

Yossi's Journey

Posted by Yossi.L. - 07 Sep 2011 03:22

Today is day 15 of my current cycle of cleanliness, may this cycle be the everlasting cycle! I always find that the beginning of my cycles are much easier to maintain cleanliness as opposed to a couple of months in. I feel like once I've driven my number of clean days up, i tend to lose the same intense focus as in the beginning. I pray that this cycle will be different. Any tips would be appreciated. Fighting on!

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Re: Yossi's Journey

Posted by Yossi.L. - 27 Oct 2011 21:39

Shmeichel:

1)How could any wage increase be worth the danger of putting myself in that position? Is there a price tag?

2)Well that depends, what do you mean by overcome?

3)It is a real challenge. Multiple people, whom i assume are non addicts, have voiced the same concern about these women

Obormottel:

1)My challenge in the past has been both with live people and virtual. Often one causing the other; both ways.

2)I am strictly trying to understand this from a addicts perspective. So if i were to have no fear of a sexual harrasment problem what would you say?

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Re: Yossi's Journey

Posted by obormottel - 27 Oct 2011 22:00

[Yossi.L. wrote on 27 Oct 2011 21:39:](#)

3)It is a real challenge. Multiple people, whom i assume are non addicts, have voiced the same concern about these women

2)I am strictly trying to understand this from a addicts perspective. So if i were to have no fear of a sexual harrasment problem what would you say?

it looks like I didn't make it clear, although you've answered it twice, it's still not clear to you:

if you are worried that you will let yourself be provoked by these provocative women, whom even non-addicts find provocative, and this may lead to some sexual innuendoes, harassment law suits, or whatever else, then RUN AWAY.

But if it's just a "regular" triggering situation, I'd say you can't run away from life, only from it's dangers. Part of what we are doing here is how to live a normal life even though we are surrounded by triggers.

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Re: Yossi's Journey

Posted by Yossi.L. - 29 Oct 2011 23:58

Obormottel: Upon further clarification.....what your saying makes a lot of sense.

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Re: Yossi's Journey

Posted by Yossi.L. - 02 Nov 2011 16:16

Last night I fell. I fell hard. It ended with masturbation. I haven't fell like this in a very long time. I feel terrible. I have a family and yet I couldn't find the power to reach out for help and avoid

falling into this pit. When I am clean i constantly reinforce to myself how proud I am. Since my fall I can't stop thinking about how dissapointed I am. I must, and I will, find the power within me to move on and keep fighting this war. However, right now in this moment I am doubting myself. I feel vulnerable and alone.

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Re: Yossi's Journey

Posted by gibbor120 - 02 Nov 2011 16:17

[Yossi.L. wrote on 02 Nov 2011 16:16:](#)

I feel vulnerable and alone.

Often the catalyst for *real* change.

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Re: Yossi's Journey

Posted by obormottel - 02 Nov 2011 16:40

you are not alone! we are here for you, and most importantly, He is here for you. get up, shake it off, and back to work.

we do need to talk about how not to do it again, but now isnt the time. do not despair!

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Re: Yossi's Journey

Posted by ZemirosShabbos - 02 Nov 2011 17:28

that must be tough Yossi, i feel for you.

now is the time to move out of the bad and get moving. take what you can from the experience and see if and how you can make stronger fences.

then fuhhgetabbouttit

today is the most important day of the rest of your life, make it a good one

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Re: Yossi's Journey

Posted by Gevura Shebyesod - 02 Nov 2011 17:34

Don't give up! You've been successful before, and you will do it again! Keep being proud of all the clean days, and remember, you are never alone! We are all here alongside you!

FS-KOMT!!!!!!!

Gevura!

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Re: Yossi's Journey

Posted by Yossi.L. - 02 Nov 2011 21:09

I just finished a long work day and I checked to see if there were any replies to my post. After reading all your posts of chizuk I am crying.

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Re: Yossi's Journey

Posted by gibbor120 - 02 Nov 2011 21:11

Here, you do not cry alone :(.

When you are done crying, hop right back in the truck!

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Re: Yossi's Journey

Posted by Yossi.L. - 02 Nov 2011 21:11

My crying is a mix of broken heartedness and feeling cared for. My emotions have been strange and varied since my fall. I got to get myself back. It's not easy.

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Re: Yossi's Journey

Posted by gibbor120 - 02 Nov 2011 21:17

We've all been there. It's not pleasant. Having this chevra definitely makes it easier. Hatzlacha!

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Re: Yossi's Journey

Posted by JackAbbey - 02 Nov 2011 22:16

say with a firm affirmation:

"Hashem i will serve you with my whole heart and soul, however hard it is"

then start trucking, "today is day one"

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Re: Yossi's Journey

Posted by obormottel - 02 Nov 2011 22:46

Ok, so now's the time to talk (in my highly objectionable and cross opinion).

Do you know what led to this fall? Did you ignore the fences you had in place or did you not have appropriate fences?

Do you have a life person to reach out to, other than family?

You know, this is like a migraine headache - you can hear one coming from a mile away, and after a while, you learn what to do to stop 'em in the tracks.

Sounds like you were just swept under....

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