

Starting anew. again.

Posted by shmiraShachaim - 08 Feb 2016 19:28

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Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and *teshuvah* about four years ago which began with lusting and masturbating, and progressed to pornography. During this period I dealt with being diagnosed with OCD, ADD and depression, and my mother passing away. As is common with addicts, my image completely clashed with my activities and thoughts. I was viewed as a masmid, bal medos, tzadik, etc. but I had this storm going on inside me going on without anyone noticing it besides poor lonely me. True, I might of lacked self-esteem and overly cared about what people thought about me and feigned who I was somewhat, but I didn't view myself as a *complete* fake because I *did* care about growing and coming close to Hashem. Instead I saw myself as a very confused and depressed person. With a few therapists under my belt and signing up on GYE, I have been working on myself by attaining a better understating of my addiction and attempting to address my diagnoses and circumstances which are interrelated with each other and my addiction. B"H, I have gained clarity through GYE in the nature of my addiction and the means of going about it. I was able to stay clean for a month and a half and I felt it was time to start dating. I felt clear headed going out with my first date. I haven't done more than having the occasional fleeting sexual thoughts in a while and as far as I can tell I didn't view her as a sex object. I didn't fantasize about her and I'm pretty sure I was evaluating it with my usual methodical and even OCD thinking and I really truly believe it's a neis that I am engaged to her. She is sweet, pure, and has a very similar outlook and goals that I do. I was clean for a while but I was still working on a TaPHSIC shvuah. I was able to think it through and write it down, but I acted out before I actually said it. I acted out once after that by paying my "small" kinas. I am so scared. What has gotten into me? I need to prepare for marriage and not hurt this girl whom I committed to take care of in a loving and healthy way. Please Hashem help me on this never ending journey!!

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Re: Starting anew. again.

Posted by shmiraShachaim - 28 Mar 2016 17:01

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I'm on my 59th day. A random number but its as important as any other day. I was clean yesterday! And the day before that! and with Hashem's help I am hoping I will be clean today as well.

I am still trying to post at least one time somewhere on the forum each day, and I am almost done with the handbook. I am looking for more tools and reading material that will help me along the path of sobriety. I signed up for partner program but don't have one yet. I am planning on joining the chat room. As far as reading material is concerned, I have taken a look at some articles, but i am wondering if i should read the white book and if this whole 12 step program is

appropriate for me. Anyone know how to get this white book? Is there a PDF i can use or do i have to order it on line? Any ideas if i can tell if its geared for me or is it one of those things i just gotta try and see for my self? seems there are multiple roads on how to deal with this and don't know where to start. Thanks!

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Re: Starting anew. again.  
Posted by markz - 28 Mar 2016 17:17

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Available anytime under the "Free Towing #3" page

Or in cordnoys signature

[66.199.228.237/boundary/Sexual\\_Addiction/whitebook.pdf](http://66.199.228.237/boundary/Sexual_Addiction/whitebook.pdf)

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Re: Starting anew. again.  
Posted by shmiraShachaim - 29 Mar 2016 17:46

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[markz wrote on 28 Mar 2016 17:17:](#)

Available anytime under the "Free Towing #3" page

Or in cordnoys signature

[66.199.228.237/boundary/Sexual\\_Addiction/whitebook.pdf](http://66.199.228.237/boundary/Sexual_Addiction/whitebook.pdf)

hmm.. doesn't seem to work

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Re: Starting anew. again.

Posted by markz - 29 Mar 2016 17:57

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I just checked - that link has moved

Ill try find and save it on gye tonight

Keep you posted bln

Till then

WHITE knuckle

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Mar 2016 18:26

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K thanks so much Markz.. keep on towing!!

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Re: Starting anew. again.

Posted by markz - 29 Mar 2016 18:39

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Re: Starting anew. again.

Posted by Gevura Shebyesod - 29 Mar 2016 18:48

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[http://66.199.228.237/Sexual\\_Addiction/whitebook.pdf](http://66.199.228.237/Sexual_Addiction/whitebook.pdf)

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Re: Starting anew. again.

Posted by realsimcha - 01 Apr 2016 12:27

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Hey Shemira ! Its been a few days since we've heard your wisdom and experience. How are you doing?

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Re: Starting anew. again.

Posted by shmishachaim - 03 Apr 2016 17:21

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[realsimcha wrote on 01 Apr 2016 12:27:](#)

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Hey RS! thanks so much for thinking about me! It makes a world of a difference that someone cares and thinks about me.. please don't stop!

As far as my experience, I have been- as i think you have a little while ago, struggling between feelings of elation and sadness. Elation because I have been for a little while (for the most part) rolling along without attacks from lust. I keep catching myself with confidence that its all gone. I'm free. I keep having to remind myself that i had that feeling countless of times and each time that feelings was snuffed out eventually. I look at my count: 65 days. That's far less than my max I have had since this started of 101 days. How am I so confident that its going to be easy? K so once i internalize this, my mind goes to the other extreme and i lose confidence...101 days? that's so far off! I start thinking about the couple of times i was attacked by lust these past 65 days and i am wondering if i will get past the next one... The 101 day period was easier than this one and even then i fell.. all the more so i will fall in this one. I even have more reasons to fall this time around..

I am trying to train my brain to think in more realistic terms. I think of it as if i'm driving on a highway. I'm in a car and i'm trying to reach my destination. I have to be realistic and accept the fact that my car needs care and consideration. I can't just drive and expect to get anywhere just because my car is driving smoothly, i'll break down. So to I am sick. I need to recover even though i might not feel that way at the moment. I need to "gas up" and continue to connect to what helps me.

But on the other hand It's a long road ahead and i'm afraid that i might run out of gas; it seems that i will eventually. I have ran out of gas before and what should make me think i wont run out of gas again? i need to realize that 1) i have a deeper understanding of what I have and what tools i can use to get there and 2) I might trip up in the future, but I'm still on the road and not on some off beaten path in the jungle. i might fall some times, but I will still be on the road, just perhaps on the curb waiting to get back on again. and 3) this road is probably a lifetime. There are destinations that will make it easier (90 days for ex.) but i will be on the road for much longer than that and i must make sure i stay on that road. its not depressing. but inspiring! this will help me continue to make my whole life more meaningful by making myself into a better person and perhaps helping others becoming better people. Its not a road that is endless to the point i am just driving and driving- rolling along until i fall. Rather its a road that allows me to continually be learning more and growing more. I will use it to my advantage and find myself through it. I will make myself the person i'm supposed to me out of it.

As Chazal (or someone Jewish for that matter lol) says: this life is but a passageway to the next.

Please Hashem help me accept my passageway or my "highway", help me understand how to navigate my highway, and help me utilize my highway to become the person i want to become.

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Re: Starting anew. again.

Posted by realsimcha - 03 Apr 2016 17:36

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Insightful. Inspiring. As always. Thanks!

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Re: Starting anew. again.

Posted by cordnoy - 03 Apr 2016 18:16

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[shmirashachaim wrote on 03 Apr 2016 17:21:](#)

[realsimcha wrote on 01 Apr 2016 12:27:](#)

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Re: Starting anew. again.

Posted by Shlomo24 - 04 Apr 2016 07:17

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And once again cords: Chayiv for gezet dibur mei peh sheli. ( insert the proper tenses).

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Re: Starting anew. again.

Posted by shmishachaim - 05 Apr 2016 19:00

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[cordnoy wrote on 03 Apr 2016 18:16:](#)

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[realsimcha wrote on 01 Apr 2016 12:27:](#)

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Nice attitude, but for me, "today" is the only destination I know.

Yes i also focus on being sober *today*, and not expecting to be clean necessarily for the rest of my life, and i'm not focusing on how i will achieve such a feat. As I said, i anticipate the possibility of falling.

What I want to know is how you can *only* focus on today? Can you ignore that you l'yH you have a whole life ahead of you? Also, did it help you at all to have at least some realistic picure of who you want to be/ what your life can look like, with out this addiction?

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Re: Starting anew. again.

Posted by cordnoy - 05 Apr 2016 22:23

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[shmirashachaim wrote on 05 Apr 2016 19:00:](#)

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I don't understand all the questions.

What I have learned working my recovery program is to focus on what I can do better today.

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