

Returning ToAdd

Posted by ToAdd - 26 Aug 2014 12:50

Hi all

I've been gone for a long time and have finally decided to return.

It's been so long that I thought I'd re-introduce myself.

I am an internet porn addict.

Quite often when I log on, I end up looking at porn.

I am bucking my responsibilities and chasing after comfort. I prefer the fantasy world to the realities around me.

I can't really remember who I was before and why my previous attempt to quit failed. I guess I just lost the battle and thought I'd try living a normal life instead of fighting each day. Porn after a while became a regular routine again.

This morning, Rosh Chodesh Elul, I decided to do something about it.

I have installed a filter and signed up to the mailing lists.

I have moved away from H", from my family, from my true self, but have chosen to return.

Sincerely

Yosef.

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Re: Returning ToAdd

Posted by ineedchizuk - 26 Aug 2014 16:52

Welcome (back) Yosef.

Wishing you much hatzlacha on your new beginning.

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Re: Returning ToAdd

Posted by dd - 26 Aug 2014 17:04

WELCOME BACK!!!!

looking forward to seeing you around,

kol tuv and a happy and clean chodesh elul!!

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Re: Returning ToAdd

Posted by cordnoy - 26 Aug 2014 18:12

Welcome back,

filters are a start....accordin' to some.

Others will say that change needs to happen from within.

Both are important.

Wanna refresh yourself with the handbook on the homepage?

don't look or consider the entire month of Elul; that is too high and steep of a mountain to climb.

Focus on the present, whether that's in front of your computer or not.

You can do it; you are worth it (as Pidaini is wont to say, and it is true)!

b'hatzlachah

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Re: Returning ToAdd
Posted by gibbor120 - 26 Aug 2014 20:03

WELCOME BACK! You are a great "Add"ition to the forum:).

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Re: Returning ToAdd
Posted by Gevura Shebyesod - 26 Aug 2014 20:29

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Re: Returning ToAdd
Posted by dms1234 - 26 Aug 2014 22:15

WELCOME BACK!

How inspiring! What a great way to start Elul.

What are you going to do to be clean today?

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Re: Returning ToAdd

Posted by ToAdd - 27 Aug 2014 10:27

Thank you all

I'm off to a difficult start. I don't normally start my day with temptation, but I guess my Y"H has realized I'm taking action.

I managed to no do what I was tempted to do, so clean all the way to work, where I have a filter as a reminder. It is not my solution, but an aide.

The Chizuk E-Mail (No. 1156) today was great.

Getting to the cause of lust. Lust is my drug for coping. Today I am going to address why I am not coping. I am falling behind in my work and then procrastinating, battling to get started. Today I am going to get things done!

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Re: Returning ToAdd

Posted by cordnoy - 27 Aug 2014 10:29

Super!

Every moment of the day should be with hatzlachah!

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Re: Returning ToAdd

Posted by dd - 27 Aug 2014 10:42

GEVALDIG!!!

perfect way to start your day!!!

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Re: Returning ToAdd

Posted by Pidaini - 27 Aug 2014 19:37

Welcome back!!

I don't have much ToAdd, just one question, What's the plan?

KOP!!! (that can be part of the plan) KOMT!!!

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Re: Returning ToAdd

Posted by ToAdd - 28 Aug 2014 12:49

Yesterday, I did not fall, but I did not get up onto my feet either...

Pidaini, what's the plan? you ask.

Right now, I actually don't know.

I felt great after shul this morning.

At work, a few things went wrong, and I found myself tempted to go browsing for pretty pictures.

I have defeated that thought, but don't really know what comes next.

It's like I know exactly what's wrong and have a basic idea of how to fix things, but getting started and doing it eludes me.

I have a void that needs filling, I am a mere shadow of the action-orientated person I used to be.

Keep On Trucking are the words I hear, but my battery is flat, my tires are deflated.

I feel like I am trapped in a comfort zone, that I know will destroy me if I stay here.

A psychologist friend of mine said I need to get out of this trap - he recommended re-inventing myself, doing something new.

I started a new hobby, but now have a couple of incomplete projects that I just can't put the final pieces into place. Like a fear of completion, a fear of success.

When Yosef was in the prison, he ended up running the place.

I have created a mental prison that I do not run.

That's why I came back to GYE - get out of the isolation. Make some new friends, get the wheels turning again.

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Re: Returning ToAdd

Posted by cordnoy - 28 Aug 2014 17:38

Sounds tough.

It is understandable.

Some say that the complete inventory that one does on his life can really help; takes a lot of effort though.

Can you speak to someone?

We are here for you.

b'hatzlachah

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Re: Returning ToAdd

Posted by ToAdd - 29 Aug 2014 09:38

Today's chizuk email speaks directly to me

explains the Beis Ahron, "and when you will come close to Hashem because of the battle, for this is the main closeness to Hashem".

That's what this is all about. Coming closer to H"

It is not all doom and gloom like the previous post implied.

The temptation suddenly got stronger because the Y"H is threatened by my recent actions to get closer to Hashem.

I wave won a few small victories, jumped into a few good mitzvas.

Take each day as it happens.

I need to work together with someone, that's when I make the most progress. that's what I'm going to do.

There have been a few not-so-subtle signs that I need to get back into the community and spend more time with friends - I'm taking the hint.

Everyone, Have a good, clean Shabbos!

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Re: Returning ToAdd

Posted by dms1234 - 30 Aug 2014 04:33

I'm weary of the battle. This was in a recent chizzuk email by Duvid Chaim:

Duvid Chaim

HAVE YOU EVER WONDERED...

why G-d has "wired us" as Sexaholics??

When are we finally going to realize the absolute futility of fighting lust? Isn't it time that I finally wake up and realize what a foolish endeavor this is?! After all, putting energy into fighting lust is a direct contradiction to what the 12 Step Program is teaching me in Step Number One - "We admitted we were powerless over lust and our lives have become unmanageable". How can we possible fight or conquer something that we are powerless over?!

Instead, the best and most sensible alternative is to use this revealing information to TRY A NEW WAY - Why not turn lust into a friend, not a foe?

So how do we do that?

We do that by embracing lust, by acknowledging that lust is a G-d given tool that must be for GOOD. (Don't worry, I know what you're thinking...that Duvid Chaim has gone off his rockers!) How could anyone say that lust is a good thing?!

Well, perhaps it's time to ask ourselves:

Why do I lust?

What's behind the lust?

What would G-d want me to understand thru lust?

In the 10th Step of the Program - on page 84 of the Big Book, we learn that in the "Plan of Action for the Man in Recovery", we do not watch for lust triggers, like women on the street or pop up images on our computers. No! The Plan of Action says, "We continue to watch for Selfishness, Dishonesty, Resentment and Fear..."

And by doing so, we learn to make lust into a friend - because if I'm lusting, then it's obvious that I'm using my Drug of Choice! And if I'm using my Drug of Choice, it means that I'm in pain. And if I'm in pain, then there must be some underlying issue bothering my ego like RID.

And now we can finally thank G-d for lust! Because now that I know about my underlying pain, there is something that I can do about it: I can follow the Plan of Action. Then, I **DON'T NEED MY DRUG OF CHOICE**. I am free. And I am in recovery!

This process is just like the man who sprains his ankle. And everytime he steps down on his foot too hard, it hurts like heck. So we ask, is the pain a bad thing or a good thing. And we conclude that pain is good! Why? Because without it, I would probably do a great deal of damage to my ankle!

So... next time you lust, don't get upset or try to run away. Embrace the lust and dig deeper to find the reason why you're in pain. And when you deal with the ego-induced pain, you become a **MENTCH**. You become more G-dly. And you become free and in recovery!

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