

A new beginning

Posted by ineedchizuk - 25 Jun 2014 16:20

Hi everyone!

I'm Motty, 33, married, 3 kids, from Israel.

I originally posted this on a different board, but here goes:

So I'm on day 6, fighting one moment at a time.

So many things by me are triggers- and I'm not referring to the typical, ie. seeing/thinking lustful stuff. I know it's not unique, as I've read about it on Dr Sorotskin's site (thanks, Gibbor!). Specifically the stuff about perfection.

I find that acting out for me is usually an expression of yiush. Meaning when I start becoming upset or nervous about something, I have this urge to act out 'just get it over with'. Of course it helps me avoid reality. But more, it makes me feel like 'ok, now you did the worst, so you're done. Now you can move on'. So I really would agree that 'lust is not the problem, it's the solution'. Meaning that it's forcing me to face my underlying issues that drive me to lust. So very often it's 2 steps: a. A negative emotion, then b. acting out. Even when I find myself in a lustful mood, it's usually a. 'Give up- you know you won't be able control yourself, and only then b. acting out.

Now for you gevaldige guys who are about ask those deep questions that might actually get me to think (and I look forward to getting to know you and growing from them), my lusting has led me to phone sex, pornography, masturbation. The p**n probably from age 11, the rest a couple of years later. Ok, I know you still have plenty to ask!

Living '1 moment at a time' has been helping tremendously. It seems to be the exact opposite to the thoughts I usually have. Releases some of the pressure.

For me, the process of getting out of isolation began with gye. Before I ever spoke to anyone. Just by reading many post, I have gotten to understand myself more. This makes sense since until 3 weeks ago, when I joined gye, I have never in my 33 years spoken to anyone about this issue.

So thank you all for letting me learn so much from you, and for showing me that it pays to make yourself vulnerable, and open up.

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Re: A new beginning

Posted by cordnoy - 27 Aug 2014 14:53

Actually, I'm gonna head out to use that line now.

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Re: A new beginning

Posted by ineedchizuk - 27 Aug 2014 19:26

Well thank you so much, Yankel.

Cordnoy, you're out of hand- the past week or 2 you don't stop talking 'bout the Rbsh"o! :-)

Maybe all you langer toirah about leaving G-d out of recovery was simply part of your recovery, and now youyou speak like the real Cordy!

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Re: A new beginning

Posted by cordnoy - 27 Aug 2014 19:42

Maybe

who knows?

[Who cares?]

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Re: A new beginning

Posted by Pidaini - 27 Aug 2014 19:59

Hey....what about the questions that I asked?

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Re: A new beginning

Posted by ineedchizuk - 27 Aug 2014 20:56

Take a look at Cordy's previous Q that is still unanswered.

Oy, I got lots of answering to do.

.... Gotta go procrastinate- Talk 2u later!

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Re: A new beginning

Posted by cordnoy - 27 Aug 2014 21:22

[ineedchizuk wrote:](#)

Take a look at Cordy's previous Q that is still unanswered.

Oy, I got lots of answering to do.

.... Gotta go procrastinate- Talk 2u later!

Are you referrin' to the one where I asked you what your plan is?

Or where I asked (rhetorically) who knows (if I have God in my life more and that is recovery)?

Or where I asked: Who cares (one way or the other if God is there or not)?

either way, you're great; so keep on bein' great!

b'hatzlachah

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Re: A new beginning

Posted by ineedchizuk - 09 Sep 2014 01:31

(Cough, cough.)

Boy, is it dusty in here!

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Re: A new beginning

Posted by ineedchizuk - 09 Sep 2014 02:23

Okay. I reach out sometimes. I chat with some guys I got to know on the forum.

It's not geshmak to seem needy. Whatever.

Yes Yankel, I do have someone I trust that I've spoken to about this issue face to face. Not enough, but it's a start. And if you would not have coaxed me to actively be involved in the forums, I never would have done that either. I am so thankful to you.

I mentioned that there was a time when life was less stressful, I was happier, and I did not act out.

How can I recapture those times?

Well, it's a different tekufa, the Ribono Shel Olam put me in a different matziv, but I need to get things under control. I spend too much time putting out fires.

Bkitzur, I should daven harder.

I still don't see yishuv hadaas on the horizon .

(To be clearer, much is not in my hands.)

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Re: A new beginning

Posted by dms1234 - 09 Sep 2014 03:36

inneedchizuk

(To be clearer, much is not in my hands.)

Thats a great realization! It is not in our hands! I know you think that thats a bad thing. But really its good. We are not in control!!!

So feel the freedom!!!! LET IT GO!

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Re: A new beginning

Posted by cordnoy - 09 Sep 2014 04:01

While it is true that much is not in our hands, I'm beginnin' to think that a big part of recovery is in our hands.

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Re: A new beginning

Posted by dms1234 - 09 Sep 2014 04:58

Well we cant recover unless we do our hishtadlus of course. But the results are not up to us

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Re: A new beginning

Posted by unanumun - 01 Oct 2014 23:21

As you close in on the 90 day mark, I just wanted to congratulate you.

And thank you for coming to GYE and helping make my life better.

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Re: A new beginning

Posted by ineedchizuk - 02 Oct 2014 19:18

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I would like to express my deepest appreciation specifically to Yankel and Oownanoomin, and generally to each and every one of you here on gye for your friendship, help, and reaching out.

You have all been helping me reach my 90 day milestone, through each single 'day at a time'.

Looking forward to sticking around for many more 1 day at a times.

Gmar chasima tova! !!

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Re: A new beginning

Posted by Pidaini - 02 Oct 2014 19:35

Mazal Tov!!!

May you be zocheh to many many many more one clean days!!!

Keep On trucking!! KOP!!

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