It's a new year, and it is time I started posting
Posted by Hatzileini Na - 28 Sep 2014 22:48

_____

I've been a member here for close to a year. I've used the 90 chart (initially I was able to print a calendar, which I kept hanging by my bed, though I can't seem to figure out how to do so anymore) and found that reading the posts helped me refocus when I started falling into lust.

For a long time I thought that I could benefit from the site without posting, but seeing as I have slipped a few times, it is time I started.

Over the last 10 months or so while utilizing the resources here I have noticed a number of things:

1. My primary issue with m is at night. I have had trouble sleeping most of my life and I often get into trouble late at night when I cannot sleep. For the most part it is not an issue of fantasizing, but of frustration and discomfort. Laying in bed unable to sleep is incredibly frustrating and I often feel pressure "below" (not sure if pressure is the right word, but some sort "itch" that wants to be scratched) which itself makes it more difficult to sleep. I have fallen 3 times in the last 10 months or so and each time it was this kind of situation.

2. Besides for fully falling, I often find myself distracted by pretty girls. Again not fantasizing about them, but simply wanting to sit there and look at them. I feel like dirt when I am sitting with people I am fairly close to and find myself wanting to just look at them. I have some theories on why I notice looks so much (as a kid it always seemed like the good looking people in school were more popular, were having a better time etc. and I think that as someone who often felt like an outsider, this connection is deeply rooted...)

3. While it has not been my primary issue, I know I should be doing more to keep myself safe on the internet. I have tried a number of filters for my laptop and smartphone, but have struggled (primarily with the phone) to find something that does not slow my phone or limit other functionality significantly. Since I know night is my primary struggle I keep my phone far from my room at night but I know that that is not enough.

After falling again this past Friday night (I would express shock that it's the day after Rosh Hashana, but I know that in my case, no matter how meaningful and uplifting Rosh Hashana or any other day is, when I get caught up, and when I have tried to sleep for hours and cannot fall asleep, it does not matter much). What I realized though was that if I was not willing to post, I was basically saying to Hashem (and myself) that I wanted to stop, but not enough that I was really willing to do much about it (beyond the personal private struggle etc.)

With this new year, Bez"H I'm going to build the courage to do what I need to do to set up myself up for success (and allow Hashem to do the rest.)

I know many have gotten past this stage and are not nervous posting but it has taken me a while to get here. So I'm going to take a deep breath now and just hit "submit" since I think if I start going back and proofreading and editing I might decide to just delete the post, so take it for what it is...

Note: If someone could show me how to print a new calendar I'd appreciate it. Having it as a reminder next to my bed was a help and I'd love to do so again.

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 24 Sep 2015 04:50

_____

I hope everyone had a meaningful Yom Kippur and we were all inscribed for a year of happiness, growth etc.

B"H my Yom Kippur was really meaningful to me. During Davening at some point in time I had a realization that despite years of work and effort, speaking to people (Rebbeim, a therapist etc.) there are things in my past I can't seem to be able to forgive myself for. As I was Davening I was thinking about the fact that Hashem forgives us, any people I impacted has forgiven me, and yet I cannot seem to forgive myself... It surprised me as I found myself thinking of things that I thought had long been processed and dealt with, but now I am not sure...

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 24 Sep 2015 06:27

_____

With it being Motzei Yom Kippur I guess I should have expected a tough night. Middle of the night and can't sleep. Thoughts started heading in the wrong direction so figured I'd stop by here. The challenges never really ease up, do they...

==========

Re: It's a new year, and it is time I started posting
Posted by cordnoy - 30 Sep 2015 04:58

_____

Hatzileini Na wrote**:**

I hope everyone had a meaningful Yom Kippur and we were all inscribed for a year of happiness, growth etc.

B"H my Yom Kippur was really meaningful to me. During Davening at some point in time I had a realization that despite years of work and effort, speaking to people (Rebbeim, a therapist etc.) there are things in my past I can't seem to be able to forgive myself for. As I was Davening I was thinking about the fact that Hashem forgives us, any people I impacted has forgiven me, and yet I cannot seem to forgive myself... It surprised me as I found myself thinking of things that I thought had long been processed and dealt with, but now I am not sure...

A thorough step four helps with this.

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 01 Oct 2015 01:47

_____

cordnoy wrote**:**

Hatzileini Na wrote**:**

I hope everyone had a meaningful Yom Kippur and we were all inscribed for a year of happiness, growth etc.

B"H my Yom Kippur was really meaningful to me. During Davening at some point in time I had a realization that despite years of work and effort, speaking to people (Rebbeim, a therapist etc.) there are things in my past I can't seem to be able to forgive myself for. As I was Davening I was thinking about the fact that Hashem forgives us, any people I impacted has forgiven me, and yet I cannot seem to forgive myself... It surprised me as I found myself thinking of things that I thought had long been processed and dealt with, but now I am not sure...

A thorough step four helps with this.

Thanks. Will jump into the chapter on that tonight Bez"H.

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 08 Oct 2015 05:09

_____

Been reading and working with the exercise book I got for the 12 steps, and step 4 is brutal, but I know it's important.

Almost slipped just a few minutes ago. Yom Tov has thrown off my schedule a bit and I've been a bit lax. Have to regain the focus.

==========

Re: It's a new year, and it is time I started posting
Posted by markz - 08 Oct 2015 12:41

_____

I think subconsciously many guys fulfill steps 1-3 as soon as they join the website and try sobriety, I'm speaking' at least for meself.

I think step 4 is taller than 1-3 combined, and it's toughhhhhh. I ain't there yet.

Good luck my friend, maybe Ill take my truck in for a tune up and will be followin yours shortly

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 09 Oct 2015 05:09

_____

markz wrote**:**

I think subconsciously many guys fulfill steps 1-3 as soon as they join the website and try sobriety, I'm speaking' at least for meself.

I think step 4 is taller than 1-3 combined, and it's toughhhhhh. I ain't there yet.

Good luck my friend, maybe Ill take my truck in for a tune up and will be followin yours shortly

It has not been fun, but I am hoping to see benefits from it. I also need to reinforce the earlier ideas like step 1 since I've been finding myself getting comfortable "taking the first sip" and cognitively I know that that's playing with fire, but I've fallen a bit lax and need to reengage. Maybe a TaphSic shevuah for increased vigilance will do it. I know I have to be proactive.

==========

Re: It's a new year, and it is time I started posting
Posted by cordnoy - 12 Oct 2015 11:08

_____

markz wrote:

I think subconsciously many guys fulfill steps 1-3 as soon as they join the website and try sobriety, I'm speaking' at least for meself.

I think step 4 is taller than 1-3 combined, and it's toughhhhhh. I ain't there yet.

Good luck my friend, maybe Ill take my truck in for a tune up and will be followin yours shortly

Just wait till I get back and I'll get your truck up with the mountin' hydraulic crane or a pneumatic tool lift and we will slap you into shape.

==========

Re: It's a new year, and it is time I started posting
Posted by markz - 12 Oct 2015 22:37

_____

cordnoy wrote:

markz wrote:

I think subconsciously many guys fulfill steps 1-3 as soon as they join the website and try sobriety, I'm speaking' at least for meself.

I think step 4 is taller than 1-3 combined, and it's toughhhhhh. I ain't there yet.

Good luck my friend, maybe Ill take my truck in for a tune up and will be followin yours shortly

Just wait till I get back and I'll get your truck up with the mountin' hydraulic crane or a pneumatic tool lift and we will slap you into shape.

dms1234 wrote**:**

WHOAH WHOAH WHOAH WHOAH!

deep breath!! everything is going to be just fine!

Cordnoy - can't wait for you to return, Seriously.

I'm saving you a job getting all that equipment together and I apologize sincerely. I reread the steps outline (I haven't begun the ??? ???? yet) and on this forum what I wrote previously was ????? ??? ??????? ?? ????? ????? ?????!!!

Here's the amended version

"I think subconsciously many guys fulfill the beginning of step 1 as soon as they join the website and try sobriety"

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 13 Oct 2015 03:22

_____

I slipped last night, and looked at some pictures that I shouldn't have on my phone. Not even sure how I was able to access them, and B"H it did not lead to M, but I want to make sure that it does not happen again. Honestly things have been incredibly miserable recently and long nights unable to sleep are definitely the thing that push me to the edge of slipping, both during the night and also the exhaustion and self-doubt that comes with it the next day(s). In my book if it does not lead to M I generally consider it a "slip" not a fall, though it definitely was not good.

I generally find that I go through ups and downs, times when the challenge is incredilby tough and times it is not, and I need to make sure that I overcome the present struggle.

For starters, a Siyug: I will not check my phone during the night unless there is a specific legitimate reason (which if it occurs I will Bez"H check here to see whether people believe it legit) until I am up for the day. If I do, it is $50. If I try to access inappropriate things, $100. If I do access inappropriate materials, $500. If it leads to M $1000.

What will I do if I am up late at night? I will have my Ipod with songs, books on tape and a room full of reading material. And I will pray. I will pray my heart out that Hashem sees my pain, because the sleep struggles are damaging every area of my life. (I also plan on seeing a sleep specialist ASAP, so there is Hishtadlus there as well.)

To those who sleep easily at night, please take a moment and recognize the Bracha. I've lived my life struggling to sleep just about every night, and it's one of the most debilitating things I've been blessed to deal with.

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 14 Oct 2015 05:10

_____

Hatzileini Na wrote**:**

I slipped last night, and looked at some pictures that I shouldn't have on my phone. Not even sure how I was able to access them, and B"H it did not lead to M, but I want to make sure that it does not happen again. Honestly things have been incredibly miserable recently and long nights unable to sleep are definitely the thing that push me to the edge of slipping, both during the night and also the exhaustion and self-doubt that comes with it the next day(s). In my book if it does not lead to M I generally consider it a "slip" not a fall, though it definitely was not good.

I generally find that I go through ups and downs, times when the challenge is incredilby tough and times it is not, and I need to make sure that I overcome the present struggle.

For starters, a Siyug: I will not check my phone during the night unless there is a specific legitimate reason (which if it occurs I will Bez"H check here to see whether people believe it legit) until I am up for the day. If I do, it is $50. If I try to access inappropriate things, $100. If I do access inappropriate materials, $500. If it leads to M $1000.

What will I do if I am up late at night? I will have my Ipod with songs, books on tape and a room full of reading material. And I will pray. I will pray my heart out that Hashem sees my pain, because the sleep struggles are damaging every area of my life. (I also plan on seeing a sleep specialist ASAP, so there is Hishtadlus there as well.)

To those who sleep easily at night, please take a moment and recognize the Bracha. I've lived my life struggling to sleep just about every night, and it's one of the most debilitating things I've been blessed to deal with.

Last night went ok B"H. The Siyug continues tonight. Phone will not be in my bedroom (I try to never have it there at night) and it is shut off. Bez"H I will sleep ok.

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 18 Oct 2015 05:34

_____

Started reading "God of Our Understanding" which offers a Jewish perspective on the 12 steps and how the ideas work within Yiddishkeit. Amongst other things, the book reminded me that living with Hashem provides a much more pleasant life. I was reminded of times and moments I had almost forgotten I ever had where I knew that things would be ok, even if they would not all go how I hoped, or would not always be fun, or easy.

The book has also helped me get a better feel and understanding of the 12 steps.

For now I've been working on 1-4. 4 has not been easy, but I think I am most scared of 5 right now.

==========

Re: It's a new year, and it is time I started posting
Posted by Shlomo24 - 19 Oct 2015 23:34

_____

Hatzileini Na wrote**:**

Started reading "God of Our Understanding" which offers a Jewish perspective on the 12 steps and how the ideas work within Yiddishkeit. Amongst other things, the book reminded me that living with Hashem provides a much more pleasant life. I was reminded of times and moments I had almost forgotten I ever had where I knew that things would be ok, even if they would not all go how I hoped, or would not always be fun, or easy.

The book has also helped me get a better feel and understanding of the 12 steps.

For now I've been working on 1-4. 4 has not been easy, but I think I am most scared of 5 right now.

That is a GREAT book! It's actually what made me realize my netiah for chasidus funnily enough.

==========

Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 08 Nov 2015 00:06

_____

I fell. Was a combination of factors, but it's clear that when I get sick, I have to be more careful than in general. I had a streak of over 170 days going, but had been slipping towards being less careful.

Not sure whether I'll feel differently in the next few days, but right now I'm not too upset. I feel

like I've definitely moved forward over the last few months and that is tied to something bigger than just fighting this, but rather a better outlook on life.

Have to spend some time figuring out what I need to tighten up on, and I know that the Yetzer will be offering up ideas like "once you slipped, you streak is over, you can start again tomorrow" but Bez"H I know that those voices will quiet.

==========

Re: It's a new year, and it is time I started posting
Posted by serenity - 08 Nov 2015 01:21

_____

Welcome back!

==========