

just trying to do the right thing

Posted by iampowerless - 03 Jan 2018 14:43

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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 lifebound - 08 Feb 2018 01:51

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[iampowerless wrote on 07 Feb 2018 21:07:](#)

Quick question how do people put links in their signature i would like to put one leading to my story??

Thanks Yankel!

Hi Yankel, go here: [guardyoureyes.com/forum/profile/my-profile/edit](http://guardyoureyes.com/forum/profile/my-profile/edit)

and scroll down to the Signature box

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Re: just trying to do the right thing

Posted by iampowerless - 08 Feb 2018 04:09

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Thanks @lifebound but how do i do like what you did where you write just 'my story' and it takes you to your story i dont want to write down the entire URL. Sorry i'm not so knowledgeable when it comes to this stuff

Regards Yankel!

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Re: just trying to do the right thing  
Posted by lifebound - 08 Feb 2018 04:41

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[iampowerless wrote on 08 Feb 2018 04:09:](#)

Thanks @lifebound but how do i do like what you did where you write just 'my story' and it takes you to your story i dont want to write down the entire URL. Sorry i'm not so knowledgeable when it comes to this stuff

Regards Yankel!

Highlight the text ("My story" or whatever), then click the Link button. 6th button from the left, top row. Looks like a chain with a green + sign.

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Re: just trying to do the right thing  
Posted by tzomah - 08 Feb 2018 12:06

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thanks but how do you know the url

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Re: just trying to do the right thing  
Posted by lifebound - 08 Feb 2018 14:02

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[tzomah wrote on 08 Feb 2018 12:06:](#)

thanks but how do you know the url

Go the first page of the post you want to link to, and copy the url from the address bar, the big

bar at the top of the page where you usually type in websites.

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Re: just trying to do the right thing

Posted by iampowerless - 09 Feb 2018 16:49

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Hi everyone today i'm 46 days clean! in my case and as i'm sure in many other people's case my acting out was as a way to get rid of my feelings of anxiety & depression and low self esteem, i just read the following from @acceptance and i think it's a great tool for us to use the 12 steps for our emotions as well. i'm looking to hear people's opinion on the matter! Here is a

thought. My  
lust comes  
directly from  
my  
inability to  
cope with  
my  
difficult  
cult  
**feelings.**  
so I use lust  
(or  
whatever  
your favorite  
distraction is)  
to  
**dis**  
**tract** myself  
from my  
feelings.  
So here is  
the  
solution. By  
applying  
the 12  
steps to  
my  
**Feelings,** I  
can  
**accept**  
**them**  
for what  
they are i.e.

A 'negative' feeling is something given to me by a higher power that I have no power or control over to change. I leave changing the way I feel to my HP who either will or will not change the way I feel. But through applying the 12 steps to my feelings I can now just **sit with** my 'negative' 'bad' feelings and not have to distract myself with lust (or whatever your favorite distraction is).

Good Shabbos everyone

Yankel!

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Re: just trying to do the right thing

Posted by Cryingforrecovery - 09 Feb 2018 17:43

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I can relay to that, but what i found for myself is after turning to lust for every bad feeling for so many years, the adduction just brought me to get triggered from people and places without difficult feelings, so I'm really trying to get some techniques to deal with that

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Re: just trying to do the right thing

Posted by iampowerless - 09 Feb 2018 18:05

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@cryingforrecovery 100% sobriety is a puzzle which requires the following steps:

1. A plan to avoid triggers (ex: Planning in advance, avoiding certain sites or locations, good filters etc,)
2. what to do when triggered (calling chevra, Gym, Etc)
3. being able to deal with our emotions properly realizing that as painful as these urges feel etc acting out is not the solution they will go away by themselves and we could sit through those urges as painful as they are etc

It is for step 3 that i'm recommending a strategy similar to 12 steps to deal with our emotions, but of course we still need step 1 and 2 as you very nicely pointed out all the 3 steps are required for true sobriety

Yankel!

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Re: just trying to do the right thing

Posted by iampowerless - 11 Feb 2018 17:36

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Wow what a tough morning i had one of the hardest i've had in a while! the truth is i didn't feel like typing yesterday's struggle but i felt it's healthy to open up about it instead of keeping it

locked up inside of me. so here it goes

First of all baruch hashem the last few days i didn't felt any urges to act out so i was feeling pretty confident about myself so today's event was a little wake up call!

Anyways i woke up at 4 Am After a real intense wet dream i never had a wet dream that felt as intense and real as the one i had last night and waking up a few seconds after this wet dream the sexual thoughts and events that happened in my dream were making my head explode and really dizzy and caused me to feel like a loser as though i've failed (which is what the Yetzer hara wants) and then all kinds of thoughts of guilt were going through my head for having a wet dream (even though i shouldn't feel guilty as there is nothing i could do about them) and i just felt like masturbating would be just what i needed but baruch hashem i was able to control myself and i quickly got out of bed changed my clothing to fresher clothing and just told hashem i'm powerless you take care of me! and just took a bunch of deep breaths and tried going back to sleep last i know i woke up at 7 with a great victory! and now i'm by work feeling real good about myself instead of like a depressed loser baruch hashem!

Your Friend Yankel

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Re: just trying to do the right thing  
Posted by lifebound - 11 Feb 2018 18:17

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That's awesome Yankel, fantastic victory. Handled that like a champ. It gives me inspiration to keep trucking

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Re: just trying to do the right thing  
Posted by ayidel - 12 Feb 2018 14:35

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Yankel youre really pumping your muscles and doing a great job keep up the good work we're all rooting for you

i think of wet dreams that come when we are on the way to getting better as a last way of the y"h as he knows that when i have my right mindset he can't get me so he tries to knock me off balance at a time that i am not set (or get me into a mood where i lose my strength and clear mind)

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Re: just trying to do the right thing  
Posted by iampowerless - 13 Feb 2018 14:48

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. Each day has been a unique struggle but by  
dealing with it ODAAT b'h it starts adding up!

And if i was able to do this, i'm sure all of you fellow GYE Members could as well. So hop on  
board!!!

Anyways Looking Forward to many more clean and pure days!

Lots of Love Yankel!

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Hi everyone today i reached 50 days clean

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Re: just trying to do the right thing  
Posted by ayidel - 13 Feb 2018 18:01

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Great job and keep pushing ahead youre an inspiration to us all and you really seem to be on  
the right track

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Re: just trying to do the right thing  
Posted by Hashem Help Me - 14 Feb 2018 04:27

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Yankel you are a real inspiration! Your positivity is catchy! Mazel tov on your accomplishment.  
lyh more!

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Re: just trying to do the right thing  
Posted by iampowerless - 16 Feb 2018 16:45

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Hi everyone who is ready for some Yankel erev shabbos thought's?? here it goes.....

One thing that catches my eye when i read people's posts, is that people who are looking for sobriety are very busy (and rightly so) with avoiding triggers, getting filters and going to the Gym Etc, but i don't see too many people talking about a tool called mindfulness (this tool and website was recommended to me by my therapist and i think it's a great tool) i've been using this tool to calm myself when i'm feeling extremely anxious and stressed i lie in bed and start listening to some of this mindfulness audios [www.excelatlife.com/downloads/relaxation/audios.htm](http://www.excelatlife.com/downloads/relaxation/audios.htm) and afterwards i feel extremely calm and able to just sit through my urges. again it's just another great tool in the sobriety puzzle! Let me know your thoughts on this tool. wishing everyone a clean and enjoyable shabbos

Your Friend Yankel!

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