

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 - 13 Jun 2018 19:23

Hi everyone, i'm still feeling pretty awful, sad and depressed. it might be withdrawal symptoms or maybe in general it has to do with my circumstance in life now. Regardless i guess once again i have to follow yesterday's route of "just being **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.

Anyways on a more positive note today is day 14 clean so as agreed i spoke to my partner and extended the agreement for another 15 days until day 30, so once again despite my moods and how i'm feeling right now Escaping to porn and masturbation will bring too much harm. I can't afford to go back to a leading a life of addiction, and emptiness so here we go.....#CHALLENGE EXTENDED and as terrible as i'm feeling, my moods will pass.

GO YANKEL GO!

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Re: just trying to do the right thing

Posted by joeross275 - 13 Jun 2018 19:27

hello. my name is joeross. ive been addicted since i was a kid. age 5 or 7 i was addicted. i just entered gye community in janurary .

ive been learning a lot about this addictions. getting help from my advisors.

now im up to day 11 clean bh. been following a method that really works for me....i will put more info about myself as time goes on bn, right now i got to go

thanks for reading!!

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Re: just trying to do the right thing
Posted by iampowerless - 13 Jun 2018 19:42

Hey Joe i know we are great friends. but you have to make your own thread go to where it says [new topic](#) and start writing your story. Looking forward to seeing your story on the forum.

Wishing you lots of luck Yankel

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Re: just trying to do the right thing
Posted by Markz - 13 Jun 2018 19:48

[joeross275 wrote on 13 Jun 2018 19:27:](#)

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thanks for reading!!

Welcome Joe!

Great to hear you have support!!

Its impressive that you are copying Yankel and [just trying to do the right thing!](#)

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Re: just trying to do the right thing
Posted by iampowerless - 14 Jun 2018 20:05

Hi everyone today by work i stumbled into a website by mistake that will lead me into the wrong direction. anyways, i really have the urge to relook at that website and there is a voice inside of me that's telling me that website is allowed it won't be considered a fall as it's just a way to get information it doesn't fall into the category of a fall. But i know full well that i'm going into that website not only out of curiosity but also out of feelings of lust and it's a slippery slope. Therefore i'm adding that website to my agreement for the future if i go back to that website it will be considered a fall and i will have to go to PA

I regards to the past, the fact that i ended on that website happened, (it's done) i spent less than a few minutes reading an article on it, which wasn't an outright article that is a fall but i know it will lead to a slippery slope and that in that website itself there were more triggering articles (So while the yetzer hara is playing his guilty game and trying to make me feel as though it was a fall) I don't consider what happened a fall but for the future i will consider going to that website a fall, regardless of what article i read.

Sounds Fair?

Love Yankel!

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Re: just trying to do the right thing
Posted by Markz - 14 Jun 2018 20:22

[iampowerless wrote on 14 Jun 2018 20:05:](#)

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Love Yankel!

Go easy on yourself bro...

I don't bother too much with 'counting' my falls

Warning: Spoiler!

Keep your eyes focused on the target - hey they don't call it guard your eyes for nothing, and keep the Love coming!

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Re: just trying to do the right thing
Posted by cordnoy - 14 Jun 2018 20:25

[iampowerless wrote on 14 Jun 2018 20:05:](#)

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Sounds Fair?

Love Yankel!

Personally I think you are confusin' yetzer hara with somethin' else.

Bottom line question: are you happy/satisfied/content with the way you are livin' life now?

God speed!

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Re: just trying to do the right thing
Posted by mzl - 14 Jun 2018 20:49

I think you mean that the yetzer is saying "go ahead because you really fell already". Did I get that right?

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Re: just trying to do the right thing
Posted by iampowerless - 15 Jun 2018 13:44

[Markz wrote on 14 Jun 2018 20:22:](#)

[iampowerless wrote on 14 Jun 2018 20:05:](#)

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Hey Markz, you are right sometimes i really make myself dizzy with equations instead of just focusing on the target another think i have to work on.....

Here is to keeping the love coming! Love Yankel!

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Re: just trying to do the right thing
Posted by iampowerless - 15 Jun 2018 13:48

[cordnoy wrote on 14 Jun 2018 20:25:](#)

[iampowerless wrote on 14 Jun 2018 20:05:](#)

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Sounds Fair?

Love Yankel!

Personally I think you are confusin' yetzer hara with somethin' else.

Bottom line question: are you happy/satisfied/content with the way you are livin' life now?

God speed!

You mean confusing the Yetzer hara with Anxiety?

In regards to your second question i am way happier now with life than i was in the past, but there are still tonz of challenging moments where i'll feel sad and depressed.

Love Yankel!

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Re: just trying to do the right thing
Posted by iampowerless - 15 Jun 2018 13:50

[mzl wrote on 14 Jun 2018 20:49:](#)

I think you mean that the yetzer is saying "go ahead because you really fell already". Did I get that right?

Yup but as cords pointed out it's really my good friend Mr. Anxiety who is is saying "go ahead because you really fell already"

Love Yankel!

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Re: just trying to do the right thing
Posted by mzl - 15 Jun 2018 14:13

That's the yetzer hara too. You were thinking "my behavior today disqualifies my previous efforts, what I have done has no value." It's like the serpent saying to Chava "see, you touched the tree and nothing happened, therefore G-d must be wrong about eating it too."

The yetzer just tells you something different each time, it has quite a catalog.

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Re: just trying to do the right thing
Posted by iampowerless - 20 Jun 2018 20:17

Hi everyone another week has gone by, the 1st part of the week was extremely tough i felt extremely low and depressed and it was a real tough fight, but by practicing my program which is keeping in touch with the Chevra, Mindfulness, gym etc, as well as accepting my moods, feelings and urges for what they are i b'h "rode the tsunamis" ?b'h now i'm feeling better.....

Anyways i believe that all my falls could be linked to one of these 3 main triggers

1. Triggered based fall- I saw something and now i feel triggered
2. Relieving Stress based Fall- I'm feeling in a terrible mood so i fall to relieve myself of the stress
3. Feeling Guilty- I saw something i shouldn't or that was questionable and instead of moving on and concentrating on the future i get myself into these mood of "i blew it" or "start getting myself all caught up "overthinking it" instead of "moving on".

Love Yankel

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Re: just trying to do the right thing
Posted by iampowerless - 21 Jun 2018 14:26

Last night was so rough for me..... i felt such strong anxiety and such a desire to act out. I was literally going insane.....but i knew that while acting out will help my anxiety for a few minutes but in the long term it will cause me to be enslaved to act when i'm feeling anxiety and my anxiety is just going to be reinforced and get stronger in the future. b'h right when i was feeling extremely horrible 2 friends of mine from a yeshiva near me, knocked on my door if i could help them put a new CD on their MP3. Since they had an extremely old and yeshivish MP3 it took 45 minutes to put it on, b'h that ordeal calmed me down afterwards i did some mindfulness, took a hot bath (hot water could really calm anxiety) etc..... b'h rode the wave

ONE DAY AT A TIME

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Re: just trying to do the right thing
Posted by mzl - 21 Jun 2018 15:03

Way to go ...

What did you feel anxious about? Did something happen to you? Did you have a conversation that upset you?

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