

Accountability

Posted by syataDshmaya - 30 Jul 2014 17:35

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Hello fellow fighters,

I had not had a fall for over a year until two nights ago. I had gone to Yeshiva, and had been clean for several months before hand. The last day before my flight home I had some wicked intense dreams, and when I woke up It was a real struggle to hold back, but I did. On my flight home I was surrounded by movie screens where it seemed like every other scene involved sex. I talked to my Father In Heaven and asked for help, but I guess I didn't do enough, because I couldn't keep from watching the other screens for the whole flight (it was a dark torture chamber - nowhere to go). I still have the images running through my mind. Before I went to sleep two nights ago I fell, (without any visual assistance, B"H). I am starting to this thread so I can regularly post about my status and have some accountability. Comments are very welcome.

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Re: Accountability

Posted by cordnoy - 30 Jul 2014 18:14

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Welcome back,

Flights can be difficult.

Trips are very hard for me.

You put up a nice fight.

God always hears, so keep talkin' to Him.

Keep up the good work and don't be a stranger.

b'hatzlachah

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Re: Accountability

Posted by dms1234 - 31 Jul 2014 00:05

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WELCOME!!!!!!!!!!!!!!!!!!!!

check out: [Skep's tips](#)

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Re: Accountability

Posted by gibbor120 - 31 Jul 2014 00:14

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Hi there. Get right back up and Keep on Truckin!

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Re: Accountability

Posted by syataDshmaya - 12 Aug 2014 00:54

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I'm still going strong! B'H! No falls since the last one. Hashem is there for me when I allow him to be. There's always a danger of going insane, trying to escape, trying to hide... But just taking it day by day. Thank you very much for the encouragement guys.

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Re: Accountability

Posted by cordnoy - 12 Aug 2014 02:12

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I would like to encourage you to KOT (keep on truckin'); I'm just not sure which highway you're on.

There are many roads here; most of them lead to the same direction.

is the Godly way. Hashem is here; Hashem is there; He will protect me from any second stare.

Then there is the "12 - steppers" and those who like parables dealin' with steak and sushi. Are you an addict? This might be for you? But then again; do you like raw fish; well-done ribs? Perhaps not then.

There are those who say the JDI approach (Just Do It); Get to 90 days and you'll be ok.

This is my personal favorite. Which direction you wanna go?

So bottom line; let us know more and each one of us will tell you what worked for us and what didn't.

First things first though....Get on da damn truck!

b'hatzlachah

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Re: Accountability

Posted by syataDshmaya - 15 Aug 2014 01:10

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I did 90 days last year and I have been clean since, B'H. I am tuning in now because I need a place to go to vent, to have community, and to remember the tremendous Chesed Hakadosh Barochu has done for me. My circumstances in life at this point have made me temporarily somewhat isolated, so I need to stay connected until the end of August to survive. I do not feel things are getting out of hand right now, and I would like to keep it that way.

Here's a thought I've had about myself - I used to speak about being sober as the courage to face reality. Now I think it might be better to say, being sober is the courage to face myself. If I do not see that I am created B'Tzelem Elokim, if I do not approach my daily challenges with this in mind, it makes sense that I would want to run away, hide behind arrayos, and any other bad habits. My Yetzer Hara, more than telling me that life stinks, tells me that I stink - that I have weaknesses that are impossible to live with, to succeed with, that I should be ashamed of myself, that I will never be able to compare to (insert any great person).

This is nothing less than Apikorsis. I was created by Hashem, and if my Yetzer Hara has a problem with me, he can take it up with HIM! No! I have divine Kochos, I have a divine mission, the entire world depends on me for its completion - that is as true as  $1+1=2$  - to deny it is insanity - especially for one who claims to be frum (as my Yetzer Hara pretends to be). Unless I know this for myself, I will not find the courage to face life's challenges standing tall, to face myself. External validation - which is part of what I look for when I think of those images - is a lie, a contradiction. Validation must come from within.

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Re: Accountability

Posted by cordnoy - 10 Nov 2014 15:33

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Mr. SyataD,

August is over.

Cold winds are howlin'

Icy snow is fallin'

Birds are not flyin'

Squirrels are burrowin'

People are shiverin'

Women are coverin' (?)

Sky is cloudin'

Sun is settin'

Moon is shinin'

Scavengers are survivin'

not a time for isolatin'

Give us a holler please.

b'hatzlachah

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