

Mines of my mind...

Posted by aaron - 28 Nov 2011 00:55

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First and foremost, the title is MGM lion. no i'm not drooling all over myself, nor do i seem to have lost my ability to speak/type. (although i can't quite vouch for my own sanity)

Ok, i'm back and i got a few new tactics up my sleeve. i'm not gonna let my yezer take me down.

i'm trying to get a 90 sponser for my my cleanliness .

1. calender on my wall showing days clean
2. chizuk on the back of my door - its been really helping me a lot recently
3. hung reasons why i want to get clean on my door
4. regular exercise - already started running a few times a week
5. increased social behavior by getting out of my room and spending more time with friends
6. \$20 to GYE per fall over the course of the next month (B'n)

i'm gonna try and post regularly here. just helps to vent. started reading chizuk and daily dose e-mails again. trying to stay on top of school work and prob gonna start talking to someone on the phone once a week.

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Re: Ba Bada Ba....Ba ba bah ba beh ba

Posted by gibbor120 - 01 Dec 2011 22:43

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Do you have someone you could call every 30 minutes (or whatever makes sense)? AND to call if you are feeling weak? Can you work in an area that others can see? Why all night? Did you wait until the last minute? All night doesn't sound like a good idea to me.

Just my thoughts.

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by aaron - 01 Dec 2011 23:22

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i don't have anyone to call at the upcoming hours....

will anyone be willing to speak briefly every hour till 12ish?

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by aaron - 02 Dec 2011 05:15

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YOUR TEPHILLOS WORKED!!!!

i've made it through the night. left my place of solitude and went to go study in a more public location. wound up studying much better. abandoned using the internet much earlier in the night.

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by Back on Track - 02 Dec 2011 13:25

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I can't type that much now cuz of time and cuz I'm on my phone- I just wanna say I am very inspired by how real your writing is. I hope that describing your feelings is helping you to close that gap inside as opposed to expanding it- it certainly does seem so. May you have a wonderful shabbos and please continue to write more- there are live people jear who are affected greatly when s/o shares so honestly, and articulately. Thanks!

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by gibbor120 - 02 Dec 2011 14:27

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[Confidence wrote on 02 Dec 2011 05:15:](#)

GREAT! INCREDIBLE! AMAZING! WONDERFUL! KUTGW!

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by aaron - 02 Dec 2011 20:09

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i couldn't sleep last night with all the pressure of nonsense.

shkoyach gadol chevra  
I started reflecting (I know not necesaarly the best of things)

it came to my attention that i had read on the forum of someone else's hardship recently and it made me realize what i love about porn and Mas.

it makes me feel powerful

within my own fantasy, anything is possible. people become objects, i become their masters, i have the ability to punish or reward to my liking. but this is simply my own way of coping with

powerlessness that i have over reality.

so in making my shift into recovery i want to try and regain power over things i should have control over.

the way i use my time, the projects into which i invest, the way i interact with others. this new shifting of voltage might just change the world and bring me to new levels of confidence and self-

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Re: Ba Bada Ba....Ba ba bah ba beh ba

Posted by Dov - 04 Dec 2011 05:28

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Sweet!

Now, "hakol bidei Shomayim" doesn't mean that we can't do *anything*, rather, it means that ~~esteem only this time, they might be products of reality~~ **outcomes** are 100% in ~~His~~ **my** hands, alone. In other words, we are powerless over *outcomes* - and that is as true for non-addicts as it is for addicts. All we humans can do is try our hearts out.

So if the power you crave means the ability to *make things happen*, I bet you are barking up the wrong tree - it'd be just more fantasy. No, not *dirty* fantasy...but for one like me, it's **fantasy** that I am allergic to, not just sex with myself (or with anyone else). Not just schmutz. It is the *fantasy* of what I *could* be feeling that makes the porn so powerful and sweet, to me. It is it's entire power. I am powerless over it, for sure, and I *want* no power over it, either! I want to have nothing to do with it at all, from today ad yom mosee.

Fantasy - dimyon - and is at the root of typical lust behaviors, it seems. I think many experience it this way...maybe everyone. Nu. Maybe you are different, maybe not.

Either way, you have come a long way already, so.....

Alei v'hatzlach!!

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by aaron - 04 Dec 2011 06:29

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Shkoyach....

but just to confirm i got the message clear, you're saying that we can't really hope to change anything but our attitudes? results are not in our hands, for better or for worse.

what's interesting,( and i know philosophy may just be overthinking) is that its very hard to actually *want* to change

i'd be lying through my teeth if i really said i want to change and told Hashem that. I think that for many, this is all too true. we know we have done something wrong. we know we have experienced a degree of pleasure through that action/thought but not knowing how to access a greater degree of pleasure (or not having ever tasted it) makes longing for change difficult. Its too far away and i want my cake NOW!~!

instead, the best i seem to be able to do is to WANT TO WANT TO CHANGE. i can ask H' for that at least. i know something better exists and i know its attainable, at some cost. but i know that deep down that is something i can control ~ the wanting to want something.

and only from there can i begin to grow.....

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by Eye.nonymous - 04 Dec 2011 12:30

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It's also a madreiga if we want to WANT to change.

(Just dropped in to say hello).

You're doing great.

--Elyah

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Re: Ba Bada Ba....Ba ba bah ba beh ba

Posted by Dov - 04 Dec 2011 14:34

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Maybe, just maybe, this feeling of power you have is actually a taste of *freedom*.

Try putting it in the place of the word power and see how it feels.

Just a suggestion.

Really.

ciao.

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Re: Ba Bada Ba....Ba ba bah ba beh ba

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Posted by aaron - 05 Dec 2011 05:24

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elya - 100% its better to want to change.. just sometimes its too diffucult/unatainable level to reach

dov - i hope that i soon begin to recognize that feeling to truly be affiliated with freedom. for the time being, i'm battling internally.

anyone here ever realize that they are entirely capable of achieving happiness but are not interested in tapping into it because it feels fake or forced? i know many are of the opinion that happiness is a decision, but how can i feel comfortable living without it thought out? it just seems absent-minded rather than purpose driven and meaningful.....

the last point i have for now is that i really want to start working on controlling what i read. i've filled my mind with so much garbage for my connection to Hashem. I wanna make these 90 days free of all the a pik orsus that i've been drinking in. i continue to try and re-affirm my emunah but find it wavers continually.

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Re: Ba Bada Ba....Ba ba bah ba beh ba

Posted by Back on Track - 05 Dec 2011 12:58

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I have experienced that quandary of wanting 'thought out happiness'. By me that was a code word for a mental dynamic that went like this- I hate being sad. Sechel is emmes and is everlasting. If I have a secheldige happiness I will never be sad.

It works out in theory. The problem with this is that I was using it to run from pain not to improve my outlook in a healthy way. I happen to be human, and humans by nature experience periods of time when they depart from acting/epxperiencing life through their intellect.

Thanks for helping me realize that.

Ps- not sure if you got was dov was trying to express- if I may.... It seems you are fighting valiantly. And I wish you great luck and success. But 'fighting' can only take you so far, as can will power. The truth is, IF you are an addict, 'freedom' as you term it, is NOT in your hands. Its in G-d's. When u place urself in HIS hands, and place your sobriety in His hands, u'll taste te freedom u looking for.

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by Eye.nonymous - 05 Dec 2011 13:49

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I have been telling myself all sorts of messages my whole life... I'm a failure, I'm useless, I'm incompetent, I'm totally miserable. These thoughts definitely affected me--even though they're not true.

So, why shouldn't I feed myself positive messages, and be affected by them, in the exact same way (only better).

I've made a concious effort to do this, and made up a brief list of affirmations that I tell myself every morning. It has been very powerful.

--Elyah

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by aaron - 05 Dec 2011 21:09

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Great advice guys. glad to hear i'm not alone with this.



i took a fall this morning.

but for me, 11 days is no small accomplishment so instead of being down on myself i'm gonna just keep moving. no time for sorrow here. and in honor of my word, GYE is owed 20\$ for that fall.

to put up strong deterrent, if i fall in the next week, i'll owe 40\$. after this week itll go back to 20.

but for now just trying to keep moving and count my blessings

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