

Starting over - new journal

Posted by MickeyMussar - 21 May 2019 16:16

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Day 1 (I hope)

I had the same "epiphany" yesterday that I have had many times before. Sobriety for me can't mean only that I haven't looked at pornography. It means that I have been acting responsibly and staying off my bottom lines. I had ~45 days but they were filled with escapism (during work hours) including tv, podcasts, comics, online articles, etc. A couple of the things I looked at had inappropriate material sprinkled throughout other appropriate material, but I knew almost for certain that there would be those inappropriate images and would scroll past them quickly but look while I did it. Today I am going to try to stay focused on one thing at a time and just do my work with no distraction. I will probably post some writing exercises that my sponsor has suggested as I will use this forum to record my process.

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Re: Starting over - new journal

Posted by Here - 24 Oct 2019 13:57

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Thanks you for sharing your challenges and telling us what is on your mind when you do the things you do - It's like reading the Diary of a Wimpy Kid where he tells you what he is thinking. I sounds like you are introspective.

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Re: Starting over - new journal

Posted by ColinColin - 31 Oct 2019 23:57

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The internet has changed the way many of us think.

The old days of reading a book, staying focussed on one thing...long gone.

Now we move from thought to thought, article to article.

We don't concentrate on linear thought so much, we don't follow a narrative so much.

So do not be hard on yourself for the way you work.

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Re: Starting over - new journal

Posted by Here - 21 Nov 2019 09:19

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Knowing the correct question to ask is half the answer. With that said, curtail as many things as you can in a methodical way and the brain can readjust to the good old days. How: find the falsehood and remove it don't look for the truth! Truth is a diamond under rubbish, do you jump into the rubbish or remove it to get the diamond?

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