

Community

Posted by Avrohom - 06 May 2016 23:07

I'm (semi) new here.

I've been struggling for years. It's not just lust-it's a lot more, but lust is closely connected, perhaps even central, and there are definitely common denominators and links.

I'm a Bachur, and i've been in therapy for a long while. I've somewhat tried the 12 step phone conferences, and then live SA meetings, but i never put myself in fully for long enough.

As i've been getting older, more and more i feel like my whole life is on pause due to these issues, most prominently lust. My parents get shiduchim suggestions, but they right away turn it down. At the same time as i'd badly like to entertain them, i can't. This year different things came together to give me the push to make big improvements, and i was very hopeful, and even when i'd slip up, it didn't feel like it's the end.

More recently that changed, as the time passes and the realization that once the zman ends it will be problematic if i drag longer, messing up meant more. I've lost a lot of hope. At the same time i've regressed. Sometimes (often-over the last few days) i just want to quit it all, and just do whatever i feel like. This doesn't make me feel good, or fulfilled, but it feels like at least i won't be torn apart. So, while i know that for some reason, i should take steps to take care of this, i don't really have what to motivate me. And often when i did get motivated, it only lasted for a bit.

So, i realized that i've got to get involved, and that i needed too find people to share with (although i already had some it wasn't constant, and required my choice a lot of times, which i often didn't make). So i spoke to a roommate, but he could be sympathetic, sometimes give me a little push, and listen when i mess up, it doesn't feel the same. So i came here.

I've been looking around for a couple of days (i've been on the site some times before, but never really looked around), and find a lot of the things confusing. I'm not sure if i'm just ready to throw myself into doing the actions necessary. And there may be some things, which will be hard for me. At the end of the day, i never really figured out what it means to give myself over to Hashem.

So i turn here, hoping to find people, who will just give me the support i need, the advice, and sometimes the push when it's needed.

Thank you.

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Re: Community

Posted by Avrohom - 20 May 2016 23:12

Inastruggle:

Thanks for asking, it means a lot to me. It's been an interesting (for lack of a better word) few days. I haven't acted out since sometime monday, which has some significance to me, but it's definitely involved a lot of white knuckling. My schedule as always, was messed up, so i felt pressure to get things done, felt stupid, hungry, and empty as i was learning a lot less, and just generally less active. I also was unable to sit down, and connect through this forum.

I've started doing exercise (for other reasons), and i think i see it helping with this. I've also started making calls to people in SA, sometimes in the same vein way as my last post. But i haven't been up to date on a couple of recovery tools.

Right now it's almost shabos, and i'm nervous, and hungry.

I had an experience, and i'm wondering if any of the "gdolim" have any comments. I was driving, with other people, and i was hungry, and antsy, and there was a song which wasn't good playing in my head, and i was thinking certain lines over and over. I was trying to stop, and as always it's hard. I divert my mind and 5 seconds later it's back. I have to surrender, i'm not sure what it means. Then based on something i heard or read, i thought, i need to remember that the song is hashem's not mine, and i have to recognize that, and know it's not for me. It helped me for a longer amount of time. If anyone has comments, i'd love to hear.

Mark:

Do you exclude white knuckling when you talk about marriage? Edit: "marriage" is meant to be "sobriety".

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Re: Community

Posted by markz - 20 May 2016 23:15

And black knuckling

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Re: Community

Posted by Gevura Shebyesod - 20 May 2016 23:17

What about brass knuckling?

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Re: Community

Posted by markz - 20 May 2016 23:26

The guard [wrote in 2009](#)

A blonde, a red head and a brunette sign up with a tourist group and chartered a double-decker bus to go to London. There are only two seats left on the bottom of the bus and only one seat in the top of the bus available when they board. They decided to take turns riding in the top and flipped a coin to see who got the first turn. The blonde won the toss. A couple of hours later, it's the red head's turn, so she walks up the stairs... and sees the blonde sitting there scared half to death. She's clutching the seat in front of her so hard that her knuckles are white. "What's goin' on?" the red head asks. We're havin' a grand old time down below." The blonde replies, "Yeah, but you've got a driver."

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Re: Community

Posted by markz - 22 May 2016 02:34

You had 24 hr to get the msg, or did you?

The white knuckling blonde doesn't believe there's a 'Driver', that there's G-d leading the show - that we can turn to

See the white book for white knuckle sobriety

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Re: Community

Posted by Avrohom - 22 May 2016 03:15

Honestly mark, i find it hard to understand many of your one line answers. I actually appreciate the style, but without anything explaining what you mean, if i don't understand it's useless.

Although i did figure out what you thought, by rereading the first post where you raised this.

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Re: Community

Posted by Avrohom - 24 May 2016 06:02

Today was a week that i haven't acted out. That means something to me, because until about a year ago that was rare, and where i was over pesach was also far. In addition today was really hard, i was in the dumps the whole day (till i took a nap in the evening), and kept on thinking of acting out. Every thing that didn't wok out the way i wanted felt like a huge tragedy, and i was thinking at a couple o those points, that i'm trying to do the right thing, and hashem is making it hard, so what does he want from me. It's crazy. What's even more crazy, is how many times i've used that in the past, and acted out etc.

As time passes where i don't act out, i often pretty quickly stop feeling the importance of taking actions, which is not good.

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Re: Community

Posted by Avrohom - 25 May 2016 03:27

I fell today, for a good (should I say bad) few hours of acting out. Truth is to a certain extent I'm still in that mode. I feel so stupid about my proud post yesterday. More importantly, I just feel

empty (more then that, but that's what I can articulate). Also, when I was posting yesterday, I knew that I had allowed myself to think lustful thoughts, but I just ignored it.

This post was actually written in two pieces, so now as I finish it I don't feel the same emptiness, having been on a phone "meeting".

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Re: Community

Posted by inastruggle - 27 May 2016 17:58

As we say on gye, fell, shmell, keep on trucking (also written as FSKOT).

The important thing is that you got up soon after and got back here.

Getting overconfident is very dangerous. Still we need to pat ourselves on the back every so often. It's a balance.

Warning: Spoiler!

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Re: Community
Posted by Avrohom - 30 May 2016 04:21

That I'm still here is good. That I went on a serious binge, and didn't contact anybody, is not.

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Re: Community
Posted by shmiraShachaim - 30 May 2016 04:30

Focus on the good and keep in mind what you said in your post about quickly stoping the need of taking actions. Take this time to internalize that you can never never stop the need to address this. No matter how hard it might be. That's my small opinion but perhaps others will agree

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Re: Community
Posted by Yesod - 30 May 2016 18:04

Glad to have you here Avraham, keep posting

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Re: Community
Posted by inaStruggle - 31 May 2016 03:00

[Avrohom wrote on 30 May 2016 04:21:](#)

That I'm still here is good. That I went on a serious binge, and didn't contact anybody, is not.

Sure, but why beat yourself up?

Only thing left to do it pick yourself up, and keep on going. Maybe learn from the fall if there's what to learn.

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Re: Community

Posted by Avrohom - 31 May 2016 08:42

Bh, today was a much better day. I had some saddening news, i spent a lot of the day tired and hungry. I was feeling nervous (and some other feelings) a lot, particularly as i'm working on taking a particular job which i'm scared of (due to the addiction). But B"H i woke up in a good mood, and for the most part had a good day. I think it helps that i went to an SA meeting yesterday and shared as openly as i could. Better though, is comparative, i was starting down the road before (i'm trying to avoid getting to explicit, as i don't know what's okay), and i wanted to go find something to look at; thankfully i came here instead.

I want to mention, those who have been reading shmiraShachaim's thread, i'm the guy he's talking about. I definitely didn't communicate the feeling well (at least originally), so i'll probably write to clarify, because i think it's important-i've referenced it before, but i don't think clearly. Right now though i don't have the patience, or the head to write about, maybe in the next few days.

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