

Help!

Posted by mitzvaman613 - 06 Oct 2014 18:48

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tried to break an addiction for 'acting out' many times. I bh no longer look at inappropriate material on the Internet, but my problem still continues.

Whenever I reach about 10 days clean it gets almost impossible to carry on.

Any stimulus throughout the day will send me over the edge, even the tiniest thought or feeling.

I feel that due to me having been clean for that long, my brain is constantly compensating with inappropriate thoughts.

How am I meant to carry on? I feel that if I stay clean any longer my whole day will be occupied by bad thoughts and blood rushes.

Surely it's better to act out for 5 mins a day rather than have thoughts 24 hours a day?

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Re: Help!

Posted by inastruggle - 13 Oct 2014 11:12

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Savor your precious 11 days. You're not back to zero, you gained a lot of knowledge and experience, and you now know that you can do it again. If you're clean right now then that's all that's important.

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Re: Help!

Posted by Shlomo24 - 13 Oct 2014 15:38

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the important thing is that you are clean right now at this second, u have to take it moment by moment. eventually after you accumulate moments you can get tot days weeks and years, but that is not the focus, and in my opinion it never should be. focus on right now and that is it. every second is a new world.

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Re: Help!

Posted by skeptical - 13 Oct 2014 17:26

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Get right back up and make it 11+1

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Re: Help!

Posted by Pidaini - 13 Oct 2014 18:03

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It's the NOW that matters!! One day at a time!!

Enjoy the NOW, relish it, make it the best that you can!!

Keep on Trucking!! One Day at a time!!

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Re: Help!

Posted by JoeTheJew - 14 Oct 2014 01:21

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Still pretty new here myself, however, sign up with the 90 day chart and keep updating it. It's a small incentive to really keep track and have it show on your posts where you're holding.

We're all fighting the same battle, some are steeped in it more than others and we've all fallen, but you have to get back on and keep on trying.

To put a little fear into you, now that you've joined this website and the forums, you see that there is a way to succeed. Now you know you're not the only one and you know that others have been successful, so you have to believe in yourself and push yourself to succeed as well and you can't just give up without a fight!

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Re: Help!

Posted by Pure Daniel - 14 Oct 2014 02:37

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Mitzvah Man it seems from what you describe that you may be addicted to lust. If that is the case then there is a solution called the 12 steps which is based on Alcoholics Anonymous. It works.

If you want freedom then email me [puredaniel613@gmail.com](mailto:puredaniel613@gmail.com)

I guarantee that if you follow the program you will not only get more than 10 days but a lifetime!

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Re: Help!

Posted by JoeTheJew - 14 Oct 2014 02:41

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Btw, from the fact that you've gone ten days on your own means that you can for sure pull off twenty to thirty days or more with the support here

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Re: Help!

Posted by mitzvaman613 - 15 Oct 2014 02:17

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Thanks for all your support.

So inspiring.

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Re: Help!

Posted by shomer bro - 15 Oct 2014 02:23

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We're all here for you! KOP and KOMT!!

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Re: Help!

Posted by mitzvaman613 - 30 Oct 2014 01:56

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Hit 10 days again, here's where it starts to get tough.

Any new ideas?

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Re: Help!

Posted by cordnoy - 30 Oct 2014 01:57

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Yes.

Now.

Today.

That's it.

Day 10 ain't no different that day 6 or 3!

b'hatzlachah

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Re: Help!

Posted by pischoshelmachat - 30 Oct 2014 02:34

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Mitzvamnan,

Once you figure it out, please let me know. I am struggling to get to 10.

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Re: Help!

Posted by gibbor120 - 30 Oct 2014 21:37

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[mitzvaman613 wrote:](#)

Hit 10 days again, here's where it starts to get tough.

Any new ideas?

Ainy chodosh tachas hashomayim. Read the handbook. Read some Dov Quotes. It sounds like you are "holding your breath" and need some positive sobriety.

What are your triggers? I am primarily talking about emotional triggers, boredom, loneliness, stress, anxiety, depression.

Let Hashem run your life. Let go of worry, fear, resentment. He loves you and takes care of you. Most (maybe all) of our negative feelings come from feeling WE are in charge and need to do this or that.

See the beautiful article that Gevurah posted a link to on Matzav. It has a very nice perspective on this. [matzav.com/tests-challenges-and-nisyonos](http://matzav.com/tests-challenges-and-nisyonos).

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Re: Help!

Posted by yidtryingharder - 30 Oct 2014 22:14

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hey whats up all of us can relate now no use talking like an expert in front of all of them but until you reach the peace of mind in that hashem is running your life try and talk to him I know it works for me,

and a bout the taphsic the only way to ruin the hollines of a shevuah is if you break it and most people wouldn't want to break it, so like its been suggested read thru it carefully and email the helpline they get back very quckly and take the challenge

b'hatzlochoh

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