

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 ColinColin - 08 Nov 2015 19:41

I have insomnia too.

I find it is less if I

Have exercised in the day or before eating.

Finish eating my main evening meal three hours before going to bed.

Have clean sheets.

Have a shower half an hour before bed.

Avoid the computer or cell phone an hour before bed.

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Re: It's a new year, and it is time I started posting
Posted by Shlomo24 - 09 Nov 2015 01:08

keep coming back, it works if you work it

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 16 Mar 2017 02:23

It's been a long time since I've been here, but it is time I come back.

Since I've been gone I've been working on increasing positivity in my life. I also spent a period of time going to a therapist and working through some issues, and I've also taken up meditation.

Overall, I feel like I am moving forward in my life, but still find myself falling. While seeing the therapist a part of the focus was on not beating myself up over things and focused on less on success and failure in this area (although still working on it).

Now it's time to tackle this for once and for all (one day at a time of course). Bez"H I plan on jumping back into posting. I also think I am going to check out the conference calls for Chizuk.

I hope everyone is doing well with their battles, and with everything else.

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 16 Mar 2017 03:16

Welcome back,

Nicel to hear from you again.

Wishin' you all the best.

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Re: It's a new year, and it is time I started posting
Posted by Markz - 16 Mar 2017 03:37

Welcome back

I just read your first post

guardyoureyes.com/forum/19-Introduce-Yourself/240430?limit=400

A very clearly written share, and I share some of the struggle about mast' at night - it's a daily commitment for me to be clean regardless of track (broken) records

KOKOT

Keep On Keeping On Trucking!!!!!!

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Re: It's a new year, and it is time I started posting
Posted by Singularity - 16 Mar 2017 07:42

Welcome back! Keep coming back! Thanks Markz for the one-pager. It sounds really tough when your worst enemy is yourself, but so blatantly. Have you found sleep issue solutions?

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 20 Mar 2017 02:49

Thanks Cordnoy, Markz and Singularity.

Singularity, I have not solved the sleep issue, but I have made progress in that area (although like everything in life there are ups and downs.) I also feel like I am slowly coming to understand other areas of myself and some of the pain of my life and how that has lead to where I am today, both positive and negative.

Meditation and therapy have helped me begin to notice how I feel without fighting it or automatically acting on those feelings. I have been working on just being present with the experience, not fighting it, not worrying about it (such as worrying about how tired I will be in the morning since I was up much of the night). It is all a work in progress and posting about it here definitely helps remind me of the ideas (and remind me I need to go meditate since I have not done so today).

Another crucial thing for me (which I have not done well over the winter) is making sure to do things I enjoy, get fresh air and socialize. I think loneliness (existential and/or practical) are probably a theme for many people here; they definitely are for me, and making sure to spend time with others and do enjoyable things definitely helps me.

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Re: It's a new year, and it is time I started posting
Posted by gibbor120 - 20 Mar 2017 13:34

Welcome back! It sounds like you have made a lot of progress. It's nice to have you back.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 23 Mar 2017 03:13

[gibbor120 wrote on 20 Mar 2017 13:34:](#)

Welcome back! It sounds like you have made a lot of progress. It's nice to have you back.

Thanks Gibbor120!! Of course it doesn't feel like progress in a moment of struggle, but that's part of what makes it a struggle.

I hope you are well!

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Re: It's a new year, and it is time I started posting
Posted by gibbor120 - 28 Mar 2017 17:12

B"H, doing well.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 30 Mar 2017 04:05

Wanted to make sure I keep engaged and posting. B"H a focus on meditation and exercise has

been very helpful recently. For me making sure to live in a healthy fashion and do things to make sure I am enjoying myself and in a positive place emotionally are some of the most important elements. Bez"H trying to continue to work on that.

Hatzlacha to everyone in your efforts!

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 10 Apr 2017 03:24

Hey everyone,

Slipped and looked at something I shouldn't have, which reminds me I need to make sure I am working the program.

I did come across something really interesting in the book "Chasing the Scream" which chronicles the War on Drugs. There is a classic study on rats that showed that when rats are alone and given the option between drug-laced water and pure water, 9 out of 10 will drink the drug laced water until they die. But when put in an area with other rats and with other things to do, the rats may have drank a minimal amount of the drug-laced water, but not enough to do any damage to themselves. The message is that addiction is not something that stems from weakness; is not about one person being stronger than another. But when life is exceedingly painful; when we don't have a place where we can go where there is no pain and where we feel safe, we can end up finding that place in a alcohol, gambling, drugs or pornography/masturbation. Addiction is often the response to what happened to us. And one of the tools for standing strong against addiction is finding people who we value their company and they value ours; finding positive activities we enjoy etc.

For me, I know that I've had to deal with some difficult things in my life, and the idea from this book definitely resonated with my experience and reminded me that any community who has struggled with any sort of addiction is often a community that has dealt with an incredible amount of pain. And to me, when people are able to stand tall despite that pain, to use that pain to understand the pain of others and support each other; that's a remarkable thing.

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Re: It's a new year, and it is time I started posting
Posted by Markz - 10 Apr 2017 03:28

Yup

Kindly click on the spoiler below to enter the park

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Re: It's a new year, and it is time I started posting
Posted by stillgoing - 25 Nov 2018 17:21

[Hatzileini Na wrote on 16 Mar 2017 02:23:](#)

It's been a long time since I've been here, but it is time I come back.

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Overall, I feel like I am moving forward in my life, but still find myself falling. While seeing the therapist a part of the focus was on not beating myself up over things and focused on less on success and failure in this area (although still working on it).

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I hope everyone is doing well with their battles, and with everything else.

[cordnoy wrote on 28 Apr 2017 12:46:](#)

[yiraishamaim wrote on 28 Apr 2017 03:29:](#)

Thanks Cords

During the See Saw of the journey of Sobriety we never really return exactly to the way we were at an earlier time, Do we?

Hopefully wiser.

Nope.

Yes!, hopefully, with honesty and willingness to listen to others.

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