

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 cordnoy - 17 Apr 2016 17:33

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[inastruggle wrote on 17 Apr 2016 16:19:](#)

What do I think of 90 days in 3 sentences. I tried, the best I could come up with was this:

Too complicated

To say in three sentences

That is for haiku

No problem.

I did want to understand your thinking though.

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Re: Starting anew. again.

Posted by inastruggle - 17 Apr 2016 17:59

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In that case I misunderstood the question. I thought you wanted me to summarize the post I wrote.

What part specifically are you asking me to clarify?

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Re: Starting anew. again.

Posted by cordnoy - 17 Apr 2016 18:08

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I couldn't tell if you thought it was a good idea in general or not. Too much information for me doesn't work....I have a simple mind, nothing more.

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Re: Starting anew. again.

Posted by inastruggle - 17 Apr 2016 19:03

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If I think counting in general is a good idea? Probably depends on the person, for me it helps.

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If I think it's a good idea to write that 90 days will cure you forever? I think it's a terrible idea.

If I think we should celebrate 90? Sure, why not. A party is always a good thing.

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Re: Starting anew. again.

Posted by realsimcha - 17 Apr 2016 19:43

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[inastruggle wrote on 17 Apr 2016 19:03:](#)

If I think counting in general is a good idea? Probably depends on the person, for me it helps.

If I think it's a good idea to write that 90 days will cure you forever? I think it's a terrible idea.

If I think we should celebrate 90? Sure, why not. A party is always a good thing.

Ina, you wrote earlier that you disagree with me but I dont think you really do. I didnt mean that 90 days is nothing to be excited about. All I meant was that a negative action is not a pursuit. Its like saying I dont need to do anything because I am married. Marriage can be very exciting but it is not a pursuit. You dont fill your life with marriage. You get what I am saying? So if Shmira feels like an adrenaline junkie then days of sobriety wont do to it for him. As far as 90 days goes.... I wont say an opinion. Let me get there first this time around then I will shoot off my mouth [or fingers].

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Re: Starting anew. again.

Posted by inastruggle - 17 Apr 2016 20:27

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Negative action may not be a pursuit but it can become the focus of your thoughts. I've had enough newlywed chavrusos to know that the same is true of marriage. I completely agree with you that it isn't a pursuit. That's part of the problem with it taking up so much space in your mind.

What I was saying is that I understand how it can feed his need for excitement. I've experienced it myself, especially when I had just joined gye. I'm experiencing a low level version of it now since I came back to gye after a long break.

It's important to make sure that the excitement doesn't get in the way of recovery.

I'm not sure if we're arguing. Are we?

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Re: Starting anew. again.

Posted by shmishachaim - 22 Apr 2016 03:54

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I fell. It's been a couple days now. I am starting to get out of the daze and confusion i was in. B'H today the images have dimmed somewhat since yesterday and the day before. It pains me that i fell, that i let myself fall so easily. It pains me that i feel as if i betrayed my wife. It pains me to realize that this addiction is not so simple. But i am back on the road, and ready to continue. It pains me to see the count next to my name drop off the chart. But I'm trying to focus on the fact that I'm not starting from scratch. The thought keeps driving in my head: stop fooling yourself. You tried and you failed. Simple. You gotten so far in your journey but you have to start over. But I think this thought is false. I am on the same journey as I was a few days ago, only now with new knowledge of myself and my addiction than I did before. Thanks for everyone's support and care, it really meant a lot to me and it helped me get back on my feet. I felt as if I had a bunch of tow trucks towing me along:laughing:. I am now ready to start anew. again.

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Re: Starting anew. again.

Posted by shmirashachaim - 22 Apr 2016 17:22

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[realsimcha wrote on 17 Apr 2016 03:35:](#)

Hey Shmira, No way. Not doing something can never be called exciting. I wonder if its really the need for excitement that eating at you, or if the feeling of needing excitement itself is part of something deeper. An anxiety or lack of satisfaction with yourself . Who knows? Not sure if you should just see a professional about that. I did that when things got confusing for me.

But in the meanwhile -- do real exciting things! And take your wife with you! Travel -- do you have a car? Can you take a few hours to go out of town? Learn how to rollerblade [if you dont know]. Give a speech [terrifying!] . Start doing something out of your comfort zone. Learn how to dance. Learn how to build and build something. Find new exciting stuff to do besides for not watching p. Not doing is not so exciting...

Simcha, I wasn't referring to the excitement of not acting out, I was referring to the excitement of commitment of becoming clean and using and figuring out the tools of doing so. In a way, the excitement of beating porn substitutes the excitement of porn- at least at the beginning. After a while though, as in inastruggle pointed out, the excitement toned down for me and the daily grind of life kicked back in. A lot of excitement happened since I started- I got engaged and married, but those restless feelings are coming back. Why? Not entirely sure. Simcha, you suggested seeing a professional, and I did. What I got was similar to what mggs pointed out, that that it doesn't come from ADHD but from ADD. ADD people sometimes have a need for more excitement surprisingly. But I feel that there is much more to it so I'll be thinking about it. I have been prone to anxiety and lack of satisfaction, and have been working on both. Perhaps there is a connection? I'll be thinking about this. Thanks. also, not sure how spontaneous we can be. My wife is very busy with college and i am as well. But we try to go out once a week at least for a nice bit to get a breather. I'll try to make it exciting! but i definitely feel i need to do than just find interesting things to do.

Also, Inastrggle, i never thanked you for your post (way back when) on why people struggle after 90 days. It was very helpful and i will unitize it when- l'yH Hashem I get to that pont again. This has been learning experience.

Now trying to continue on and try to stay connected to GYE, no matter how hectic things might

be.

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Re: Starting anew. again.

Posted by inastruggle - 22 Apr 2016 18:46

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It pains me to hear about your fall. I'm very happy that you're learning from it though.

I've been in your place a few times, right after a long streak. It really is good to remember how much further you are than when you started. You have a lot of tools and attitudes that you need to stay clean. You know you can do it. Also count total days clean and compare it to before you came to gye. It's a huge improvement.

The good news is that getting to 90 the second time isn't as exciting so the whole excitement issue should be a lot less of a problem.

Staying connected is probably the most important thing.

It seems you have everything you need. Just see what you can learn from your last fall and move on.

Chag Kusher V'sameach!

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Re: Starting anew. again.

Posted by shmirashachaim - 25 Apr 2016 04:39

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Thanks Inastruggle. I am doing as you suggest and checking into GYE. I'm exhausted as I went through 2 sedarim and no naps, but I can't be too exhausted for this. This is my life. I B'H had a nice YT even though I might of not enternalized- at least yet, the whole "personal mitzriem" thing as much as I should have. However, one theme of Pesach that I learnt of this year is hakaras Tov to Hashem, that we should have hakaras hatov to Hashem for taking us out of mitzriem. I have a lot of Hakaras hatov to Hashem for giving me such wonderful tools to get me out of my mitzriem, by being able to connect to GYE and everyone here on the forum. I have a lot of Hakaras hatov to Hashem for a lot in my life. Do I have struggles? Of course. Things that bother me. Definitely. But I have so much good to thank Hashem. So much good that I can focus on and appreciate, and I pray that I can use the good in my life to be the best person I can be, and all the "bad" in my life to overcome whatever comes my way, and grow from whatever may happen.

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Re: Starting anew. again.

Posted by realsimcha - 25 Apr 2016 15:34

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Shmira, It is inspiring to watch your journey. You had a tough time last week and that is not stopping you from marching ahead with strength. Good for you. I am sure that our father in heaven had tremendous nachas from your yom tov. Even if you are physically tired, you are spiritually on fire! Hatzlacha!

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Re: Starting anew. again.

Posted by Yesod - 26 Apr 2016 03:07

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Hey Shmiras, sorry the fall happened. But I'm glad to hear you are in a positive state of mind after all.

I hope you find tremendous growth from here on.

Best wishes

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Re: Starting anew. again.

Posted by shmirashachaim - 26 Apr 2016 04:03

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Thanks RS and Yesof for your support and care, it means a lot to me.

i am on day 7. A week of sobriety. I feel as if I am refreshed but still wary of my situation. By each ????? ??, I pause by ?????, and I ask Hashem to help me with this. This helps obviously because I am asking the created of the universe, but it also puts me into perspective in that I must continue to be proactive in my recovery (if anyone thinks this isn't healthy let me know). I hope that this past week of recovery and this ??? ?? of freedom will lead to a life of recovery and freedom. Thank you.

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Re: Starting anew. again.

Posted by Ecstatic - 26 Apr 2016 09:02

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Why wait for ?????? How about ??? ?? ???????, which I find so deliciously appropriate for beseeching Hashem for help from Above? ??? ?? ???????, see please at this time our suffering, ????? ?????, and fight our battles, ????? ????? ??, and redeem us speedily for Your Name's sake, ?? ?? ????? ??, because You are a G-d Who is a mighty Redeemer. What more need be said?

Thank you Hashem for this wonderful ??, which allows me to address You and zero in exactly to express my fervent desire for Your help

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