

ImGonnaWin's Log

Posted by ImGonnaWin - 04 Apr 2012 14:11

Hey everyone.

I'm new to this site, so if I break any protocols here, I apologize.

I have a lot to say by way of introduction, but I don't have the time. For now, I'll just post my specific feelings right now, and hopefully come back later to write a proper introduction

I started the 90 day thing a few weeks ago. I havent been able to crack 4 days. Sort of having some feelings of yeush here (nothing new for me in terms of dealing with this problem)

Lately, I've been doing terribly, actually. I sort of feel like I'm in a tail spin here. This morning I realized that I've missed tefila betzibur 3-4 times in the past 2 weeks because of my problem.

I have k9 filter set up, but I also have the password. I am too ashamed of asking any of my friends to take care of it. I would love to get in touch with that filter gabai, but I don't know how.

Any words of support and chizuk would be appreicated (as well as how to get in touch with that gabbai)

Thanks

-IGW

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Re: ImGonnaWin's Log

Posted by tehillimzugger - 11 May 2012 07:36

I just read your thread, nice stuff.

[a belated] Welcome to the GYE family, You seem to fit right in!

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 14 May 2012 06:02

IGW, how are you doing?

--Elyah

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 15 May 2012 14:51

Thanks for checking up on me.

Last week was a very difficul week. There were many moments that I was so close to falling but kept myself from that because of my shevua. In a sense, I was sort of waiting for Sunday, when the shevua was up. And, on Sunday morning, during shacharis, I was davening, pleading with God that I should be able to make it through the day. I tried sort of stepping outside of myself. Tried to just observe what I was feeling and desiring. That was helpful, in a sense. But deep down I was getting myself ready to fall. And, eventually, I did. So, my streak ended at 9.

I realized last night that sunday was really my "test day." with the shevua expired, that was when I was really being tested--what would I do? Well, I didn't do the right thing. I failed that test. And, that upsets me. But, I realize that there will be a retest, and it will be next Sunday. And (at the risk of carrying the analogy a little too far) I know what will be on the test. I know the format of the test.

All I can do right now is to study for that exam.

So, like my finals, I'm reviewing my notes (GYE attitude, handbook, and the Big Book). Trying to get enough rest. Davening for help. And preparing myself for my next nisayon.

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 15 May 2012 15:02

If I were me, I wouldn't worry too much about whether I had failed or succeeded. I also wouldn't build up some expectations for future nisyanos--might make some self-fulfilling prophecies.

What I would do is try to take a step back and look at what was going on leading up to the fall. Not just whether I was playing with questionable Google searches, but what was going on in life, in general. What might have been causing me stress or pain? How did I react to it? How could I react to it differently so that it won't hurt so much (or so I might even enjoy it)?

Just a few ideas,

Keep on trucking,

--Elyah

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 16 May 2012 14:59

Elya, I understand your point about the self-fulfilling prophesy. I guess my point is that, lemaaseh, I'm going to be having taavehs as soon as my shevuah is up. And, between the time that it finishes and the time that I renew it will be a very treacherous time. I'm just trying to be honest with myself, and to prepare myself.

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 16 May 2012 15:07

[ImGonnaWin wrote on 16 May 2012 14:59:](#)

I'm going to be having taavehs as soon as my shevuah is up.

Why?

And do you not have any taivahs at all during your shavua?

--Elyah

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Re: ImGonnaWin's Log

Posted by Machshovo Tova - 16 May 2012 15:14

IGW,

When you make a vow for a limited time, you need to also make a vow to renew your first vow before the time is up. Been there, done that.

MT

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 16 May 2012 22:45

MT- Sounds like a good plan. I'm not sure why I didn't think of that (actually, I know why--my addicted side doesn't like the idea of not having an opening)
Elya- That terse comment of yours was very powerful. I need to rethink what I'm doing and what my goals are. I need to focus on the here and now, not the future.

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 17 May 2012 05:42

Glad that was helpful.

--Elyah

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 20 May 2012 20:05

(In a bit of a pessimistic mood today...)

Has my life really become unmanageable?

I do well in my studies. My learning is good. Could I be better in both? Absolutely. Is my addiction the cause of my failure to push higher? Maybe. But even if my addiction is the culprit--so what? My life really isn't unmanageable. I am getting along fine without it. In fact, I have more trouble getting to sleep, more trouble getting out of bed, more trouble focusing, more trouble with everything, it seems, when I am without it.

I am externally driven, I guess. I recognize that socially, religiously, this is not a desirable activity. But, internally, I just don't have the push. I don't have the drive. I have not hit anywhere near rock bottom. I have not endangered any relationships. When I look inside, for real determination, real inspiration, to continue this fight... well, I have nothing.

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 21 May 2012 06:38

Dear IGW,

Regarding your question:

[ImGonnaWin wrote on 20 May 2012 20:05:](#)

Has my life really become unmanageable?

I'll let you speak for yourself. Here are a few choice quotes from somebody special:

[ImGonnaWin wrote on 04 Apr 2012 14:11:](#)

I started the 90 day thing a few weeks ago. I havent been able to crack 4 days. Sort of having some feelings of yeush here (nothing new for me in terms of dealing with this problem) Lately, I've been doing terribly, actually. I sort of feel like I'm in a tail spin here. This morning I realized that I've missed tefila betzibur 3-4 times in the past 2 weeks because of my problem. I have k9 filter set up, but I also have the password. I am too ashamed of asking any of my friends to take care of it.

[ImGonnaWin wrote on 06 Apr 2012 01:35:](#)

I have been struggling with my addiction for around a decade). Back when I was in high school (6-7 years ago), I realized that this was becoming something that I had no control over, and I found a website for teens struggling with the problem.

[ImGonnaWin wrote on 09 Apr 2012 06:22:](#)

The entire yom tov, especially today, I was having difficulty getting the internet off of my mind. Earlier tonight, during maariv, I davened so hard (but apparently not hard enough) to be helped to clear tonight. To be able to make it through 3 days clean. But, it was less than an hour after havdalah that I was back on the computer.

The nature of my struggle tonight is long, but needless to say, I gave in to my desires...

Because of my whole ordeal tonight I didn't do any of the learning I planned to do, I didn't do any of reading I planned to do, I didn't eat any major meal. And, to top it off, it's now 2:15 AM and Shacharis is at 6:45. That means I am barely getting sleep tonight.

It has been so long since I broke the 3 day barrier. I need to turn myself around. There are 4 days of chol hamoed. My strategy needs to be better.

[ImGonnaWin wrote on 12 Apr 2012 18:28:](#)

I took advantage of a loophole in the filter today. It would be so easy for me to blame chol hamoed and all this down time i have, and to be honest, that is a factor that did play into this. But, I realize that the fault begins and ends with my actions and behaviors.

[ImGonnaWin wrote on 18 Apr 2012 16:43:](#)

Frustration is all I am feeling right now. Frustration with my will (or lack there of). Frustration with my self-awareness (again, lack there of). Frustration with my inability to even make it onto the 90 day chart.

Last night I allowed myself to enter into conditions that I should not have. I know that I shouldn't have. I know that it wasn't safe. And, I know that I deluded myself into believing that it was safe.

[ImGonnaWin wrote on 25 Apr 2012 22:29:](#)

I had a bad night on saturday night. I was so happy with myself going into shabbas, I just totally dropped my guard, I guess.

[ImGonnaWin wrote on 10 May 2012 16:19:](#)

Last night was a very slippery night for me. I was stupid and putting myself in very dangerous situations.

The slips are making everything worse. I get all of these hirhurim flooding into my head. Thinking to myself what would have been had I taken the next steps to actually act out.

It's very easy to forget where we came from. After I was in recovery for a while, I started thinking that I don't really have a problem. I forgot--the only reason I was improving was because of recovery.

Hatzlacha,
Elyah

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Re: ImGonnaWin's Log

Posted by obormottel - 21 May 2012 15:15

Elyah, excellent compilation. IGW sounds just like me, my struggles exactly. Nice reminder of where I'll be the moment I drop the ball on this recovery thing.

I'm gonna daven so hard...only so one hour later I can be engorsed for hours in the internet

filth. I'll check out the news...so that few hours later I can re-emerge into the world with 1000 dirty pictures uploaded to my brain. I'll only look for a minute at this girl's blog...only so that two or three masturbating escapades later I can be on the verge of tears for my wasted life and total lack of control over how I spend my waking hours.

Thank G-d Al-mighty for keeping me sober yesterday. I am willing to stay sober today. Please G-d.

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 28 May 2012 15:28

IGW, how are you doing?

--Elyah

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 29 May 2012 06:41

Oh G-d, I hope I didn't overdo it there!

--Elyah

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