

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.

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Re: It's a new year, and it is time I started posting
Posted by serenity - 23 Jul 2015 03:54

Glad to hear from you!

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 31 Jul 2015 04:32

Wanted to thank everyone here. I had a real danger of "taking the first sip" today and the inspiration from people here kept me from doing so. I was surprised at my self control in removing myself from the situation, and had echoes of posts in my head.

Thank you!!

(Reading this all sounds very vague so I'll expound... I enjoy mixed martial arts and sometimes watch matches. In the lineup of fights on TV there was a women's fight including the best female fighter in the world. While I am not particularly interested in watching women fight, I was really curious about this particular fighter, but realized it could be a very bad first step to take, and shut the TV off and walked away.)

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 31 Jul 2015 09:31

[Hatzileini Na wrote:](#)

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Maybe we should have our own private MMA section, where we can discuss Silva, Henderson, TJ, Rousey, Kat, Cowboy and more.

I try not to mix my addictions. No good for the bowels.

b'hatzlachah

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Re: It's a new year, and it is time I started posting

Posted by Hatzileini Na - 06 Aug 2015 22:24

[cordnoy wrote:](#)

[Hatzileini Na wrote:](#)

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b'hatzlachah

It's been a few days since I posted. Went away for the weekend and had a slip when I kept my phone in my room and could not fall asleep until it was close to morning. Didn't go to anything that most of the world would view as really inappropriate, but it was things I should not be seeing and lead to a wet dream.

It's a stupid slip, since I have a very simple "no phone in the room" rule at home which works wonders. I'm not sure how others count slips vs. falls. In my mind it's a slip because it didn't lead to masturbation (and I didn't view anything pornographic.)

Anyone have any opinions/thoughts?

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Re: It's a new year, and it is time I started posting
Posted by Bigmoish - 06 Aug 2015 22:35

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 07 Aug 2015 00:56

[Hatzileini Na wrote:](#)

The good female fights last anywhere between 14 seconds and 36 seconds....don't watch the intros and the joe rogan post match interview....besides he has the iq of a pea.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 10 Aug 2015 23:05

[cordnoy wrote:](#)

[Hatzileini Na wrote:](#)

I'm good as long as we stick to male fighters I'm good

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For some it may not be but for me that's a serious example of "dipping my toe in the water" for a couple of reasons:

1) I find people who are talented etc. far more attractive than people who are not (the look of having your head bashed in my detract, but there's at least one fighter who has not had to deal with that much...)

2) It's never just about the fight. It's reading the background info, checking out stats etc.

In summation I'll stick to the male fighters lol

Right now I feel pretty strongly about this since recently things have been exceedingly stressful and I have not been sleeping well; two factors that have caused major trouble in the past. I have to make sure I don't take the "first sip."

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 10 Aug 2015 23:38

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[cordnoy wrote:](#)

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Even in a cage, I wouldn't fight you on this one.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 16 Aug 2015 07:16

I've passed 90 days. While I am happy to have reached this point, it is not my first time and I know that it does not mean that I can relax the efforts in this area. And considering it is the middle of the night and I am by my computer and not sleeping, some of the primary triggers are definitely still challenges (like struggling to sleep...)

I recently bought a book called "A Gently Guide to the 12 Steps" which I hope will help me stay focused on the journey.

Looking back a bit, I do think what has helped me the most has been becoming a more healthy person. B"H I have gotten better at dealing with stress, recognizing triggers and self-soothing in appropriate fashion (playing guitar etc.)

I was to thank everyone for the continued support and Bez"H look forward and pray for continued growth in all areas of life for myself and everyone here (and everyone not here as well...)

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 16 Aug 2015 10:31

Very nice....Keep it up!

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Re: It's a new year, and it is time I started posting
Posted by serenity - 16 Aug 2015 14:17

Mazel tov!

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Re: It's a new year, and it is time I started posting
Posted by yiraishamaim - 16 Aug 2015 15:00

[Hatzileini Na wrote:](#)

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The tone of your post is that of a healthy person, understanding himself and doing what must be done.

Hatzlocho!

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 16 Aug 2015 18:06

Thanks to everyone for the support.

[yiraishamaim wrote:](#)

[Hatzileini Na wrote:](#)

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Hatzlocho!

I like to think of it as "working on healthy." People often talk about whether someone is or isn't healthy, and I used to wonder/obsess of whether I was healthy. Over time I have learned that I cannot make myself healthy (certainly overnight). Others might look and judge (in both directions, overstating how "unhealthy" or "healthy" I am) and that may not be comfortable, but trying to remain focused even if I know others are whispering about some things being ridiculous is key. And not getting caught up in the praise of others because I know there is more work to do. Staying grounded, trying to grow and see things as they truly are...

Also recognizing that there is no magic place called "healthy" where I will always want to do the right thing and be in perfect control. What I can do is try to take steps towards healthy. I can try to be honest with myself, and try to accept that even if it means admitting I am not doing all I can at times, because by making it safe to be honest, there's a hope that over time I will improve and grow.

Thanks

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 20 Aug 2015 22:28

Just had a situation where I found myself with access to some things I generally don't and it hit me hard. B"H in a couple of seconds I caught myself and I was able to shake the craziness and regain focus. It's a reminder that I needed to not get overconfident. A fall can be just one overconfidence away...

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 20 Aug 2015 23:23

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Well done!

Perhaps it is overconfidence, but I would say it a tad different. As an addict, I know that I will always have these tendencies; I need to always be workin' a program, for otherwise, it will be impossible for me to remain sober. So, yes, overconfidence is no good....the question is what to be doin' about it.

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