

Glad to be here

Posted by serenity - 17 Nov 2014 09:37

I am glad to be here. I have been hesitant to write an introduction share, because I really didn't know what I wanted to write (and I still don't). I have a hard time writing or saying anything, unless I think it will somehow be impressive or show off my deep insight into matters, LOL. I'm glad that I have at least reached a point where I can laugh at myself. I was at the store a couple weeks ago and after I finished shopping I opened the hatch door on my minivan to load up my stuff and ended up sitting down on my bumper and just laughing at myself. I had met this young man at AA meetings, who in addition to being an addict was dealing with obvious mental issues. His behaviors were often inappropriate to the setting. He was fidgeting, talking out, commenting during shares etc. (He started hitting piano keys in a meeting.) Every time he did or said anything it was extremely funny because it was so ridiculous. It was obvious he couldn't control himself and I wasn't laughing at him to make fun, it was just so ridiculous. I started to realize that I am just as ridiculous as this kid. I was for the first time in my life able to step outside of myself and just look at my condition. Just as this young man's condition was no laughing matter, neither is mine and yet somehow I think I was having a break through at that moment. I felt that if I could make it through that day, I could make it through any day.

An observation I have made about myself, since I have been here, is that a check mark on the 90 chart is a more effective deterrent or incentive to me than the other extremely severe consequences my addiction can lead to. This is often the way of the compulsive addictive mind. Completely ridiculous.

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Re: Glad to be here

Posted by yiraishamaim - 04 Feb 2018 11:41

[lifebound wrote on 04 Feb 2018 05:16:](#)

[HakolMilimala wrote on 04 Feb 2018 04:46:](#)

If someone sees porn acidentally at a time when they're not desiring it and focused on recovery, or after they are finished, all of a sudden it seems crude, right?

this always fascinated me...its like a universal thing that everyone feels apparently, you'd think society would realize that porn = bad, it aint rocket surgery. But the opposite is happening, porn is becoming more and more accepted and considered normal as society degrades and the animalistic soul takes over.

For a long time now, the secular society views the expression of one's desires as simply healthy. If your angry go somewhere and break some dishes if you want to. If your overcome with lust go and satisfy that, with any willing partner or with yourself. By secular standards it is only a problem if: it hurts another person, becomes an addiction, or has obvious negative physical results(like gain a lot of weight due to overeating)

This should not surprise you as secularists do not accept the lofty level of a human being due to a G-dly soul. Mankind is an animal who by mere coincidence developed from simple cells to an ape eventually a person.

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Re: Glad to be here
Posted by lifebound - 04 Feb 2018 17:57

[yiraishamaim wrote on 04 Feb 2018 11:41:](#)

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Oh for sure, I didn't mean that I was surprised. There's no question society is in a downward

spiral, just compare a TV show from a few decades back to a modern show (or rather, don't!). I was just observing like serenity and HakolMilimala wrote above, how clear it is that this struggle is not a logical one but an animalistic one. If it was logical none of us would be here. Not a

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Re: Glad to be here
chiddush, I know
Posted by corenroy - 07 Jun 2018 03:42

[lifebound wrote on 04 Feb 2018 17:57:](#)

[yiraishamaim wrote on 04 Feb 2018 11:41:](#)

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Lots of layers prevent us from seein' the obvious.

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Re: Glad to be here

Posted by stillgoing - 28 Nov 2018 20:53

[serenity wrote on 27 Nov 2018 20:14:](#)

.....Welcome! Maybe you should welcome me. I don't think I've posted in about a year. People are still sharing their "struggles" here! My first day here in 2015 Cordroy (he still around?) asked me if I was ready to stop struggling!?

WELCOME BACK!!! When I first started her in 2015, Cordroy (yes, he's still here although he denies it) *didn't* ask me that question (although he did ask eventually), but I still clearly remember how you taught me how to post a link (I forgot so it's good that you're here).

Here's one of my early favorite posts.

[serenity wrote on 15 Dec 2014 09:55:](#)

We had a fruit fly problem in our house and I was going crazy trying to solve it very ineffectively. I hadn't realized how bad it had become, until we noticed a lot of fruit flies just hanging out on our ceiling. So I Googled up some advice. Long story short, I put apple cider vinegar and dish washing liquid into a cup. Having no patience and also thinking that our fruit flies seemed pretty happy to just stay up on the ceiling, I started bringing the cup to them. Lo and behold they pretty much just jumped right into the cup to their death. Until that point I had been trying to spray them or swat them etc and they have a very quick self preservation reaction to get away, but put some apple cider vinegar and they happily jump in. As I'm watching them jump in, I'm thinking isn't this me with my addiction. All my seichel and natural instinct for self preservation and common sense become irrelevant and I just jump right in and drown.

Warning: Spoiler!

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Re: Glad to be here

Posted by cordnoy - 29 Nov 2018 07:19

[stillgoing wrote on 28 Nov 2018 20:53:](#)

[serenity wrote on 27 Nov 2018 20:14:](#)

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Cordroy ain't here!

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Re: Glad to be here
Posted by lionking - 29 Nov 2018 13:51

[cordroy wrote on 29 Nov 2018 07:19:](#)

Cordroy ain't here!

The big question is, WHY NOT??!

Perhaps you feel like you have nothing to gain from being on the forums, however others gained tremendously from you over the years.

I beg you pardon, if the reason is family and time constraints. Please don't forsake us.

Thanks!

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Posted by stillgoing - 29 Nov 2018 15:56

[lionking wrote on 29 Nov 2018 13:51:](#)

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Thanks!

.Lion, when I wrote that cords is still here, I couldn't resist an old tease by writing Cordroy. Cordnoy responded that Cordroy isn't here. Really he never was.

Sorry for confusing you. :-)

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Re: Glad to be here

Posted by lionking - 29 Nov 2018 17:33

[stillgoing wrote on 29 Nov 2018 15:56:](#)

[lionking wrote on 29 Nov 2018 13:51:](#)

[cordnoy wrote on 29 Nov 2018 07:19:](#)

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Sorry for confusing you. :-)

I didn't notice the misspell. Perhaps I was under some spell. However my question remains as per the following quote below.

[cordnoy wrote on 28 Nov 2018 05:44:](#)

[serenity wrote on 27 Nov 2018 20:14:](#)

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My first day here in 2015 Cordnoy (**he still around?**) asked me if I was ready to stop struggling!?

...

No, he's not.

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Re: Glad to be here
Posted by serenity - 29 Nov 2018 22:17

I was checking back in and I was surprised to see my thread bumped up. I usually don't remember what I wrote, but I remember that fruit fly post.

I'm online listening to Bill S. A man with truly amazing sobriety and humility.

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Re: Glad to be here

Posted by stillgoing - 20 Aug 2019 04:01

[serenity wrote on 23 Jul 2017 03:53:](#)

If you know anything about cats, you may appreciate this comparison to addiction. Cats are very instinctual (as I'm sure other animals are as well) and when their instincts take over they can be hard if not impossible to redirect.

A friend of mine was saying how his cat would go out at night in the snow and come back all beat up. It had an injured leg and was not in the best of shape. And yet still the next night there was some other cat out there that he was pursuing and he would charge out into the cold and snow in pursuit. Are we much different when our desires take over and we are recklessly driven after something to fulfill them.

Bump

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Re: Glad to be here

Posted by serenity - 28 Jan 2020 04:11

Some untruths that I used to believe or tell myself

- I have to act out
- I can just watch a little and I won't act out
- My world will end if anyone finds out

- Acting out starts when I touch myself or go to a porn site and that's when I lose power

What I have learned

- I don't have to act out
- I just watch a little I will act out
- I need to trusted people to share with who share my experiences and can provide peer support
- The loss of power starts way earlier. I have to know for myself what actions, feelings and other things lead me to acting out.

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Re: Glad to be here

Posted by cordnoy - 28 Jan 2020 14:52

[serenity wrote on 28 Jan 2020 04:11:](#)

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Good to hear from you old buddy, how goes it?

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Re: Glad to be here

Posted by serenity - 24 Feb 2020 00:31

Reb Cordnoy. Good to hear from you as well! B"h doing well. Trying to do the best I can one day at a time.

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