

An Old Timer, relapse, and another chance to live

Posted by Old Timer - 18 Jul 2017 21:45

Greetings to all my new Gye freinds out there. I am truly and Old-Timer here on GYE, the infromation and chizuk on this site started my recovery about 10 years ago, before the advent of the GYE Forum. Yes, once upon a time gye was guardureyes.org and there was no funding or forum.

Today I am divorced and lonely, 'shpritzing' once every few days. Wasting the precious hours I could have been sleeping. And being ????? on a highly impressive life or recovery that I was occustomed to live, for what?..... a few sleasy pics that internet ETROG didn't succeed in filtering? ???

Today 7/19/17 will bezras hashem mark the first day of my NEW journey. It is my zchus to share with anyone who will want to read, my experience. For your benefit, and MY OWN quality of life.

day 1: Contrary to the hormones excreted while mas-----, I would like to take a few moments to "bring up" the uncomfortable feelings I had this evening while looking at shmutz. I'm hungry, I didn't eat lunch today, and instead of at least eating supper, I just ran to the computer. I'm sweating in here, the AC is off, and I can't even bring a fan into the room, because this CRAVING doesn't allow me to think while it is in action. Not that I CAN'T THINK, but rather that the ABILITY to think is a skill I used to have and recently gave-up (in preference of drugging my feelings with shmutz and 'shpritzes'...). Once upon a [sober] time, I used to calculate win-loss, involved in every "opportunity" to fall or slip. Obviously the 'cost' of acting out was never worth it. I used to consiously identify 'acting out' as suffering. Not becuase SA littreature ays so but rather because if i look at the situation from an HONEST perspective, it truly isn't worth it. [???? ???? ?????? ????? ??' ????? ???? , ?? ????? ?????]

Going to bed, looking forward to updating this thread tomorrow, and sharing with you guys how day 1 went for me.

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Re: An Old Timer, relapse, and another chance to live

Posted by lomed - 31 Jul 2017 20:01

For me the fact the sex is optional is an integral part of my recovery. If the only way i can stay sober is that i have sex with my wife, i am in danger, that when we cant have it i may loose my sobriety. verses if my sobriety is independent to sex with wife, then i have a chance to recover from being dependent on sex in any form.

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Re: An Old Timer, relapse, and another chance to live
Posted by Old Timer - 31 Jul 2017 20:13

Maybe there was a time that also for me sex was optional, but life is always changing, and the amount of time I spend on working the program has steadily been on a decline (especially sponsorship and groups). So the "peacekeeping" force that my program was downgraded to, didn't stand a chance when the "onslaught" came (of worries-problems-???? not lust). I was clean for long terms, because my situation wasn't so bad. The quality of my stepwork was good enough for a married guy with a monthly outlet. I should have spent more time dealing with my feelings///

Does that mean that i must ALWAYS invest countless hours in stepwork, so that i will ALWAYS be ready for the onset of WW3? I think that's stupid (to quote our President). But when i **do** have issues, it sounds reasonable to force myself to "do more" for my recovery-sobriety.

.... i am sitting down now to start writing my feeling on paper (stepwork)

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Re: An Old Timer, relapse, and another chance to live
Posted by serenity - 31 Jul 2017 21:51

Sex is optional. It has nothing to do with how I feel about it. I can choose not to believe that or I can choose to believe it but it is a fact nonetheless. I choose to believe it because I won't stay sober if I believe otherwise.

I hate to give out advice especially to a person like yourself who has put up many walls to protect yourself from the advice of others, but I will anyway. If you want to get sober you have to let go of your own ideas. How you do that I don't know. I had to be given the gift of desperation first. Your bottom is way lower than mine and you haven't found that gift yet. I hope you find it soon.

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Re: An Old Timer, relapse, and another chance to live
Posted by GrowStrong - 31 Jul 2017 22:33

This thread is getting interesting

Lomed I love your recovery

if I may give some unsolicited advice Old Timer I think the cholent has been on the heat too long and shabbos was over a day or two already. The pot needs cleaning and a new cholent needs to be prepared.

Most importantly I saw no powerlessness in your step one and I see no surrender in your step 3
much hatzlocha!

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Re: An Old Timer, relapse, and another chance to live
Posted by Shlomo24 - 31 Jul 2017 23:55

[Markz wrote on 31 Jul 2017 16:12:](#)

I do not intend to minimize your pain of separation etc etc etc

[Old Timer wrote:](#)

being single and sober is akin to living my whole life with pangs of hunger

From your recent posts it's apparent that it has nothing to do with single or not

I haven't really been following the drama here, but once I saw this I felt compelled to post. I am actively single right now (rejecting all offers). I'm also sober. I don't usually share my sobriety date, but for this I will. I am currently sober for 8 months 3 weeks and 3 days. Sex is 100% optional. I am fully willing to abstain from sex for the rest of my life, if that's what my Higher Power wants. And I don't crave sex either. In fact, the only time that I really ever crave sex is after I relapse and I act out in my bottom-line behavior. From time to time I feel triggered, but I surrender. My Higher Power gives me everything that I need. There's nothing that I need that I can't get from Him. I, to say the least, am not suffering from any "hunger pains" of the sort.

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Re: An Old Timer, relapse, and another chance to live
Posted by Markz - 01 Aug 2017 00:07

[Shlomo24 wrote on 31 Jul 2017 23:55:](#)

[Markz wrote on 31 Jul 2017 16:12:](#)

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[Old Timer wrote:](#)

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So "Have an easy fast" now has a gye connotation, thanks Shlomo

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Re: An Old Timer, relapse, and another chance to live
Posted by Shlomo24 - 01 Aug 2017 03:02

I've been fasting for a helluva long time if that's the case.

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Re: An Old Timer, relapse, and another chance to live
Posted by Old Timer - 01 Aug 2017 07:09

GrowStrong wrote

"I may give some unsolicited advice Old Timer I think..." Just because I am too cheap to pay you a salary, never said I am not waiting to hear it. The best thing that can come out of my posts, are finding the flaws and weak spots in my "journey of recovery".

"Most importantly I saw no powerlessness in your step one and I see no surrender in your step 3"

Powerless for me, means that there is a power much greater than me, and why should I stubbornly insist on doing it the hard way! The ????? Hashem gave me, only bring out half-baked results. In the last 10 years, I never built any lasting recovery on the basis of "rock bottom" (it only worked for me on a short term basis).

Surrender: Is there something that I had to surrender?!? For years my life has been in a steady decline, deterioration is maybe a more accurate term, I have nothing more left to live for other than Hashem's will from me. I didn't do any deep ????? before writing this post,

but I am pretty sure that there is almost nothing left in my life for me to surrender. Unless you include in the concept, "turning my life over.... i.e. ?????". Which now strikes me as something lacking, big time. No I am not referring to better ????? ?????? ?????, I am referring to prayer as a solution and response, just like anyone else in the program. **Can it be said that I am doing step 2, and forgot step 3?**

The following thoughts flashed through my brain, and I think there will be a benefit in sharing on the forum how I "lie to myself". Here goes.... In defense, if we truly understand-believe-trust that whatever hashem does for us is "better like that, good, great, splendid". There should never be a topic that we need to pray over. We should be saying thank you all day long, and that is it! I'm not making this up, R Arush preaches it for years! More so, I once saw in ??? ?????? ??????, ?????? ?????? ??????, ??? ? that he quotes from the baal shem tov, a segula for all tzaros, don't even daven about it just believe 100% that ALSO this is good. He adds there that he himself uses it countless times, and "it works like a charm". For a long time I had my litzish reservations about this, how can it be? There is a mitzvah ?????????? to daven when tzaros come? But when I learnt to identify that there is nothing bad in my life, than I finally understood it.

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?? ??????? ??? ????? ?? ????? ????? ??' ????? ??????? ?????????, ??? ?????? ????? ??' ?"?"

...and this is my excuse for not spending any time to TRULY daven (turning to his power alone, and stopping to respond with my meager powers), or even to thank him on a daily basis for all the "good". lame excuse! ??????? ??????? ??????? !!!

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Re: An Old Timer, relapse, and another chance to live
Posted by Markz - 02 Aug 2017 01:41

[Shlomo24 wrote on 01 Aug 2017 03:02:](#)

I've been fasting for a helluva long time if that's the case.

1st time I heard 24 hours is hell-luva

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