

12 weeks sober today

Posted by NeedHelpNotJewish - 28 Jun 2014 01:29

Somehow by the grace of God, I made it 12 weeks without masturbating or looking at any porn or participating in sex chat.

How I feel

It doesn't nag me constantly. I do get obsessive thoughts, but maybe only once a day or so. I'm not constantly reaching down to physically check to see if my junk is still attached to me, not to jerk off or edge, but just to fiddle like a 5 year old. I no longer really have to slap my own hand. I don't obsessively check out sexual body parts of people I see at work, joggers, people on the street, and so on. I can look in their faces and see the Light that comes from being a child of God. I am happy and content, even though there are also trying times and other emotions. I am full of joy and peace, almost to an indescribable level. I can more easily look people in the eye, especially my wife and kids, and know deep in my heart that there are no secrets I am hiding from anybody. I have days I don't even think about my addiction, or focus on avoiding triggers etc. I used to have my phone totally locked down, and back then I seemed to always be trying to find the loopholes, and in iphones there are plenty. Not to act out with porn always, but just to see. To break the code. To play cat and mouse. That gets my adrenaline going and that often leads to porn/masturbation/sex chat. Now my accountability partner unlocked my phone. It has been unlocked 2 months and I haven't once secretly looked at a single image or video, even mild, with intent to get sexually aroused. My filter is now inside of my heart. I know I might get weak, but I have strong enough character to ask someone to lock my phone for me again for a while if I need it. My ED is gone 90%. My DO problem is non-existent, maybe I even come too fast for her, but sex is much better. I wake up to a really hard erection most mornings and without fantasy or touching, it lasts up to 20-30 minutes. I am 49 freaking years old. Who would have thought my teenage boner would come back! My sexual relationship is much better only because my relationship is better. I have surrendered to the fact that sex is always optional, and that there is never any obligation or expectation whatsoever. This is not a resentful surrender. I am so full of peace with this comforting feeling and knowledge.

How I did it

1. I called, texted, messaged, or committed face-to-face to another human being every single day that I would not masturbate, sex chat, or use porn for the next 24 hours. I knew in my heart that after the 24, I could either renew that commitment or go another way. So far I have always renewed it.

2. I read sacred text and meditated, prayed, exercised, ate right, got enough sleep, always took care of BLAHST before either Boredom, Loneliness, Anger (or any negative feelings), Hunger, Stress, or Tiredness (BLAHST) became a trigger to want to self-medicate with the brain chemicals that flow when I PMO.

3. I confided discreetly in many friends and family, who often ask how I am doing.

4. I fought for 4 ½ years this demon, getting 8 months one time and 9 months one time, but often relapsing every couple of days for a total of more than 50 relapses. All of that was experience which helped me make it to 12 weeks today.

5. I helped others. I have responded to many many of the requests for accountability partners on this forum and another. Helping others stay clean through encouraging texts, emails, and phone calls helped me stay clean. I don't believe it is possible without this aspect; maybe it should be number one.

6. I listen to uplifting music with non-sexual and non-romantic lyrics. Some spiritual, yes, but also stuff like The Best Day of My Life my American Authors. I tried a link there to the lyrics but it didn't work.

7. I tried to be less selfish. If I didn't want to do the dishes or make my bed, I did it anyway. If I would rather read than interact with one of my kids coming up to me asking for something, I set my book or kindle down, looked them in the eyes and gave 100% of myself to them. Oh what a joy that is. I start doing something I don't feel like doing, even though it is good, I begin to like it and it is the most fulfilling experience I could describe.

8. I acknowledge God's hand in all things in my life, even my serious accident that put me in the hospital and needed two surgeries that happened around week 8. I see all things as a gift, even stressful situations.

9. I live in the Now.

10. I LOVE what is, as it is. Maybe this one goes on how I feel, but it is an effort.

11. I listen to the little voice. I did what it said. It never harms or lies; it always gives me something good to do, even sometimes something good for myself.

12. I took care of myself. I looked myself in the eye in the mirror and realized how much I love myself, exactly how I am, with all my imperfections.

What was hard

Withdrawals. Oh my gosh. Seemingly uncontrollable desire to resume my old behavior (urges), extreme irritability, sleeplessness, agitation, physical flu-like symptoms, blue balls, sexual frustration, depression, dysphoria, loss of interest in anything but sex, despondency, but no suicidal thoughts like I used to have. All of these symptoms occur sometimes still, but for the most part they diminished as time went on. The first week was hell. The second week seemed a little better until it got worse, then from week three on things were manageable. I found to just love the withdrawal pain and push through it made the most sense. I don't want to relapse again because these always reset when I go back to day one. I know. I have reset so many times. It was hard to forgive myself. It was hard to get obsessive thoughts out of my head. I latch on to the stupidest things, but they are related to my addictive behaviors. Another thing that was hard was the grief and feeling of loss of leaving this part of me behind. I felt denial, sadness, anger, negotiating tendencies (well I might not be completely done; maybe I could just edge; maybe playing with it for a minute is ok (pre-edging?)), and finally some acceptance that I no longer have porn in my life. I no longer masturbate. I no longer arouse myself via chat rooms etc. This feeling of grief and loss is very real and is still going on. I know PMO is a bad thing, but that doesn't matter. I still feel a loss. The random erections that come as a healthy side effect of quitting PMO are a double-edged sword. I was often tempted to play with it, because after all, the most triggering "porn" for me is the sight of my own body. I don't need a computer or a magazine or a dvd.

Thanks

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Re: 12 weeks sober today

Posted by NeedHelpNotJewish - 28 Jun 2014 01:36

I actually wrote that yesterday. Today, I am all fired up!

Do you know that I have been trying to quit porn since I found out I'll probably lose my family in February 2010, and I have tried with all of my strength and still I relapsed 50-70 times? I just made it to 12 weeks only by extremely slow, yet FORWARD progress. Even then, I started wanking this morning feeling sorry for myself. Self pity kills. I don't know how the miracle happened, but I turned to God, acknowledged that I have a choice every time and that right now, this moment, I choose God. I put my cock away and cried to Him, not begging that he take the addiction or the urges away, but vowing that I completely surrender my whole self to him, whatever he wants me to do. I have been walking with my head high today since that moment. It was a very close call, but I did not relapse. I stopped. I am carrying on, not choosing what I want but what God wants. For Him. For my family. For you and my other brothers who fight this demon. It helps to get fired up, to get angry at (the devil) or the porn or the evil of it all. I am so pumped up and full of fire right now. I am watching Gladiator at my desk at work ha ha. I'm using my adrenaline for a positive purpose. I understand feelings of disappointment or discouragement. I have the same ones. Perhaps I am only a few paces further in the glorious path of recovery from pornography and self abuse, mental, physical, emotional, and sexual. Perhaps you are ahead of me. It doesn't matter. I will participate in this self- and family-destroying practice no more. I will stand strong. You all fire me up. You give me one of the more important reasons to beat this. We will conquer together my brothers!

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Re: 12 weeks sober today

Posted by dms1234 - 28 Jun 2014 02:03

WOW! INCREDIBLE!!!! KEEP UP THE GREAT WORK!

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Re: 12 weeks sober today

Posted by ewards - 29 Jun 2014 01:50

that is so good and you are giving god the credit. I believe that is the way to go . Iam not jewish but this this site has helped me so much . I discovered bye on a porn site was a pop up . Am so

pumped for you . I to have decided to give this whole thing to god and I believe he is working in my life also (there is power in the blood) Hang in there and keep me posted Keep trusting and believing

ewards

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Re: 12 weeks sober today
Posted by NeedHelpNotJewish - 26 Jan 2017 21:36

OK I am back now. Thought I had this figured out. Made it to almost a year pretty much. now what? I work well with people in one on one conversations, either mentors or counsellors or those struggling and want my support. Anything I can do, I am here.

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Re: 12 weeks sober today
Posted by Shlomo24 - 27 Jan 2017 06:01

Wow. KUTGW! I read the first post. Never heard of BLAHST, just HALT. Me likey.

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Re: 12 weeks sober today
Posted by Singularity - 27 Jan 2017 06:56

Well done, keep it up!

So how's life been the past 3 years?

In my opinion the best way to deal with it is **never** to say "I have this figured out". It's the ego. And acting out soon follows.

Give it up.

To God. He can figure it out for you. Live for Him, for today.

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Re: 12 weeks sober today

Posted by NeedHelpNotJewish - 24 May 2017 21:04

I don't know what to say. I made it about to a year, but then let things slip and stopped attending meetings, and I am back to the habit. I don't feel the self loathing like I used to. I understand my root causes after group therapy and 4 years of individual therapy and having a sponsor and being a sponsor and over 1000 face-to-face meetings and even more phone meetings. Welcome back, me!

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Re: 12 weeks sober today

Posted by GrowStrong - 24 May 2017 22:22

[NeedHelpNotJewish wrote on 24 May 2017 21:04:](#)

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Warning! Unsolicited Advice

Go Back To Meetings!

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Re: 12 weeks sober today

Posted by Trouble - 24 May 2017 22:39

Do you have a filter? have you seen TAG? How about NETSPARK? You can try Livigent as well. If you break thru, try another one.

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Re: 12 weeks sober today

Posted by NeedHelpNotJewish - 15 Oct 2018 20:10

hello everyone. I am back. so grateful to everyone. I appreciate your support.

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Re: 12 weeks sober today

Posted by strive613 - 16 Oct 2018 06:20

Wow, unbelievable! Hats off to you!

Thank you for sharing and giving me inspiration!

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