

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.

=====  
=====

Re: MickeyMussar's journey

Posted by mickeymussar - 20 Jan 2025 23:54

---

I have stayed away from P, but I as I was working late on Motzaei Shabbos, I turned on Youtube while finishing a project instead of just getting my work done and going to sleep and found myself looking at things on youtube that felt like P (and were definitely close enough to make me want to act out). I was able to hold back, but I did not work on Sunday (and especially not on Sunday night) because I was worried about slipping more.

I have also found myself spending too much time with a silly "game" that is designed to be infinite. Every time I want to go try a few things out, I end up just going on and on. This morning,

I lost ~2-3 hours. I set up a delaying page so that I have time to think before I start (I didn't block it so that I won't just turn the blocker off because I feel too restricted).

I have been listening to recovery podcasts and something that struck me this morning was a comment that a lasting change will come from a new identity. Right now, it feels like I am a mevakeish entertainment/escape. I want my new identity to be a mevakeish Hashem, but I am not sure how to get there from where I am.

=====  
====