

MickeyMussar's journey

Posted by MickeyMussar - 03 Jan 2012 22:59

I had been doing well for a while (about 3 weeks), but now I'm on break from school and I'm running out of things to do to occupy myself. While I have things to do, I have been waiting for feedback from people so that I can know that I am on the right track.

I've been working at my parents house and they have TV which makes it very easy to waste my time "waiting." I have filters on my computer, but the TV, even when unfiltered, gets me into modes of thinking that I don't want to be in.

P/M has been a problem for a long time. I've been in unstructured work environments so when I didn't know what I was supposed to be doing instead of being proactive I looked at P. I started a new program that gives me more structure but the second that the structure is removed (eg. finals and break) I end up fighting the same battles again.

I've had issues with this for ~16 yrs (out of 30) and I came here for help because I see that I just can't do it on my own.

Hopefully right now I can start a new 90 day challenge.

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Re: MickeyMussar's journey

Posted by MickeyMussar - 21 May 2019 16:19

Day 1 (I hope)

I had the same "epiphany" yesterday that I have had many times before. Sobriety for me can't mean only that I haven't looked at pornography. It means that I have been acting responsibly **and** staying off my bottom lines. I had ~45 days but they were filled with escapism (during work hours) including tv, podcasts, comics, online articles, etc. A couple of the things I looked at had inappropriate material sprinkled throughout other appropriate material, but I knew almost for certain that there would be those inappropriate images and would scroll past them quickly but

look while I did it. Today I am going to try to stay focused on one thing at a time and just do my work with no distraction. I will probably post some writing exercises that my sponsor has suggested as I will use this forum to record my process. (posted this in separate thread, but I want to keep everything in one place.)

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Re: MickeyMussar's journey
Posted by MickeyMussar - 22 May 2019 02:21

10 am

Just doing my work without distraction feels better than distracting and hating myself for it.

10:30

getting trapped in math puzzles.

11 am

trying to get back to work.

12:35 pm

did some good work, still a little distracted by math puzzles, but doing okay.

day ended pretty trong, no tv, no movies, no questionable sites.

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Re: MickeyMussar's journey
Posted by MickeyMussar - 23 May 2019 02:28

Facing a task that usually stumps me, got started and did some good work, but was told to switch tasks and took a little break to take care of some financial issues. I feel bad for not paying attention to our bank accounts to see that we would overdraft. trying to take care of it without beating myself up.

Did pretty good work today. Lost my focus and allowed myself to start watching youtube at ~3:30, but reached out to my boss and finished strong at work.

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Re: MickeyMussar's journey
Posted by qwerty123456 - 24 May 2019 02:05

hey, hook us up with some math puzzles!!

maybe on a different thread? sounds like a fantastic "mind occupier" for when one is bored...

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Re: MickeyMussar's journey
Posted by Markz - 24 May 2019 02:31

[qwerty123456 wrote on 24 May 2019 02:05:](#)

hey, hook us up with some math puzzles!!

Many friends here have been doing that and are mathematically stumped as to how to piece together the 90 day chart.

Tell them it's not a whole number!!!

The puzzle is made out of ODAAT pieces!

And the biggest piece is the elusive 'connection' one. For those that can't find this one, strangely the puzzle keeps slipping and falling again and again and again.

Oh and did you know that $90 \times 1 = 90 \times 1$?

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Re: MickeyMussar's journey
Posted by MickeyMussar - 24 May 2019 16:03

Fell last night with videos, but not HZ"L.

I tell myself that I cannot start anything, but this morning started almost immediately with google searches that didn't work because of my filter. Stopped myself from the google searches I know would work and came here instead.

Have a lot of little tasks today that I know how to do, but still feeling triggered from Monday and last night.

Math puzzles I found are at mindyourdecisions.com (has links to youtube solution videos but also written descriptions so that I don't have to go to youtube. Brilliant is another site that has interesting courses).

Reached out to my sponsor this morning before I started work to pre-empt my acting out. didn't fully work but I have opportunity right now and I am not taking it. so It's an okay start.

Also set myself a goal of a large number of pull-ups today (working from home) so that I have a physical outlet.

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Re: MickeyMussar's journey

Posted by Workingguy - 26 May 2019 04:54

You sound a little bit like me....do you have attention issues? My therapist actually firmly believes that a good chunk of my pst sexual struggles are rooted in attention and impulsivity issues, and not as much sexual. Does that relate to you at all?

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Re: MickeyMussar's journey

Posted by Markz - 26 May 2019 06:07

[MickeyMussar wrote on 24 May 2019 16:03:](#)

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Time for "Rewiring the brain 101" - pull ups while doing math puzzles should do the trick!

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Re: MickeyMussar's journey
Posted by GrowStrong - 26 May 2019 07:16

well the advantage of pull ups is that your hands cant be in two places at the same time

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Re: MickeyMussar's journey
Posted by MickeyMussar - 29 May 2019 16:38

Friday ended up ok. Still watched some youtube videos of political odcasts and distracted myself from work, but didn't act out. hit my pull up target (and went beyond).

Shabbos and Sunday monday were okay, but Tuesday going back to work I ended up distracting myself from the work I was supposed to be doing and looking at images.

I will try to stay focused today, my boss has us going on a morale boosting outing this afternoon so hopefully I can stay focused for the morning.

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Re: MickeyMussar's journey
Posted by MickeyMussar - 30 May 2019 15:45

Yesterday did not go well. Was distracted in the morning and my eyes wandered on our outing. Ended up in the bathroom before bed with an iPad and fell again. I am getting very discouraged. I think I might have sleep problems that sap my energy and make acting out more likely. Trying to bring a curiosity to my struggle today, asking myself what I am feeling before I act out, or what I think acting out will get me, etc.

We'll see what happens.

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Re: MickeyMussar's journey
Posted by Markz - 30 May 2019 17:04

[MickeyMussar wrote on 30 May 2019 15:45:](#)

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We'll **see** what happens.

Or maybe better, guardyoureyes...

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Re: MickeyMussar's journey
Posted by Geshmak! - 23 Feb 2023 23:52

Hello! I see last time you posted was a few years ago... maybe give us an update on how's life? I'm sure the guys that remember you here are very curious and the new guy like me also want to hear were your holding in your fight,are you past it,still struggling? Something bro??

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Re: MickeyMussar's journey
Posted by mickeymussar - 03 Jan 2025 17:30

I am still struggling. I had some good streaks when I went on anti-depressants, then they

stopped helping. I then started ADHD medication and it helped a little. during covid I started working from my home office full time and switched jobs and have been working with much nicer people. I have had some good stretches, but even when off my bottom lines I engaged in escapism, usually with youtube or video games. I am working on being more focused at work and not letting confusion or lack of clarity bounce me out of a focused state. Even with ADHD meds this is a struggle.

I am currently ~1 week off my bottom lines and am hopeful that things can be better as I have more experiences facing work challenges and overcoming them by keeping my attention on the problems and not allowing myself to avoid them with random online activity/youtube/P.

After my last fall I started clicking on anti-porn videos in addition to whatever other youtube videos I usually watch and it is better than only having the random political videos or "watch X own some libs". but I would rather be off youtube completely. Yesterday I was off youtube until I wanted to understand something for work and got sucked back in.

I am going to try to be more consistent with my posting as I have been finding it difficult to make time to journal on paper.

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