

Starting anew. again.

Posted by shmiraachaim - 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 shmiraachaim - 06 Jul 2016 22:35

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[yiraishamaim wrote:](#)

Yeah, I have a shtickel of the same issue. I would prefer that women's stories not be shared on our side of the site. I have no problem hearing how they cope with their husband's addiction or the effect it had on their relationship or family according to their perspective but even hinting as to how they have personally struggled with addiction is more detrimental than beneficial.

shmira thanks for sharing the piece about your mother.

I appreciate the fact that you brought us into this part of your personal life as well. About the the siyum? Why not start already for next year. just a little daily. This meaningful move just may give you some comfort.

Yes. My mother was obviously on my mind yesterday and for better or for worse whoever reads my thread sees what's on my mind. I consider GYE part of my life and comfortable sharing things. Yah, I also thought about doing the little a day plan. It's doable and meaningful. Reason why I brought it up is because often I get triggered from frustration (like not completing something in time) or embarrassment (like not making a siyum for mother's yarzeit) or guilt (like not doing something substantial for my mother)

thanks yiraishamaim for your kind words. Means a lot.

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Re: Starting anew. again.  
Posted by shmiraashachaim - 06 Jul 2016 22:44

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I just want to say that I have been reached out twice already from Abie. He is a tzaddik and really cares about others. Want to thank you Abie for helping me and i'm assuming others discreetly. You should be blessed wherever you are up to in your own journey.

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Re: Starting anew. again.  
Posted by yiraishamaim - 07 Jul 2016 03:15

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Amen

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Re: Starting anew. again.  
Posted by shmiraashachaim - 08 Jul 2016 05:12

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B'H last couple days not too eventful. Maybe some fleeting thoughts here and there. I guess it's a good reminder that this should on my mind. Been busy trying to catch up on behind work instead of stressing about behind work. Reading through some threads, I am humbled at what people deal with everyday that make my childish concerns bubkes compared to theirs. No job, angry wife, struggling with cheating on wife etc. my financial concern/stress is father not giving me money on time for the month, being behind college work, and some moderate lust attacks. Don't want Hashem to tell me what he told klall Yisroel when they were crying in the midbar and having something real to cry about! B'H I'm good.

I want to know if anyone can help me (or show me a thread or something that can help me) on discerning if I am "white knuckling" or not. Markz mentioned that a bit ago and I didn't think so. But recently have been asking myself: how do I know?

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Re: Starting anew. again.  
Posted by inastruggle - 08 Jul 2016 14:33

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For me white knuckling means it isn't getting easier over time. Instead of the whole issue gradually taking up less and less of my time and headspace it's taking up the same amount or more.

This in mind, I don't know if the question of "how do I know?" is appropriate. If the question is because you want to know what to look out for then that's fine. If the question is that you want to be sure you'll never fall again then the answer is that you can't be sure.

I hope that was somewhat clear. If anyone disagrees I'm definitely open to hearing it.

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Re: Starting anew. again.  
Posted by gibbor120 - 08 Jul 2016 19:06

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If you often feel like you are struggling and fighting to stay sober? Then you are probably white knuckling.

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Re: Starting anew. again.  
Posted by Birshusi - 08 Jul 2016 20:14

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Then call me White Knuckle Birshusi.

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Re: Starting anew. again.  
Posted by Markz - 08 Jul 2016 20:37

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[shmirashachaim wrote:](#)

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I think Gibbor and Ina posted some stuff on your thread, check it out :-)

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Re: Starting anew. again.  
Posted by shmirashachaim - 08 Jul 2016 23:12

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Yes sorry saw responses but haven't had time to respond.. Don't really now either so hopefully won't be too unclear.

I struggle here and there. Sometimes not for a while, sometimes it's fleeting, sometimes it hits me like a train. I feel that for the most part I live a normal life besides sneaking off to GYE land everyday and getting hit by lust once in a while. (or maybe really never normal and it seems like it is?). But in any case don't feel like the typical addict with his life falling apart any more, and I admit I have a lot of things to work on that is related to this addiction. B'H very different then it used to be. Just trying to do a reality check. Thank for input good shabbas!

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Re: Starting anew. again.  
Posted by shmirashachaim - 11 Jul 2016 03:13

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Gibbor and Ina.. Didn't have chance to thank you properly. I can't say how grateful I am for you guys giving me feedback. It keeps me going. My brains been busy with other things but I think I really need a breather to think things through on where I'm holding and what I need to do. I feel that I'm not white knuckling but I feel a lot as if there is a beast inside of me wanting to run wild, and I'm just ignoring it. Could be this is in my imagination. I am usually pretty functional (in regards to lust)

my brains been busy and the days are flying by.. Most people would laugh at what I'm doing every day when I say "I'm busy". But for me the juggling is a lot. Yeshiva/college/marriage. I'm pushing through the things I got to do and trying to take a breather for the things I enjoy doing. This kind of situation can possibly lead to acting out. Not only anxiety or stress, but not having this on my mind. Not using my brain for this. I can be attacked any day and I have to be aware of that. I am still having kavanah during davening for Hashem to take me through today. Not this year. Not this week. But just this day. Can't loss that perspective. I will try to focus on GYE more. But it's hard. But I am grateful of being a part of this and don't want to loss the connection. I need a breather and evaluate where I'm holding.

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Re: Starting anew. again.  
Posted by Markz - 11 Jul 2016 03:29

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Oh Chasan d'nan

Hows Shana Rishona

Do you take the wife out on a date once a week?

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Re: Starting anew. again.  
Posted by shmishachaim - 11 Jul 2016 04:05

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Good question.. Sadly not the typical one..

But B'H great Shalom Bias. We try to go out once a week.. So guess we preempted your advice Markz!

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Re: Starting anew. again.  
Posted by realsimcha - 11 Jul 2016 12:21

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Great stuff.

For me, white knuckling is if I find myself struggling without any external triggers. To me, that means that something is not right on the inside.

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Re: Starting anew. again.

Posted by Markz - 11 Jul 2016 12:57

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RS it may be something a person needs to work on if they're struggling w/o external triggers.

From what Watson wrote I think that's a sign of higher level of struggle, which will just require a different set of tools

But i think "white knuckling" by definition is its depiction

What is "white knuckling"?

Very simple

If you see a Truck hurtling along with raging speed passing the 90 day line, it seems all cool

But when you get a peek into the drivers seat you see a guy perspiring - teeth clenched - holding on the steering wheel for dear life

The sober Truckers are relaxed and have learned how to deal with their personal "Highway Traffic"

So go ahead, hands off the wheel, "Let go and Let Gd"

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