

Getting sober

Posted by gye5770 - 31 Jul 2019 11:30

Hello

I am new here but have been doing the program for a while already, so i have a sponsor i speak to, and do the program, I just had a fall so i thought what i could do, and decided if i try to help others by sharing my story and day to day life as an addict maybe it will go deeper into my head to want to stay sober - because that is what its all about - only the mindset and a strong willingnes.

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Re: Getting sober

Posted by gye5770 - 23 Aug 2019 16:05

Hello

just checking in once again. B.H. clean for 19 days of one at the time. I prayed to God alot today to take away my desire to look and to fantasize about them basically to look and think of women as sex objects and B.H. it works as it really helps me.

i hope to continue on this wonderful journey.

shabbat Shalom

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Re: Getting sober

Posted by Captain - 23 Aug 2019 20:59

Wow! Keep it up! We're all rooting for you and hope to hear more about your success in the future!

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Re: Getting sober

Posted by gye5770 - 17 Sep 2019 09:51

So how does this really work i was thinking and the obvious answer is for me i dont know but it sure works when i work it.

The first thing i have to learn is to want to be sober, even when i am desparate to look to be MZL or whatever it is, i have to know that to be sober is alot better than to be addicted - there are so many advantages to it.

I can be open and honest with my wife, i can look my wife in the eyes and say i love you, i dont have to worry if my work colleagues come behind my computer - all they see now is the GYE Website. I can have a clean conscious going out on the street. Plus there are many more advantages, so if i am desparate i try to think of these advantages and pray to God to take away the power of this fantasy. I hope i am on the right way, it feels better than just to wait till the wave passes - i pray that the wave should pass because then when it comes back it is less powerful.

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Re: Getting sober

Posted by gye5770 - 23 Sep 2019 14:39

When i am in a sober streak i have to work out what triggers me.

Which of the HALT things gets me the most likely to fall. By me its being tired and upset about things, they can be so small at times - but they cause some havoc in my head and i tend to fall then. What i have learned from my last falls, to fill what i want to gain with looking at pictures and women in general, to fill this with a positive attitude by doing something i like for example learning or any other hobby that i have. But what really helps me is talk to ther person i feel hurt by - as often it can sorted out by talking and there is no need for resentment.

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Re: Getting sober

Posted by gye5770 - 02 Oct 2019 11:44

Being hungry is never good for me as an addict - then i tend to look around more and be more restless. Today will be different as i have discussed this with someone on the program and we decided we will not go after lust today. Just today!

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Re: Getting sober

Posted by gye5770 - 02 Oct 2019 12:01

Passed R.H. have never been like that - this year i actually managed to concentrate on davening and did not have the strong desire to look around at women, because prior to the davening i decided to be lust free and asked god to assist me - and yes he did indeed.

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Re: Getting sober

Posted by gye5770 - 04 Oct 2019 09:45

Today and just today as tomorrow is another day. I WILL BE FREE OF LUST AND OF ACTING OUT, when i feel an urge i will leave my workplace to air out a little and then come back or i will call someone to share.

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Re: Getting sober

Posted by gye5770 - 23 Oct 2019 14:22

B.H. i am having a good streak and it should keep at it. Doing one day at the time and sometimes one minute at the time. It does get easier sometimes but then at other i just pray to god to take the lustful thoughts and fantasies away from me. When i am tired i am more acceptable to lust and that is what happend over the past few days, but B.H. i had someone to support me - my higher power has helped me yesterday and he will also help me today.

Have a good day

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Re: Getting sober

Posted by gye5770 - 20 Nov 2019 12:40

Had a fall since my last time here, as i think i will anyway get up again but this is a terrible pattern. Since my last fall i have decided in my head - as that is where it all plays - that i do not want lust to get into me and will take one day at a time and not let the Y.H. enter my mind telling

me its just one more time - you are anyway not so long sober so better have a fall now instead of at 100 - i will pray to god to help me with keeping the Y.H. out of my head and i will also try to keep my eyes down or think of something else when i see a women.

Have a great day all of you

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Re: Getting sober

Posted by ColinColin - 21 Nov 2019 02:01

That is a positive step.

If the urge to fall happens, just see it as an urge, that you have the power to ignore.

Accept it for what it is, a thought.

Just because it exists, you do not have to act on it.

After a while, it will go away.

It may come back, but again, you do not have to act on it.

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Re: Getting sober

Posted by gye5770 - 29 Nov 2019 10:06

B.H. doing good, taking one day at a time, not thinking about tomorrow and neither about yesterday.

What helps me?

I try to call people min. once a day to discuss any stress and that is how the stress is reduced then. I also go to face to face meetings which is probably the most usefull thing there is, no one looks at you differently in those places just because you are addicted.

Last but not least this website which gives me lots of Chizuk

Thank you and good Shabbes

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Re: Getting sober

Posted by gye5770 - 27 Dec 2019 09:26

Sorry i was not very active here lately due to lot of work in the office. But my sobriety comes first and it feels good. I am in middle of writing down my fears and it really unblocks me just to write it down on paper. And what also helps me i speak alot to god to help me and show me the way he wants me to take - i thought i do that a long time already, but now i realised that i did not really let god lead me, it was more like i told him what to do. For example i told him to make sure it all goes good by the meeting, now i changed the wording a bit and pray that he should put the right words in my mouth and make me do the things that are best for me. Try it - it works.

Shabbat Shalom

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Re: Getting sober

Posted by gye5770 - 13 Mar 2020 09:09

Getting back in the program. I am now sober for a longer streak B.H. and working on the program every day with my sponsor. I have started looking for a sponsee. Any idea how to find one?

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Re: Getting sober

Posted by Hashem Help Me - 13 Mar 2020 11:27

GYE has a Partner Program. You can sign up there. It is in the top left box on the page.

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