

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 - 30 May 2018 22:12

Ouch i fell again, to be honest when the temptation came to me today i didn't even try to fight it i just told myself "you are only holding one day in" go enjoy yourself. "have fun" afterwards you will start working on staying clean.

You see the first time i tried stopping, it was a real project that i felt i must do if i want to enter shidduchim and i truly saw the importance of getting clean and what porn had done to my life and that gave me the energy i needed to truly do everything possible not to fall and as such baruch hashem i reached 104 days. followed by another 38 clean days.

But right now i don't feel as stuck as i originally felt, i kinda feel if i really want to stop i proved myself that i could. but right now i'm single, lonely so let me just enjoy myself a little and when the time to stop comes i could do it. so without the enthusiasm and determination that i had before when the temptation comes it's hard for me to fight it and also i feel i could always start tomorrow.....so that's my problem.

Anyways so i just had a nice chat with my sponsor and i told him all of my feelings and how i just don't feel the enthusiasm or need right now to stop. So after hearing me out he recommended me to do something i really don't want to and join PA. Anyways long story short we made a deal if i fall in the next 15 days i commit to joining PA and on day 14 we will chat and extend the deal.....but right now i'm just committing for 15 days (so it doesn't feel as scary)

Another thing we agreed on is for the next 15 days any time i have to pause or exclude a website from my computer skin filter for work related purposes i must send him a text that i paused it, followed by a text when i open it and if i willingly decide not to text him when i do it it will also lead to me joining PA (it's only if i willingly decide not to text him, however if i forgot to

text him then i'm not committing to anything)

So the challenge is on am i really able to get myself back on track with all the tools i used previously. or do i need to go to the next step to recover? #CHALLENGE ACCEPTED! ODAAT!

Please Chevra cheer me on!

GO YANKEL GO!

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Re: just trying to do the right thing
Posted by cordnoy - 31 May 2018 10:59

Just for clarity sake, you had a sponsor in sa, and he told you to go to pa?I looked back at your posts for several months, and I didn't notice that you went to sa; I might have missed that; my apologies.

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Re: just trying to do the right thing
Posted by ayidel - 31 May 2018 13:20

Why is going to PA considered a punishment that it will only be used if you fall in the next x amount of time if that might help you go for it

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Re: just trying to do the right thing
Posted by iampowerless - 31 May 2018 13:21

[cordnoy wrote on 31 May 2018 10:59:](#)

Just for clarity sake, you had a sponsor in sa, and he told you to go to pa? I looked back at your posts for several months, and I didn't notice that you went to sa; I might have missed that; my apologies.

I never went to either SA or PA or any other 12 step group. The sponsor that i have is someone who i connected to on GYE who has been clean for over a year.

In regards to ayidel's question PA isn't a punishment i'm sure it's a great group and very helpful to many people, just i'm not sure i need to take such a step just yet, as i did stay clean for 104 days followed by 38 days without it. So it's not about a punishment, it's about can i stay clean without it, and if i can't then i will need to take the next step to recover which is going to live meetings which is a step that will take a lot of courage!

Love Yankel

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Re: just trying to do the right thing
Posted by lifebound - 31 May 2018 15:59

I guess the confusing part for me is, why is falling before 15 days the deciding factor that you should join PA? Like you said, you managed to stay clean for an amazing 104 days already. How does staying clean (or not) for 15 days prove anything, one way or the other?

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Re: just trying to do the right thing
Posted by Cryingforrecovery - 31 May 2018 16:11

Going to meetings takes a lot of courage but its just the joining part of it, ones you walk in the door you will feel so welcomed by the fellow addicts and relies how many people are suffering with you, there is no judgment in these rooms and if you feel you need it, there is no point to hesitate, what really takes courage is continuing working the program and attend meetings every

day, your 104 days are really impressive but what the program does is not only giving you the tools to stay sober one day at a time, which you may or may not be able to do by yourself, depending on if you are an addict or not, but helps you have the willingness to do it one day at a time and teaches how you can get the kind of life we never knew existed.

Praying for you and for my self and for all suffering addicts we should have the strength and courage to do the right thing.

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Re: just trying to do the right thing
Posted by iampowerless - 31 May 2018 16:38

@cryingforrecovery you are 100% right. I'm sure i'll really gain a lot if i start to go to live meetings and the truth is i really should have joined live meetings a while ago. I really envy the Tzaddikim who are courageous enough to go to live meetings and put in the effort to truly work through the program. and to all those on GYE who have taken that route and put recovery and meetings as their priority Keep it up! You guys are great!

@ Lifebound you are right being clean for 15 days (on day 14 we are going to renew for another bunch of days) has nothing to do with whether PA is right for me or not. It's just you see i'm a chicken and i'm really chickened out about attending live meetings (which i'm sure would be helpful for me) so by me knowing that if i can't stay clean without attending live meetings i'll have to attend live meetings. it will hopefully push me to really stick to my program of recovery which is chatting with chevra, Filters, Mindfulness, etc. and hopefully give me the push and need to recover that i was missing lately!

Thanks guys for your input!

Love Yankel!

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Re: just trying to do the right thing
Posted by lifebound - 31 May 2018 18:20

[iampowerless wrote on 31 May 2018 16:38:](#)

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Thanks guys for your input!

Love Yankel!

Hmm...so if you don't manage to stay clean, then you will have to suffer a consequence: Go to a live meeting, which is a very uncomfortable thought.

Sounds kind of like a punishment to me, as ayidel said. No?

If PA is not for you, then you don't belong there. Why use it as the consequence?

If PA is for you, then why delay with this whole consequence deal?

(If it makes sense to you and works as a motivator, then great, say the word and I'll stop harping)

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Re: just trying to do the right thing
Posted by iampowerless - 31 May 2018 18:47

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You are right this whole entire deal was just as a motivation to stay clean. Does it make 100% sense of course not I made the commitment right after a fall so my brain wasn't exactly in "cheshboning" mode it was in "OMG why did you do that mode". Now if this motivation helps me get clean, then great. And i sure hope it does!

Now in truth the motivator that i put is something that's a Win, Win. because it is a consequence but instead of just being a consequence that hurts but doesn't help in the future (kinda like a patch). It's a consequence that will help me grow as i do think i'll grow from joining PA!

So you might ask why am i delaying why don't i just join PA now already if i think i'll grow from it? The answer is because i'm a chicken, but i'm only allowed to be a chicken if i'm being successful in staying clean without it which is what this challenge is about, but if i keep falling even if i'm a chicken i have to beat my fears and join PA for the sake of having a life!

Lifebound the fact that you personally had the courage to go to meetings, Is a greatness on your part and it's something i also WILL NEED TO DO if my current project doesn't work! Keep up your great job!!!

Love Yankel!

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Re: just trying to do the right thing
Posted by iampowerless - 04 Jun 2018 02:48

I had a great conversation with another GYE member who has been clean for over a year. And he explained to me that i didn't fall on day 104. My real fall was when instead of writing a few posts a week i started writing only once a week and eventually i only wrote a post per month he explained once i stopped putting recovery and my program front and center once i told myself "*did it*" i don't have to be busy with recovery any more. That was the beggining of my downfall. As they say "*once a pickle always a pickle*"he told me even after so many days clean it's still important to put recovery and your program as priority.

I constantly see many people on GYE who hit 90 days clean but soon there after they fall. And i think the reason is because they forget that they are still addicts and even after reaching 90 days the program always has to be the priority.

So as i embark on once freeing myself from this terrible addiction i hope to this time around concentrate on not loosing sight of whats at stake and keep to my program of recovery. And hopefully writing more posts and sharing more of my feelings as writing my feelings is one of the tools that really helps me!

So if I'm missing for too long on the forum please wake me up b4 it's too late!

Love Yankel (a boy who must free himself from this gehenom!)

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Re: just trying to do the right thing
Posted by iampowerless - 06 Jun 2018 22:01

Hi everyone just wanted to put a short update.

B'h it has been one week since my terrible, awful, destructive, Stupid, not worth it at all fall (any other words i can put???? to describe the awfulness fall?????) Anyways the 1st few days following the fall were a bit challenging but by practicing mindfulness, being in touch with the chevra, going to the gym, writing on the forum, and listening to some shiurim on the subject. b'h i remained sober.

Looking forward to another clean week.

Regards Yankel!

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Re: just trying to do the right thing

Posted by iampowerless - 12 Jun 2018 13:59

The last few night's were really tough for me. Last night especially i was feeling so lonely and low, but b'h the fact that i attached a consequence to my acting out, prevented me from acting out and b'h i remained clean. And as terrible as i felt last night i thought myself that even when i feel such strong and powerful waves "i could ride those waves as well"

Anyways now at least i'm feeling a bit proud of myself for staying strong despite the terrible mood i was in last night and while i'm still feeling a bit depressed "gam zeh yaavor". So for now i will just be **mindful** that i'm feeling very lonely and depressed **without passing judgment on myself** for the fact that i'm feeling this way **Accept** the fact that i'm feeling this way, and that the feeling's are just feelings. and practice **compassion for myself** and spoil myself a bit till hashem decides to send better moods and feelings my way.

Lots of love Yankel! (who is kinda sad at the moment)

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Re: just trying to do the right thing
Posted by mzl - 12 Jun 2018 14:24

What was the problem that was making you sad?

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Re: just trying to do the right thing
Posted by iampowerless - 12 Jun 2018 14:37

[mzl wrote on 12 Jun 2018 14:24:](#)

What was the problem that was making you sad?

Being alone in my basement, feeling kinda lonely as i'm 22 and single and live by myself. Also i just recently broke off with my night seder chavrusa as he is getting engaged so as much as i'm happy for him, it makes me more lonely ETC.....

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Re: just trying to do the right thing
Posted by mzl - 12 Jun 2018 14:44

That sounds pretty tough. I guess it'll get better quickly after you get your new chavrusa though.

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