

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 lhavestrength - 08 Apr 2018 19:33

Good for you mate for not underestimating the value of saying no once. That's the whole of life, isn't it?

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Re: just trying to do the right thing

Posted by lhavestrength - 08 Apr 2018 19:50

Falling is a setback and it isn't something we want. Staying clean for a long period is an achievement which isn't nullified by a subsequent fall. Keep at it and you will get where you want to be.

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Re: just trying to do the right thing

Posted by lhavestrength - 08 Apr 2018 19:52

Falling is a setback and it isn't something we want. Staying clean for a long period is an achievement which isn't nullified by a subsequent fall. Keep at it and you will get where you want to be.

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Re: just trying to do the right thing
Posted by lhavestrength - 08 Apr 2018 19:54

Falling is a setback and it isn't something we want. Staying clean for a long period is an achievement which isn't nullified by a subsequent fall. Keep at it and you will get where you want to be.

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Re: just trying to do the right thing
Posted by i-man - 09 Apr 2018 04:32

Sorry for your pain .. I'm not so sure iampowerless is such a good name for you - we could all imagine what an incredible feat it must have been to get through the night after clean (104 dys is no small beans either)

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Re: just trying to do the right thing
Posted by iampowerless - 09 Apr 2018 06:49

[i-man wrote on 09 Apr 2018 04:32:](#)

Sorry for your pain .. I'm not so sure iampowerless is such a good name for you - we could all imagine what an incredible feat it must have been to get through the night after clean (104 dys is no small beans either)

Thanks for the encouragement the truth is when i came up with my name i was feeling pretty powerless so that's why i gave myself such a name but as time went on and i became more self aware about this struggle i realized there is so much depth in my name are you ready for the

shtikel? Here it goes.....

One thing I've learned in therapy is that a lot of mental health issues like OCD, Anorexia and addiction's all have their roots in our human need to be in control of everything about our lives and to try to control our moods, emotions and feelings. You see when we are stuck in these cycle of addiction, OCD or food disorders what is really going on is an emotional problem or us not feeling OK and because we feel we could and must control all of our feelings we fall to a cycle of addictions, or food disorders or OCD which are all the terrible ways we try to cope with our emotions etc.

You see to properly heal from my addiction i had to realize my problem really isn't my addiction my problem is emotional and my need to try to control all of my emotional feelings ONLY ONCE I LEARNED "IAMPOWERLESS" (my name) over my feelings those are given to my by a higher power sometimes they are good other times they are awful but i accept them for what they are as i realized "IAMPOWERLESS" to change them and learned to "ride the waves" was i able to become "POWERFUL" over my addiction.

Hope that answered your question

Love Yankel

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Re: just trying to do the right thing
Posted by aryehdavid85 - 09 Apr 2018 21:03

[iampowerless wrote on 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

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 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.....

Dear Yankel, Thanks for sharing openly and honestly about your fall. I enjoyed chatting with you during the Pessach "break". My personal connections with both GYE and SA brothers have been a critical part of my recovery process this time around. These include the non-judgmental acceptance and support I have received as well as the opportunities to be "of service" to others struggling brothers. Chazak v'amatz!!

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Re: just trying to do the right thing
Posted by iampowerless - 13 Apr 2018 17:35

I've been a mess since my fall! After reaching 104 clean days falling was a devastating blow and when i tried again to restart i fell right away again and again and again.....i was binge masturbating and was really feeling terrible! And felt as though i blew it.....

Anyways Wednesday i met with my therapist who helped me realize that the reason why i keep on falling and it seems so hard for me to get myself back up is because i again let my brain get carried away into the fear of the future. Constantly worrying about what will be i blew it.....

He asked me what helped you stay clean until now? I answered the realization that even though there are days that i'll be extremely depressed, have tons of anxiety, and there will be days that i'll stumble into an extremely triggering place or situation i could "ride those waves just for now" and eventually sometimes quickly sometimes a little slower but the anxiety/fantasies would go away by themselves. And by me acting on my compulsions it will make my problems worse not better (i also told him about keeping in touch with chevra when i'm overwhelmed etc,)

So he told me you could do that tactic as well today to keep clean the only reason why you keep falling right now is because due to your fall and then falling again you stopped believing in yourself that "you could actually ride the waves" and as such you are letting yourself get carried away with your anxiety into the future and get so carried away with the future and the fact that you fell and as such keep falling.

He said all we need now for you to get back up is to again rewire your brain that belief that you could "ride the waves" and so don't get scared you don't need 104 days to just get back to where you were all you need is a few days were you feel anxiety and when you feel temptation and you safely "ride those waves" and with that you will rewire your brain again to the proper belief. So every day you ride those waves from now on you are making tommorow's struggle easier.

Anyways that session calmed me down and now i have 2 days clean since then. But most importantly i'm again starting to believe a little bit i could actually "ride those waves" so every struggle i win will make my next struggle easier

Hope everyone has a clean shabbos where they successfully "ride those waves"

:kissing_heart:Love Yankel

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Re: just trying to do the right thing
Posted by ieeyc - 13 Apr 2018 19:35

i really hope things work out, chazak!

no expert ,but would just like to know if youre still working on to stay clean TODAY o.d.a.a.t. ,or in the back of your mind youre thinking that you have to get back to your record of 104 days?(104 days ?!, OMG !...Boom! fall.)

wishing to hear good news.

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Re: just trying to do the right thing
Posted by iampowerless - 15 Apr 2018 14:56

[ieeyc wrote on 13 Apr 2018 19:35:](#)

i really hope things work out, chazak!

no expert ,but would just like to know if youre still working on to stay clean TODAY o.d.a.a.t. ,or in the back of your mind youre thinking that you have to get back to your record of 104 days?(104 days ?!, OMG !...Boom! fall.)

wishing to hear good news.

My good friend Mr Anxiety absolutely tries this tactic "or in the back of your mind youre thinking that you have to get back to your record of 104 days?(104 days ?!, OMG !...Boom! fall.) "

But i listen to what my Friend Mr. Anxiety tells me and i answer him back you are right 104 clean days is really sweet but acting out is just going to delay reaching anything great again so that's not the solution.

Also to be honest 104 clean days is sweet but even sweeter than that is 4 clean days after falling from a streak of 104 clean days! So ODAAT I will keep on trucking!

Love Yankel!

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Re: just trying to do the right thing
Posted by Gettinghelp2 - 15 Apr 2018 18:40

You inspired me so much to face my anxiety, nervousness and sleep issues head on. It's just temporary!! I know as long as I use the help and guidance HASHEM sends me I can and will get thru these negative feelings. They are so strong I literally get pains throughout my entire body. But BH they pass.

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Re: just trying to do the right thing

Posted by lhavestrength - 17 Apr 2018 04:33

Also to be honest 104 clean days is sweet but even sweeter than that is 4 clean days after falling from a streak of 104 clean days! So ODAAT I will keep on trucking!

Love Yankel!

Why do you feel that these 4 clean days are sweeter?

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Re: just trying to do the right thing

Posted by iampowerless - 19 Apr 2018 20:44

[lhavestrength wrote on 17 Apr 2018 04:33:](#)

Also to be honest 104 clean days is sweet but even sweeter than that is 4 clean days after falling from a streak of 104 clean days! So ODAAT I will keep on trucking!

Love Yankel!

Why do you feel that these 4 clean days are sweeter?

Not allowing yourself to stay low rather picking yourself up and showing hashem i'm not done fighting is pretty sweet!

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Re: just trying to do the right thing
Posted by iampowerless - 19 Apr 2018 20:53

Hi everyone i haven't put an update in a few days so here is the latest!

B'h it's been 8 days clean following my fall. I had some real tough fights this week with the yetzer hara, just today the yetzer hara waged world war 2 on me, and i came extremely close to falling but i'm proud to say i survived! and i taught myself even when the "waves" Are huge and powerful i can "ride those waves" Acting out will just make the situation and temptation more. So

ODAAT i will keep "Taking deep breaths and "riding the WAVES"

Love Yankel!

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Re: just trying to do the right thing

Posted by iampowerless - 28 May 2018 13:43

Hi everyone i haven't put an update in quite a while so here i go

Just to recap a bit after reaching 104 clean days i had a fall, it took me a few days to get myself back in order but eventually i started trucking nicely and yesterday i hit 38 days clean. Now here comes the sad part unfortunately last night and this morning i fell.....

So i'm going to restart my chart today i hope to this time be more involved in GYE as opposed to last time where i was pretty much non existent anymore on the forums.

Love Yankel!

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