

Trying to avoid rock bottom

Posted by bezrasH - 22 Jun 2015 16:53

Hey Everyone,

Just wanted to share my story and see if anyone had advice for me....

I'm married with 2 kids and have been addicted to lust since about 8th grade. I've always been able to keep it from ppl and everyone thinks im a normal guy with no issues. I have many friends, a great wife and amazing kids BH, but I cannot break free of this addiction.

Beginning around 8th grade, I started m*****ing, looking at p***, and my home growing up had a computer and TV that were private enough that it was so easy. I became more frum after high school when I went to learn in Israel, I live in yeshivish community now with no TV, filtered internet, but one major problem is my computer at work (which I bring home for the weekends too). Even the fact that at my job they can technically check what I've been looking at has not been a deterrent. I am always looking at every girl on the street, I still fantasize about relationships I had in high school that I can't get out of my head. Im trying this 90 day plan and I've been clean 12 days BH so that's been a start. But I've done things like this on my own before and even if it lasted a few months it always ended badly. Hoping that if I can be part of a group, it will help be mechazeik me.....

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Re: Trying to avoid rock bottom

Posted by serenity - 05 Jul 2015 15:10

"Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection." AA

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Re: Trying to avoid rock bottom

Posted by yiraishamaim - 05 Jul 2015 23:19

I had a Rebbe in Beis Hamideash who used to say" this world is not for the perfectionist"

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Re: Trying to avoid rock bottom

Posted by bezrash - 09 Jul 2015 20:28

so i am BH back up to 7 days going strong, but the yetzer hara is working hard this time. Even though ive been clean, its mainly been because ive been busier at work. I keep telling myself that it means nothing, because i just havent had the time, and the second i get bored or have some free time on my hands ill be right back to my bad ways.... i feel like even when im progressing, its not actually meaningful. Any advice?

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Re: Trying to avoid rock bottom

Posted by abd297 - 09 Jul 2015 20:49

Great job on 7 days. I can definitely relate to the feelings of just avoiding the problem and not fighting it. At least it's a good start to take the edge off. You'll have a much needed running start. Keep strong. KOP KOT

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Re: Trying to avoid rock bottom

Posted by lamplighter - 09 Jul 2015 21:22

welcome to you!

i think everything was said to welcome you on this beautiful community!

i will just point out one thing:

if you read some of the other chats forums etc you will see that you are not by yourself being amongst people that are in the same boat might sometimes make you feeling like you are just another one like in that situation and who cares about it right?

but let me tell you that on this website it's very different because we are all here to help each other so the more people we have the biggest opportunity we have to help them and finnaly get out of it

so no matter what you have to say keep on posting there will always be people here to help you out!!

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Re: Trying to avoid rock bottom

Posted by bezrasH - 17 Jul 2015 18:08

Hey everyone,

So my first stint lasted just 19 days, and i havent been able to break that mark since. I guess it was naive for me to think this would be easy, but i just have trouble internalizing those inspirational moments i have. Whether its from this site, or sefarim Ive learned, it just doesnt seem to last more than a couple of days and then im back to rock bottom. How do i train myself to live in those inspirational moments and take them with me, while the yetzer hara is so adamant that i leave them behind??

good shabbos

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Re: Trying to avoid rock bottom

Posted by AlexEliezer - 17 Jul 2015 19:13

I'm not always so motivated.

But I'm stubborn.

Once I make a decision, I stick with it.

Of course this isn't easy.

The addict wants his drug. Always will.

All you can do is make one right decision at a time.

Be sure you're not undermining your sobriety with mini-doses of the lust drug -- like checking out your wife without tachlis or thinking erotic thoughts about her.

It's also helpful to adopt some positive changes to fill the void.

Like exercise, maybe a new hobby, getting together with a friend, setting up a date night with the wife. Take a look at the 12 steps to get an idea of what many people find helpful in their recovery. It's really a personal overhaul.

Keep fine tuning the program. And be honest with yourself.

One day at a time. One right decision at a time.

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Re: Trying to avoid rock bottom

Posted by gibbor120 - 17 Jul 2015 20:02

Yes, you are stuck in the "chizzuk" method. It may work for some, but has not worked for many of us. We need to learn how to live. No one can live in chizzukville all the time. We need to go to .. Chizzuk can help to motivate us, but it MUST motivate us to do something lasting.

Chizzuk is like kindling wood, it can get a fire started, but doesn't last very long. The bigger logs need to be added to keep the fire going. Those big logs are recovery, which is about living LIFE. . With

the big logs, we can even withstand a bit of rain

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Re: Trying to avoid rock bottom

Posted by Fightingaddictionnow - 26 Jul 2015 21:48

Now get that fire going!

Yes, you are stuck in the "chizzuk" method. It may work for some, but has not worked for many of us. We need to learn how to live. No one can live in chizzukville all the time. We need to go to work, go shopping, take out the garbage, mow the lawn .. Chizzuk can help to motivate us, but it **MUST** motivate us to do something lasting.

Chizzuk is like kindling wood, it can get a fire started, but doesn't last very long. The bigger logs need to be added to keep the fire going. Those big logs are recovery, which is about living LIFE. Friendships are especially important. Unfortunately, without the big logs, the fire goes out . With the big logs, we can even withstand a bit of rain .

Gibbor!

That was amazing. thank you for the post, it's so true.

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