

I'm new...ish

Posted by Lochaim - 04 Apr 2014 09:06

About two years ago, I entered the beautiful world of GYE and got heavily involved. I loved the people, the posts, the chizuk, the encouragement. I came on every night and posted, on my own threads and on others. I gave chizuk, and I got a ton of it back in return.

But, unfortunately, I did not better myself, and eventually I gave up on GYE (I don't even remember my old Username!). Now I'm back, because I'm still not better, and I desperately need to be.

A bit about me. I was horribly abused as a child - physically and emotionally, but not sexually (although I did have a couple of creeps who tried). I grew up in a world in which secrets and lying were the only way to survive, and I learned early on that I could trust in no one, the only one who could take care of me was me. Of course this was so wrong, the only way to survive is through honesty, and no one can take care of themselves without others and of course without the Ribbono Shel Olam.

My descent into sz"l started in seventh grade, and porn came in ninth. It's never stopped since, and I'm now in my thirties, a successful man in the community, and a father of four wonderful children, but a man who walks around each day feeling like a fraud. My wife became aware of my problem when I told her two years ago, and since then I have continued to work on the monster inside, but despite the therapies and the SA meetings, I'm still not where I need to be. Throughout my life, I've had clean streaks, some of them over a year, and recently for 278 days (which ended in Nov). But it hasn't worked fully, and I desperately need to put this behind me.

B"H, I'm married to an amazing woman who is so kind and loving despite my challenges, yet after my most recent fall, she called up a very prominent rav who gave her good hadracha, part of which is that I need a sponsor, I need meetings, and I need to get cleaned up. So here I am. Glad to be back, hopeful it will finally work, terrified that it won't.

I'm looking forward to meeting you in the coming days, weeks, and months, and may we trudge the road of happy destiny together!

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Re: I'm new...ish

Posted by Lochaim - 11 Apr 2014 08:12

[gibbor120 wrote:](#)

[Lochaim wrote:](#)

I don't have a sponsor YET (although I reached out through the GYE sponsor match program and the person I reached out to hasn't responded yet),
GYE doesn't have a real sponsor program. You need to get a sponsor through SA. GYE is not SA, and the term "sponsor" here is used "very" loosely.

[Lochaim wrote:](#)

And yes, Dov, you don't know my name, as of right now, I'm most comfortable with a nickname, Lochaim (as I'm a fighter, and I'll keep fighting this big bad Y"H till the end!)
I guess I didn't ready carefully enough. I read LECHAIM! You might have more sucess with that
Instead of "fighting" all the time - Live some more and you won't have too much time for fighting - LECHAIM!

Keep taking steps in the right direction.

I know that GYE doesn't have a full on sponsor program, when I looked at the matches they proposed for me, most of them were not the real deal SA people I would look to as sponsors, many of them are clean only a few months, and through this site, and not through step work, which is not what I'm looking for. That being said, I do go to an SA meeting, but there is no one in my meeting who can sponsor me, no one with the proper length of sobriety, and no one I really feel has the depth or step work experience to give me what I need, so I am on the hunt for a good sponsor!

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Re: I'm new...ish

Posted by Dov - 11 Apr 2014 21:46

All the SA meetings in the world will not make a fighter of you, and will not teach you how to 'beat this big, bad yetzer hora'. Sorry.

They *can* definitely teach you how to be clean and sober, though...

They *can* definitely teach you how to live with your very own G-d - how to make Hashem your very own (Elokai, as we say in davening)...

They *can* definitely teach you how to to quit lusting after the ticker tape parade in your head after yo finally step your foot on the yetzer hora's neck in dramatic victory.

But that will come at the price of surrender to Hashem, rather than trying to beat anything at all. And surrender to Hashem only happens through admitting the truth to real live people, as Rabban Yochanan ben Zakai has taught us already.

And there are many people here who are safe and do not use fake names (usernames) with you on the phone, and would be glad to share their full truth and recovery with you without shame.

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Re: I'm new...ish

Posted by TehillimZugger - 17 Apr 2014 20:43

[Lochaim wrote:](#)

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a good sponsor!

How many years of recovery through step work did Bill W.'s sponsor have?

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Re: I'm new...ish

Posted by WhenHelsClose - 20 Apr 2014 08:35

I know the feeling. I am still pretty new here and it's hard to keep coming back. A few months back I was the same way. Coming on every night. But then things "got in the way". I'm here now and also hoping to regrow. I don't know what the right thing to say is as I'm not there yet myself, but I've fallen enough to know that this has gotta stop. Let's do this together!

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