

Part of recovery is the ideas and practical solutions in the handbook, but a big part of it is the help and support you get from reaching out to other people in recovery.

--Elyah

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Re: into the mist

Posted by gibbor120 - 06 May 2013 21:11

[Eye.nonymous wrote:](#)

It's sort of like those old coffee makers before the days of instant coffee--just takes a while to percolate.

There's a reason that coffee in those "old coffee makers" tastes much better. It NEEDS to percolate!

BEWARE of anything instant!

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Re: into the mist

Posted by breath - 19 May 2013 05:00

hi everyone.

can someone explain me ?

its 2.46 am and i felt after a 10 days streak without reasons.

it was my longest steak and i crash everything for nothing.

i just woke up , want it and felt.just like that.

i ruin everything.

oh G od.10 days ! 10 days !!!! ruins in one minute !! why ??? i m so so so angry !!! for one minute damn it ! one minute !

10 days ! which means at least 100 battles.

why ? i have no reasons ! i was not overwhelming by the urge of acting out ! i just woke up and every remembrance of why i struggle vanished.It was like i forgot everything !!!about the pains, the reasons, the pride everything !

seriously i dont understand ! what happened ? it cant be real...

i hate me.

i hate me.

i regret it so much

i want to scream and yell !

i want to punch me so hard right now !!!!!

crazy stupid idiot...

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Re: into the mist

Posted by breath - 19 May 2013 05:11

besides im scared.i dont know why but ...i dont feel good at all.i dont like that .its something différent than the guilt and anger.i feel ...fear

woaw .seriously ! i m really not okay!

im scared to sleep.

oh my...

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Re: into the mist

Posted by MBJ - 19 May 2013 11:29

10 days is not lost. This is a war a war that has been raging for years. Up until now you have been losing miserably. Now you are starting to fight back, you won 100 battles and lost 1. Ok, 99% victory margin is pretty good. 90 days is a nice marker a convenient look and your progress but ultimately meaningless. More precious to me on the 90 day chart is not the length of my streak, but the cumulative days clean.

Go back and read your opening post. You wanted 12 hours of freedom, you just had 240 hours of freedom.

This is a strong force, years of masturbating at the slightest drop of a hat does no go away in a day. You had an urge and you fell. But start again stay clean for that 1 day at a time.

It is not the results that are important in the beginning, it is the process. Keep the process going. Learn the strategies to keep fighting, and the results will happen. Remember those 10 days are yours forever, 100 battles won, that no one can take from you. 100 battles that give so much nachat ruach to Hashem.

KOT

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Re: into the mist

Posted by Chachaman - 20 May 2013 02:03

Just focus at one day at a time.

Use this opportunity to get back up! No need to be mad at yourself. Think of it this way: Chachaman has fallen many, many times and is trying to recover. Does one more fall really set Chachaman back to the very beginning? Of course not! It's just a bump on the road that we

overcome.

10 days! Wow! I'm in awe!

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Re: into the mist

Posted by breath - 21 May 2013 02:33

thank you again my friends !

i was disconneted from gye sunday but now its been 24 hours clean.

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Re: into the mist

Posted by breath - 26 May 2013 04:16

Chavouah tov my friends.

6 says since last fall.

i want to know your opinion.

im 24 and according to my mom and rav, i should get married but should i wait a little longer and get more endurance" or begin the search ?

i mean i know im an addicted and according to Dov, it's a decease that i have to know how to on the road again i guess

live because it's probably during all my life.

i know that i don't have the strength to stay clean by myself and i need, i will always need the help of Hachem.

so what should I do ?

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Re: into the mist

Posted by teshuvah13 - 26 May 2013 13:22

first commandment in the Torah?

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