

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 pischoshelmachat - 28 Apr 2015 21:14

Your dream was a wake up call to me. I got many little messages that i chose to ignore until the RBS"O hit me over the head with a baseball bat. Now he has my attention. But i am hurt from the bruise. I should have paid attention to the more subtle messages. It would have saved me this big figurative bump on my head.

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Re: Glad to be here

Posted by pischoshelmachat - 28 Apr 2015 21:20

Oy how your comments are a knife through my heart. Reality is so painful. I lost my wife's trust and even though she wants to trust me, sometimes she just cannot get close to me because of how my looking at porn has severely damaged her self confidence. I am trying to reassure her but my actions shouted much louder than my words can fix and my actions drown out my words. Now it will take a very long time to get back to where we were and it kills me to know that I am the cause of all her pain.

I beg HKB"H to restore her confidence and security so she shall no longer suffer because of my nonsense.

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Re: Glad to be here

Posted by stillgoing - 28 Apr 2015 22:16

Your words are a knife in my heart since I am an inch away from the same thing. Things like cleaning up the kitchen and making the phone calls **are** important because it will show her that despite you being human (more then she thought) you are still a helpful good husband. It's really two different things. I come from a pretty yeshivish family. When one of my sisters way going out with a guy who was not that yeshivish, my parents weren't thrilled, but the main thing to them was that the guy (who became my brother-in-law) was healthy, not abusive and would make a good husband/ father) Looking at p__ is a big issue that can effect other parts of our personality too, but can't we show others that we are still nice people?

So, am I being naïve, or do others agree?

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Re: Glad to be here

Posted by serenity - 29 Apr 2015 02:04

www.sa.org/docs/whystop.pdf

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Re: Glad to be here

Posted by Pidaini - 29 Apr 2015 04:09

The tidying the kitchen was a great success!! My wife was very appreciative, and I got to work

on my "helping others" muscles.

Thanks serenity for that link, very well written. Interesting is that the tips in "Breaking the Lust Habit" are so universal, they barely mention the 12 steps!!

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Re: Glad to be here

Posted by Palti-Yossef - 29 Apr 2015 07:19

This thread is really a source of inspiration !

May Hachem help us all to go on in the way of these words of wisdom and make them alive.

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Re: Glad to be here

Posted by serenity - 01 May 2015 03:13

Pretty tired right now, but want to check in and share.

Today just for sobriety I called my son and spoke to him for a bit. Well I wanted to bond with him also, but recovery was a big part of the reasoning.

I was getting into some bad thinking today. I knew I needed help, so I shlepped to a meeting that was a bit far away. I ended up getting triggered on the way to the meeting, but I didn't act on the trigger. There is no doubt that prior to 6 months ago, I would have acted on it. I started thinking about how really sick I am and how much the program I'm working has helped me. The topic at the meeting was about daily renewal and that is something that is very important to me. I need to take things one day at a time and renew my commitment every day. The other thing I need to do is focus on how much better my life is now. Before I enter recovery starting with AA 20 months ago, my life was completely unmanageable. I'm now noticing the financial benefits of steps I took 20 months ago to better my life. I plan to make a gratitude list of things in my life that are now way better since I have been in recovery. I can't afford to take this thing for

granted.

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Re: Glad to be here

Posted by Palti-Yossef - 01 May 2015 07:32

This was strong.

Your volonte is really communicative. I'm glad you shared that with us even if you were tired.

Thank you for the living h'izuk you give here !

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Re: Glad to be here

Posted by stillgoing - 01 May 2015 14:40

Great idea! Often writing things down like that will crystal them in our minds, and help up remember them when we're down.

Any chance that we'll see that list here?

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Re: Glad to be here

Posted by serenity - 04 May 2015 02:58

I had a very hard day today. I wouldn't say my yetzer hara was anymore active than usual. I was being very active in a negative way. I was also being very active in positive ways. This battle was going on, but it was me on both sides! Anyway I don't know if any of that is important, probably not. What got me through at the end was, I said to myself I just have to get through today. I don't know what will be tomorrow. Maybe I'll be the most serene person on my block or maybe I'll have another battle, but I'm not even going to think about that. I just have to get through today. I did take many positive actions to get me through, but they wouldn't have worked for me without that attitude. These are the actions I took:

Called people in the program

Called family members

Called friends

Went to a phone meeting and shared and went to a live meeting

Did program service

Stopped the negative spiral I was on

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Re: Glad to be here

Posted by serenity - 04 May 2015 02:59

Oh and I reminded myself how much better my life is now.

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Re: Glad to be here

Posted by shlomo613 - 04 May 2015 17:51

[serenity wrote:](#)

I have nothing exciting to report. My life is pretty boring these days and that's a good thing. I made it to a different SA meeting than the one I have been going to. That's about the limit of . I'm still working on step one. Things are going well with my recovery, but I still have plenty of struggles. Oh yea, at the new meeting the format was to introduce yourself with your mo's as well as some other basic info. It was awkward stating the ways I act out to the group. I was glad that we did that though and I think it's important. First of all, honesty has been key to my recovery, Second of all it helps me to hear other people's mo's to know that I'm not unique. There are other people struggling with the same and even more difficult issues than I am and some of them have a lot of recovery. It helps me to see that it is possible to recover. Which kind of brings me to the issue of the 90 day chart. First of all, the chart was one of the tools that helped me get out of a helpless abyss. Second of all, to see that other people have made it helped me to believe that I can make it. I do appreciate the people that explained the limitations of the benefits of the chart, but I'm glad I started the chart before I heard them. I still have the character defect that makes me have to explain why I update the chart. I hope one day to just be able to do what works for me without having to worry about pleasing other people.

And in the interest of honest, I only wrote this post to bump

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my thread up

You are so much more advanced more than me. I have so much to learn. I also love the previous post where you shared everything.

Just a question: what is this chart you refer to?

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Re: Glad to be here

Posted by serenity - 05 May 2015 01:17

We all know little and have a lot to learn. Thank you for pasting that post of mine here. It helped me to read it. The 90 chart is here guardyoureyes.com/tools/90-day-chart

I see you're already on it though.

Hatzlacha!

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Re: Glad to be here

Posted by serenity - 05 May 2015 01:20

I had a much better day today. I didn't let any lust in, so I didn't have any lust to fight.

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