

He's Baaaaack...

Posted by ben durdayah - 07 Jul 2016 19:47

So, after a long hiatus, some nice sober time, and a downward spiral...

I am back again.

Somewhere over the past year and a half or even two years, after several long stretches of sobriety, I managed to convince myself that I could manage my lust addiction without fellowship and without a focus on recovery. Gradually, without me noticing, or more accurately, by closing my eyes to the truth, I drifted away from sobriety and turned into a dry drunk. I don't know where the turning point was, but as far back as several months ago, I was forced to admit to myself that I had totally left G-d out of my equation, serving myself instead.

It started insidiously, not as an outright manifestation of lust, but losing the "surrender" in my life, shirking responsibilities and trying to take things as easily as possible. I would find myself mindlessly wasting time on the computer when I ought to have been working. Reading recreational material, the latest news, or playing endless games of solitaire --- it did not matter. Looking back I realize that this was background noise --- a defense mechanism trying to mask the lust simmering on the back burner. The bottom line is that the putting the needs of others and my duties to G-d and my fellowman before my self had somehow taken a backseat, and then left the car entirely... I was withdrawing into isolation and headed for no good...

In the "*shprach*" of Yiddishkeit, I had not neglected my davening or Shemiras Hamitzvos, but was letting my real connection with the Ribono shel Olam erode. Shemiras Ha'eyneyim went out the window...

It did not take long before I found myself slipping into insanity (*"Just a little peek... You won't wind up seven hours later with a real mess on your hands and full of regrets..."*). Where had my grip on reality gone? Have I learnt nothing from my own experience and that of others? What happened to, "There is no situation so bad that a little porn can't make it worse..." and all the other neat truths that I had drummed into myself?

Nevertheless, I closed my eyes (or rather opened them), gritted my teeth, and jumped right back on the roller coaster --- a few clean months, a few hours binge, another stretch of clean time,

another several hours of bingeing, another... Nuclear reset button, guilt, remorse, fear, *teshuvah*, *nefillah*, ad infinitum... You know the feeling... Walk into the Beis Medrash in your *shmoineh begadim* with the words "If they would only know..." incessantly running through your head... The hypocrisy of it all... and the kinderlach! Oy, the kinderlach! This leads to more and more self-isolation and that in turn... to self-medication...

The past few segments of the spin cycle left me with the thought, "Nu, I am sick, not evil." But a small voice answered back, "If that is the case, then you know what you have to do..." To which the other small voice responded with 1,000,001 excuses. But the bottom line had me admitting that what I was missing was "surrender." I have known for several months now that I have to get with the program. I don't want to wait for the "*kichsaa*" to hit the fan in any more major way. I'm simply sick of being sick.

And then there were excuses number 1,000,002, 1,000,003, 1,000,004, 1,000,005, and 1,000,006...: "The local SA organization is not the same PP B2B approach, the meetings are far away, the meeting times are highly inconvenient, you did not feel a *to'eles* from the groups but from the program, you couldn't get a decent sponsor..."

All of these excuses are fine and good, but none of them apply to the minimum *hishtadlus* of getting back on the site that had helped me discover recovery in the first place.

So here I am, powerless as the day you first met me, and wanting a fresh start. As a first step towards surrender, I swallow my pride and remind myself. I am still a raging lustaholic, who wants his little sordid pleasures more than anything else in the world. However, if I want to *live* rather than subsist, if I am really sick and tired of being sick and tired, I will have to do something about it and not wait for next time. So...

I'm baaaaaaack...!

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Re: He's Baaaaack...

Posted by ben durdayah - 02 Aug 2016 17:13

Just checking in here.

Have had a tough week, not so much as far as lusting is concerned. My radar still senses the females around me and I still have to remind myself when tempted that I cannot afford to take the first sip. The first glance is on G-d, the second is on me...

However, I am swamped (except for the time that I waste here and there), and have had extreme difficulty finding any time to continue writing my first step. It's like a hurdle that I must pass on my path to real recovery, but it requires serious blocks of time and the actual strength to concentrate and write. It has been tough to find any time this week, even just to post.

Excuses, excuses, excuses.

So if I do not make any serious progress on writing it out over the next week, will someone here please give me a zinger?

Thanks

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Re: He's Baaaaack...

Posted by ben durdayah - 02 Aug 2016 17:15

[inastruggle wrote on 29 Jul 2016 20:11:](#)

I have to say that I did enjoy shnayim mikra a lot more with your view in mind.

Ummm...

Is there another Chutz La'aretz where they lein Parshas Balak when its Parshas Pinchas in the rest of the world???

(Or was this just a delayed response)

PS -It looks like the donkey in the picture enjoyed his shnayim mikra too, or maybe it was just a gunnysack of oats...

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Re: He's Baaaaaack...

Posted by inastruggle - 04 Aug 2016 03:14

Listen bendy I like you a lot but I don't think Zingers are kosher.

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Re: He's Baaaaaack...

Posted by Markz - 04 Dec 2016 23:23

[Markz wrote on 19 Jul 2016 14:00:](#)

Bendy I added this thread to my 'favorites' list

KOT!

This may drop out of there, unless I see some activity

I don't like tossing possums ;-(

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Re: He's Baaaaack...

Posted by cordnoy - 14 Apr 2017 00:18

Will you Israelites be messin' with the parshiyot of the week again?

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Re: He's Baaaaack...

Posted by MayanHamisgaber - 16 Apr 2017 18:27

no

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Re: He's Baaaaack...

Posted by cordnoy - 16 Apr 2017 18:58

[MayanHamisgaber wrote on 16 Apr 2017 18:27:](#)

no

Thanks

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