

So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 06 May 2014 17:02

Since I have been here, I have enjoyed more than 270 days of Taharah, increased emotional intimacy with my Eshes Chayil, and a realization of what counts in life. It has been great so far. Last week, we had an avalanche of home repairs, bills for communal obligations, and my Eshes Chayil was so busy with some chesed obligations for a close friend that we basically had a store bought Shabbos which I don't enjoy. I think that my kvethching about what needed to be done in the house and Shabbos ticked off my wife and it impacted adversely on our physical intimacy as well. Last night, my Eshes Chayil went to a dinner that I was not interested in, and I was able to both avoid porn and masturbation, which I would not have been able to in the past. My boss has been away for a day and probably most of today. In the past, I would have surfed a large number of porn sites, but I am going to avoid doing that as part of my commitment to remaining Tahor.

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Re: So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 22 Dec 2021 14:51

It has been a tough two years. First my mother in law and my dear aunt who both treated me as a son were niftar within 6 months of each other. Then my mom ZL who I had a difficult relationship with especially as an adolescent when I became a BT was niftar almost a year ago-I am not exaggerating when I say that I felt the Petirah of my father ZL who was my sounding board and court of appeals as an adolescent and my mother in law and aunt ZL in a very acute way and my memories and hesped for my mom ZL was different than that of my siblings. I went back to work a month after the onset of the pandemic but work can be boring especially with our sector of the economy still not functioning except on a remote basis.

Of course, I said a hesped, sat shivah, and fulfilled the Halachos and Minhagim of Aveilus and have many memories of my mother ZL, and despite our differences, I miss her acutely as I do my mother in law and aunt ZL. Then in the same week after the hakamas hamatzevah for both my mom and my aunt ZL which were on the same day in the same Beis Olam but my siblings insisted on a separate set of remarks by me, one of my closest friends was niftar at a young age, leaving an almanah and two children who had just completed their first year in learning in EY at yeshiva and seminary. I can't recall when I cried so hard at a levaya and served as a pallbearer.

I think that I have learned that it is best in life to look forward as opposed to improperly bearing grudges and remembering the bad aspects of family life, especially as I have a wonderful

Eshes Chayil, great children , SILS who are like sons , beautiful eineklach, and amazing friends. Everything else in life is icing on the cake.

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Re: So far so good, but I am trying to avoid a trigger
Posted by Hashem Help Me - 23 Dec 2021 12:08

Wow. You are made of a different material. The amount of trauma in such a short span of time sounds like enough to put a guy away in a psychiatric facility... Adding to that is all the complications from the past, which obviously resurface, dredging up unpleasant memories and experiences. To be able to process all that pain, and end off with the last paragraph that you did, attests to your passing numerous tests with flying colors. You should give mussar va'adim in high schools to our generation of entitled kids who have almost no coping skills, and have difficulty processing normal daily challenges. They are handicapped rach"l by our society's allowing liberal culture and ideas to penetrate our atmosphere to the degree that it has. You are a walking inspiration, and it is no wonder that you ahve bli ayin hara been so successful in the very challenging nisyonos of inyanei kedusha. Hats off to you Reb SIB - **Super Inspirational B** rother to us all.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 28 Dec 2021 13:26

I mentioned previously that I hit a real downward trough in the last few months.I think that last night I hit a low that I haven't hit in many years.My Eshes Chayil went out of town to visit a close cousin and her mother, an and aunt who is really suffering from dementia but is not in as extreme fashion as my mother ZL was in her last months.I went down the rabbit hole, searched on my phone and found what I had been successfully avoiding for years and I had an accident for the first time in almost 19 years. I deleted everything but I learned the hard way that the phone is far more lethal than a laptop or a PC and that when the recesses of your memory are filled with shmutz,it does not take a long time to find what you want. I am just treating it as an accident and moving on

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 29 Dec 2021 02:04

I am not sure about giving Musar Vaadim

but far too many adolescents and adults both in our communities and outside don't have coping skills , unfortunately have led lives without being able to deal with challenges such as a tough rebbe or boss . Even after a terrible night and relapse , last night , the first such night in many years since being on GYE I am looking forward and writing it off as the culmination of the stresses of the last two years

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 29 Dec 2021 02:16

I know what the rules are for the 90 day program However Chazal say Rachmana Patre Onsin and I attribute everything over the last two months to the events of the last two years and I am moving on rather than viewing it as time to start over I know what my triggers are and I am moving in rather than looking back

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 29 Dec 2021 10:53

BH I had a solid and Tahor night I feel much better and positive this morning Every day is an Avodah

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Re: So far so good, but I am trying to avoid a trigger
Posted by 64mujw - 29 Dec 2021 12:43

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Re: So far so good, but I am trying to avoid a trigger

Posted by alefbeisveis - 29 Dec 2021 15:42

Sober people can also have a fall once in a blue moon.

Doesn't mean they aren't sober or need to start counting again.

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Besides, the number doesn't actually mean anything.

Reminds me of a story from the beginning of covid. Someone came to the Kossever Rebbe saying that he never missed a mikva in his life and wanted to continue. He answered (paraphrasing) that yiddishkeit isn't about statistics. You need to do what's right.

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I truly admire you.

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Re: So far so good, but I am trying to avoid a trigger
Posted by DavidT - 29 Dec 2021 19:28

There is a major difference between having one slip and having a relapse. A lapse represents a temporary slip or return to a previous behavior that one is trying to control or quit (usually a onetime occurrence), whereas a relapse represents a full-blown return to a pattern of behavior that one has been trying to moderate or quit altogether.

If someone is on a diet and trying to lose weight, they might have a lapse if they eat one piece of chocolate cake. If that same person gains 25 pounds while on their diet, they most likely suffered a relapse.

So does this mean that even a brief lapse must lead to a full-blown relapse? Does it mean a person must continue to drink or drug until the use returns to the initial level? Is spiraling out of control inevitable? Simply put, no. A lapse need not become a relapse. After a slip, you have not unlearned all that you have learned. You have not unchanged all that you have changed in your life to support your recovery. You do not have to start counting again from day one.

If you view your lapse as a mistake and as a product of external triggers, rather than as a personal failure, research shows that you will have a much better chance of return to abstinence quickly. Your lapse becomes a tool to move forward and to strengthen your motivation to change, your identification of triggers and urge-controlling techniques, your rational coping skills, and the lifestyle changes needed to lead a more balanced life.

Does this mean that a person should view these lapses as a good thing? Of course not! Clearly, if one wants to abstain, lapses are not preferred. But by recognizing that mistakes can happen and learning how to quickly right oneself, long-term abstinence can be achieved. Lapses may occur, but relapse is not inevitable.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 30 Dec 2021 11:26

Thank you for all for wonderful Divrei Chizuk

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 02 Jan 2022 23:00

My Eshes Chayil is at a Chasunah and I am home alone because I am in the last month of Avelus I previously could and would have been recently tempted to go down the rabbit hole but I feel stronger especially after letting it all hang out here I am keeping myself busy and productive I would again like to thank all of you posted replies for your wonderful Divrei Chizuk

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Re: So far so good, but I am trying to avoid a trigger
Posted by Human being - 05 Jan 2022 21:29

Just read through your thread. You are a true role model. Keep it up

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 30 Mar 2022 15:00

Every day is an Avodah-This past Sunday morning,I was home alone as my Eshes Chayil was doing chesed with a friend. I could have slipped down a rat hole but I didn't .So far I have been clean but when you sleep with a mask for a CPAP device you wind up sleeping on your back, and that means you have a strong possibility of waking up in an aroused state of mind even if your hands are nowhere that part of your body. which means you can either give in or go back to sleep . So far,I have been Tahor even if I wake up in that state.

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Re: So far so good, but I am trying to avoid a trigger
Posted by patty cake - 31 Mar 2022 00:27

yo 270 days!! u are incredible! that is amazing

u inspire me

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