

just trying to do the right thing

Posted by iampowerless - 03 Jan 2018 14:43

Hi everyone my story is long and complex, and i'm kinda not in the mood to write it down yet but i probably will at a later time. anyways i just wanted to post i'm 9 days clean so far.....by admitting once and for all i'm an addict, installing a filter on my work computer where most of my falls happened, and most importantly concentrating on today and only today!

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Re: just trying to do the right thing

Posted by iampowerless - 18 Feb 2018 07:26

Here is my present situation: it's 2:20 AM i can't fall asleep i am extremely stressed out.i tried listening to my mindfulness but it didn't really work. I left a long voice mail in hashem loves me)

But regardless of my extremely uncomfortable situation and feelings that i'm facing now i realize masturbating and pornography will not help me in any way shape or form feel better rather it will cause me to feel really low and depressed about myself so i guess i'll just have to sit through my feelings as uncomfortable as they are and the good part to this situation i guess is that gam zeh yaavor!

Lots of love your friend Yankel!

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Re: just trying to do the right thing

Posted by chaimyakov - 18 Feb 2018 16:03

I haven't read through your topic from the very beginning, so if I am repeating something I apologize, but I think it is something worth repeating never the less. mailbox.etc etc etc etc (you get the picture

For me, there are times when I am not able to fight for whatever reason. Intellectually I know that acting out will not help me, but that is rarely enough for me to control myself. What do I do, battle on in abject misery? No! In SA it is termed surrender. I say, out loud if possible, "Hashem, I am too weak to fight this on my own. You are all powerful, so please take this away

from me and destroy it and while You do so I will be hiding in the corner." Usually that is all it takes. Sometimes though, I have to make a follow up request(possibly/probably because I am really not surrendering).

The challenge I face with this method, and some others, is remembering this tool is in my tool belt. I must use the tool in order for it to help me. A hammer left in my tool belt does not fix the nail sticking out of the floor.

Hatzlacha and Kol Tuv.

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Re: just trying to do the right thing
Posted by iampowerless - 25 Feb 2018 16:09

Hi everyone happy sunday!

Anyways, baruch hashem i've been trucking along pretty nicely lately and today i reached 62

I've been thinking about Purim a lot lately, is it ok for me to get drunk or should i worry that if i'm drunk i won't be in the right state of mind which could cause a fall?? what are my fellow GYE friends thoughts on this topic??

Looking Forward to your replies

Love Yankel!

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Re: just trying to do the right thing
Posted by lifebound - 26 Feb 2018 00:09

Wow, 62 days! That's over two thirds to 90, amazing.

Re: drinking, you're probably the best one to answer that...I would say there's no need to get blackout drunk if there's a chance you'll lose control.

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Re: just trying to do the right thing
Posted by ieeyc - 26 Feb 2018 02:01

i wish you alot of hatzlacha on that question with drinking, there were times where i held myself back from drinking from this fear and fell anyway and there were times where i drank and fell , after i got sober, or soberish, so hatzlacha and Daven to Hashem that please whatever happens let me remain clean and get through purim clean , Hatzlacha!(and a freilichen Purim!)

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Re: just trying to do the right thing
Posted by i-man - 26 Feb 2018 04:21

Hmm this is really a situation where you have to know yourself and be honest with yourself.

Does alchohol make you feel more loose and hefker regarding this issue ? (for many it does)

Are you going to be around women and girls at parties ,hanging out, wearing costumes ect?

as by everything - the more the Kedushah the more the Tumah next to it so yes Purim can be very challenging in this regard

kol hakavod that youre making the gameplan ahead of time

Hatzlacha have an uplifting, clean, and fun purim!

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Re: just trying to do the right thing
Posted by ayidel - 19 Mar 2018 07:38

Hi yankel there hasn't been an update in a while from you

how's it going

it seems you're heading in the right direction

KOT

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Re: just trying to do the right thing

Posted by iampowerless - 19 Mar 2018 14:34

@ayidel you are right i've been feeling pretty lazy lately and a bit depressed to put an update. but when i see others care i realize the importance of an update!

?B'h in regards to staying clean i hit 84 days, this Shabbos Shabbos Hagadol i'll iy'h hit 90 days clean so that is b'h great news.

in regards to my feelings and emotions there are still plenty of days where i could feel very low and depressed and anxiety. when i spoke to my rosh yeshiva last week he told me he feels besides for seeing a therapist to help you learn to "ride the waves and learn how to deal with emotions" which baruch hashem has taught me to be able to stay clean regardless of what i'm feeling and that acting out is not going to solve my problems, it's very important to make small lifestyle changes to try to add more meaning to your day. because therapy has thought me to survive but now i need to actually LIVE so i guess that's the direction my recovery has to head now!

Love Yankel, Your Friend Who needs to start living!

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Re: just trying to do the right thing

Posted by Markz - 19 Mar 2018 17:27

[iampowerless wrote on 19 Mar 2018 14:34:](#)

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Love Yankel, Your Friend Who needs to start living!

My kind of guy ;-)

KOL!!

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Re: just trying to do the right thing
Posted by iampowerless - 25 Mar 2018 04:19

As i reach this milestone i wanted to sincerely thank all my GYE buddies that were there for me encouraging me and who have kept up with me through all the ups and downs that this journey entailed. I wouldn't have been able to reach this day without all of you! I also want to thank the GYE founders for creating this great website and tools!

A Gut Voch everyone baruch hashem i reached 90 days clean

I know that this is just the beggining and there will be many more stressful and tough fights ahead but what this 90 days have done for me is they showed me I COULD DO IT ODAAT. They have shown me it is possibly to stay clean! Looking Forward to many more clean days

Love Yankel!

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Re: just trying to do the right thing
Posted by Gevura Shebyesod - 25 Mar 2018 04:36

Mazel Tov KUTGW!!!

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Re: just trying to do the right thing
Posted by ayidel - 25 Mar 2018 06:34

WOW yankel great job on your first shot
keep it up your a great inspiration and you seem
to be solving the root of the problem to

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Re: just trying to do the right thing
Posted by iampowerless - 08 Apr 2018 04:28

Ah Gut Voch my dear friends,

This is the hardest post i've ever written but i feel the most important tool for a healthy recovery is honesty so i'll be honest after 104 clean days and feeling very proud. I fell last night and this morning anyways the last 24 hours i've been on such an emotional roller coaster as many of you could imagine.....

Anyways i just had a great and honest conversation with my sponsor calmed myself down and i've reset my chart back to 1 and i'm ready to move past this fall back to being sober, because i can't afford going back to being an addict and now because of my 104 clean streak i know i could do it i just need to go back to using the recipe that got me 104 days clean so here i go ODAAT i'll get past this bump! I CANT AFFORD BEING AN ADDICT

Love Yankel

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Re: just trying to do the right thing
Posted by ieeyc - 08 Apr 2018 07:10

youll do it again,bezras Hahsem, you really are an inspiration!

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Re: just trying to do the right thing
Posted by iampowerless - 08 Apr 2018 19:12

baruch hashem i had a clean night despite one huge challenge my EVIL yetzer hara tried throwing my way here is a copy of a text i sent a GYE friend about my challenge "B'h I've been clean since we spoke.....i had one extremely challenging situation last night i found a loophole in my phone's filter and the yetzer hara was telling me now is your chance just fall and then just restart tomorrow you anyways fell already.... but i b'h stood strong and said to myself i am done listening to this stupid y'h of mine..... wrote an email to my filtering company to get my loophole fixed and had a clean night

the one tool that has been the most helpful on my struggle is having fellow GYE friends who i keep in touch with when i'm having a challenging situation and to help me clear my brain from all the bloatware, emotions to the reality..... last night when my head was spinning with tonz of emotions due to my fall. Having a conversation with my gye buddies helped me get away from the emotions back to reality and get back into my recovery process.....

Love Yankel

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