

Back on Track's trekking along

Posted by Back on Track - 07 Aug 2011 19:45

hi everybody. clean 100 days here. but looking for chizuk in continuing this journey to where we all know we want to be. A little about me. born modern- became frum later in life. Had prob with m* since I was able to. I began working toward recovery about 2 years ago. I had a lot of ups and downs, I am finally at a point where things in that area of life seem to be leveling out. only thing is everything else is so up in the air..... I actually dont know whether Im comin or goin. But Hashem has a plan for all of us, and thats what we need to follow.

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Re: Back on Track's trekking along

Posted by Gevura Shebyesod - 18 Aug 2011 20:57

[Back on Track wrote on 18 Aug 2011 20:53:](#)

This is my thought for now:

The line between teh levity and the purpose why we are all here on GYE is eaasily seen. At times some ask if all this revelry is really helpful toward recovery. I cant answer that question and I am not certain about it frankly. BUT----- I once read a comparison to the function of the fun and games on this site and how one knows if this is getting in the way of recovery or not.

A mashal.... (in short my hands are tired and I gotta go soon): A guy is dancing in a room with loud music at an event. everyone else is dancing along as well and then suddenly, he feels his heart beating uncontrollably... he is having a heart attack. He goes and taps his friends shoulder trying to commuicate that he is in trouble.. but his friend continues dancing along. He tries tugging at another friends arm screaming HELP ME HELP ME!!! but no one hears him becuse of the music. eventually everyone who is partying over there begins to feel this whacko who is running around and tugging at people is ruining the mood. So they call the bouncer who summarily picks the man up and throws him out on his ear. the man then dies right there outside the party.

Here in GYE the music plays and we dance and sing. But when someone calls for help he is

immediately responded to. people come out of teh wood work encouraging, offering, helping or just to listen to him. In this we see that the fun and games of GYE are not getting in the way nad just maybe giving some people the releas they need to keep on (monstuh') truckin through the rest of their day.

THings that make you say hmmmmm- keep a green tree in your heart. and a green dollar in your wallet.

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Re: Back on Track's trekking along
Posted by Back on Track - 19 Aug 2011 01:08

Sometimes I feel like I'm vertically dis-integrated.

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Re: Back on Track's trekking along
Posted by Back on Track - 19 Aug 2011 11:33

I think the words we should use are 'recover' and 'cope'. Often people talk about 'beating' And a green car in your driveway, and a green elephant in your head. cops
addictions and winning the yetzer hora. From my understanding there is very little we can do to make this problem go away forever. As in our nekudas habechira on this issue may not change significantly for a looooooooong time as it does with other areas of halacha. BUT that doesn't mean we can't begin using concepts and changing our way of thinking RIGHT AWAY and help ourselves to not act out immediately (one day at a time of course). That's OUR job, to turn to what helps us. How we feel and what challenges us is totally G-ds territory. (And even us turning to Him is really only with His help too though we can think it is up to us.

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Re: Back on Track's trekking along
Posted by ZemirosShabbos - 19 Aug 2011 15:22

BOT, good and astute observation you got there

if you are still feeling vertically discombobulated it might be cause you are hanging out with trees, green and otherwise, they usually grow vertically

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Re: Back on Track's trekking along
Posted by Back on Track - 21 Aug 2011 01:31

I wanna wish the worlkd a good voch... Or at least a good voch to whoever reads gye.

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Re: Back on Track's trekking along
Posted by JackAbbey - 21 Aug 2011 08:35

Yeah! wishing everyone here a goote voch

another clean voch

keep trucking one voch at a time

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Re: Back on Track's trekking along

Posted by Back on Track - 22 Aug 2011 13:11

Feeling a little anxious lately. Not majorly but s/t I figured I should note. I need to connect w/ more people in real life...

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Re: Back on Track's trekking along
Posted by Back on Track - 22 Aug 2011 20:17

i am totally having an urge to look at p*. THough i don have intent to lose my sobriety, the addict in me wants to just 'chill out and relax' a little to some good p*. I BH am not going to do this right now, but i am opne to eitzos that will help me in the time of the challenge.... any ideas anyone?

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Re: Back on Track's trekking along
Posted by gibbor120 - 22 Aug 2011 20:55

excercise, call a friend, **do** anything that fills you up and focuses you on something positive (or at least neutral).

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Re: Back on Track's trekking along
Posted by ZemirosShabbos - 22 Aug 2011 21:11

exercise, calling the friend, moving some furniture, going for a walk, a drive, bake a chocolate cake (with icing), write a poem, mow the lawn, review bardichev's Battle and write a summary, have a funny-face contest with your kid

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Re: Back on Track's trekking along
Posted by Back on Track - 22 Aug 2011 22:06

how about a guard your eyes funny face contest...

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Re: Back on Track's trekking along
Posted by Back on Track - 23 Aug 2011 01:27

bh sober today. But having a hard time w/ desire to look at p*. Trying to just see how useless the stuff is to me. I can't think of one good thing tht ever came out of watching p*. And looking at it is certainly 'cheating' on my wife @ some level.

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Re: Back on Track's trekking along
Posted by Back on Track - 23 Aug 2011 15:13

ok it looks like there are some challenges ahead. I am BH clean for about 120 days. But at the same time, I am getting a strong urge to view porn. I have many challenges in my life right now (perhaps driving me to want 2 escape) and a lot of need for rachamei shamayim. I know intellectually that it is not worth it for me to start viewing this junk. and that all it will do for me is to mess me up more. but that is not what the addict in me wants to believe. He just wants his drug.....

I am bli neder going to try to post each time I get a serious urge to view. and hopefully this will help me work through teh inyan. I will also try to reach out to a real person if this doesn't work.

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Re: Back on Track's trekking along
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In the spirit of "Gam Zu Letova" and always seeing the good in whatever happens, I can say that my problems with P*, M* etc. led to making all these new friends here on GYE, which is one of the best things to happen to me in a long while...

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