

My days (even more then 90)

Posted by needtoquit - 10 Jan 2013 09:02

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I have been working on the Wall of Honor for 6 months now. On my first try I reached 90 days, but then over Succos I fell (hard as is always the case) a number of times. I have since been trying to regain my ground but been having a hard time. I made it to 5 weeks again and then about a month ago I fell again and have been staggering around since. See [here](#) for more of my story.

I have finally started up again strong at the very end of December and am now on day 17. One idea which I saw and liked was the \$90 for 90 days. So I am doing it with a twist. If I don't finish the 90 days I will give a dollar for each day which I stayed clean to a "tzedaka" which I really don't support. (It is a valid tzedaka just one whose mission I disagree with.) I have been starting to have a hard time the last few days and thought that posting was in order. So, I decided to make a real log of my journey. But not just 90 days clean but Biezas Hashem for many more.

Thanks for reading and Hatzlacha to you all.

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Re: My days (even more then 90)

Posted by MBJ - 27 Aug 2013 11:57

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Meanwhile, I'm still struggling to know if I'm an addict. I'm still unclear on the definition, as are many others it seems. And further how to apply any tentative definition objectively to my individual situation. However, I decided that I'd still work on my first step assuming that I'm either an addict or that I can use the 12 steps even if I'm not, and see where it takes me. Maybe one day down the road the light will just go off and I'll know if I'm one or not.

That is the attitude. I think to some extent whether you are an addict or not is important. You have a serious problem whether it is technically an addiction or not. For that reason, if the 12 steps are working for you, then do them and don't worry if you are an addict or not. Either way they won't hurt you.

Ultimately, it comes down to finding what you need to do to succeed. Then go do it.

KUTGW

Eli

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Re: My days (even more then 90)  
Posted by needtoquit - 27 Aug 2013 13:15

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[MBJ wrote:](#)

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Ultimately, it comes down to finding what you need to do to succeed. Then go do it.

KUTGW

Eli

Thanks Eli.

One reason why I find it particularly important for me to understand if I'm an addict or not is the

acceptance of powerlessness. It has been my main struggle to accept the 12-steps since day one. I don't really understand/believe in it. I don't think I'm really powerless from the start. When I first see triggers, I really do have a choice, as is shown by my 125 days clean and 393 cumulative days. Most of those days I had triggers which I just walked away from. Even after starting down the trigger road a ways I can sometimes stop. Yes, I recognize that once I open a true porn site, I can't stop on my own. However, is that really powerlessness. I'm not sure.

*Hatzlacha,*

NeedToQuit

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Re: My days (even more then 90)  
Posted by Pidaini - 27 Aug 2013 14:27

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NTQ what happened on those days that you did fall? If you have the power to stop completely why did you fall?

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Re: My days (even more then 90)  
Posted by MBJ - 27 Aug 2013 14:35

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First off, if you need to I think you could skip the first step. Also as Pidaini said you may not be totally powerless, but you do have times when your problem is out of control and so you fall. And lastly, even if you are not totally powerless, I think we can all agree that we all need the help from Hashem to keep us strong. That in and of itself is a certain amount of powerlessness. We recognize the need to rely on Hashem for help with our problems.

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Re: My days (even more then 90)  
Posted by needtoquit - 27 Aug 2013 18:51

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[Pidaini wrote:](#)

NTQ what happened on those days that you did fall? If you have the power to stop completely why did you fall?

I fell because I either just didn't care enough to stop myself or just felt I needed the escape. But maybe you're right and I'm just subconsciously coloring in my feelings.

[MBJ wrote:](#)

First off, if you need to I think you could skip the first step. Also as Pidaini said you may not be totally powerless, but you do have times when your problem is out of control and so you fall. And lastly, even if you are not totally powerless, I think we can all agree that we all need the help from Hashem to keep us strong. That in and of itself is a certain amount of powerlessness. We recognize the need to rely on Hashem for help with our problems.

Thanks. You are right. Even with the best intentions we need *Hashem* to help us carry them out. I just need to remember that outcomes (including if I fall or not?) are all up to Him.

*Hatzlacha,*

NeedToQuit

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Re: My days (even more then 90)  
Posted by needtoquit - 08 Sep 2013 09:06

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B"H 137 days up. Now for today!

I've been attending Dov's call and working on my first step inventory and accepting powerlessness. I think I might have come up with enough fodder to accept that I'm powerless. I realized that I used to do some really stupid and risky stuff when I was in the heat of the moment. Without getting specific I put myself into potentially really compromising positions. I ) and reputation if she realizes that I'm staring at her, etc." I was consumed by lust/desire.

While thinking over my life story, I realized that it's not over yet either. Sometimes thinking brought back up pictures which I had suppressed which started me lusting. I had to resort to reminding myself how crazy and uncontrollable I become if I start lusting.

Hatzlacha,

NeedToQuit

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Re: My days (even more then 90)

Posted by needtoquit - 15 Sep 2013 20:24

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144 days up!

I just wanted to share some of a conversation I had on a chat recently. Someone

How's it going?

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B"H pretty good. I'm in a much better place than I've been in many years on *Yomim Noraim*.

However, I'm still not where I want to be ... and was about to complain about that and then reminded myself of something which I try to live by and has helped me start dating even while working on this. "I'm not perfect and not where I should be, because if I was I'd be dead." Once my job is done I die, so I have to stop worrying about the destination and just work on the journey.

I hope this will help someone, maybe even me sometime down the line. Yes, we need to work on this and make headway but we must focus on today not tomorrow, we must focus on our direction not the distance we have traveled or will travel.

Hatzlacha,

NeedToQuit

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Re: My days (even more then 90)

Posted by needtoquit - 22 Sep 2013 19:00

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151 days sober and B"H I'm sober today.

Yom Tov was hard. Although I would never consider breaking down the wall that is Shmiras Shabbos and Yom Tov and use pornography, that doesn't mean that there aren't triggers.

Firstly, there is the plain old stress brought on by a 3 day Yom Tov, especially when family is home and the house is overfilled with rambunctious nephews. I lost my cool even before we started, on erev Yom Tov. B"H I was able to put it behind me and made it almost until Shabbos Shalosh Seudos before it flared up again.

Add to the stress the fact that Yom Tov is a time when all the women are out and about, all dressed up. Specifically, one of my triggers from long ago was in town and though I tried to avoid her, I did bump into her a few times. The last time I made it to 90 days, prior to my current streak, was last year and it ended shortly after her being in town for Succos.

Needless to say, Yom Tov was not easy! and it's not over yet! I had a number of strong urges over the 3 days including a few memories which were way to vivid for my liking. Yesterday afternoon I had it all planned out, I really needed to read some erotic literature but I needed to wait until after Shabbos. And then I thought, I don't want to interrupt my sobriety because I only need a little bit. (How many times have we heard that one?) So, I thought I'll call someone and ask them if I can read a little, not masturbate and not count it as a fall. I then I woke up, "Am I kidding myself!?!?" B"H by the time Shabbos it was much better.

Something is hidden for guests. Please log in or register to see it.

Hatzlacha to us all!

NeedToQuit

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Re: My days (even more then 90)

Posted by cordnoy - 22 Sep 2013 19:06

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I wont consider yours a fall if you don't consider my chatting this morning as a fall

in all seriousness, KOT!

youre doing fine with your thought process

doing things to stay away

Onward (152, but we wont worry about that yet...remember your post before your last one)!!!!

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Re: My days (even more then 90)

Posted by Pidaini - 22 Sep 2013 19:12

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Yom Tov is proving to be dificult here as well.

KOT, try finding REAL life things to occupy yourself with.

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Re: My days (even more then 90)

Posted by Dr.Watson - 22 Sep 2013 19:22

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sorry, this is a cut-and-paste reply, but I'm wondering if this is relevant here too:

You know what, this is the hardest thing in the world to do.

What can be harder than fighting yourself? You're not fighting something external, you're fighting yourself. Your brain and your body are both screaming to go and do it, how can a person really fight that? It's almost impossible! It's harder than climbing a mountain or swimming an ocean. It's harder than fighting mohammed ali and mike tyson at the same time. There's nothing that can be compared because how can a person fight their own brain? How can a person fight their own body?

You can look at yourself in the mirror and say yeah, this is the hardest thing in the world to do. No one on earth has a harder fight right now. Everything in the world right now pales into insignificance compared to what's happening now in my own house, in my own mind, and nothing is more important. There's nothing wrong with admitting how hard it is, and what a challenge HKB"H has given me to do today.

And therefore I give up. Oiy li miyotzri oiy li miyitzri. There's no way out. either I fight the hardest fight in the world or I lose myself to my addiction again. What can I do? Nothing really. I might as well go back to bed, cos there's no course of action open to me.

The only thing I can do is let go of myself and pray to Hashem:

"G-d, I offer myself to Thee to build with me and to do with me as Thou will. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"



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Re: My days (even more then 90)  
Posted by reallygettingthere - 22 Sep 2013 21:55

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Not a fall.

I personally had to accept the fact that I can't watch any movies or TV shows, ever, period. For some reason even clean movies seem to have been the first step in the wrong direction.

I've had the cleanest streak in my life so far, so it seems that it was the correct decision.

Eli

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Re: My days (even more then 90)  
Posted by needtoquit - 23 Sep 2013 01:51

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[reallygettingthere wrote:](#)

I personally had to accept the fact that I can't watch any movies or TV shows, ever, period. For some reason even clean movies seem to have been the first step in the wrong direction.

I've had the cleanest streak in my life so far, so it seems that it was the correct decision.

Eli

I suspect and maybe even know deep down that the same applies to me, I can't watch any movies or TV. However, I feel like I'm not ready to take that step yet. (Though, I'm glad to hear more to help me come to that realization and take that step.)

Thanks and *Hatzlacha*,

NeedToQuit

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Re: My days (even more then 90)  
Posted by needtoquit - 06 Oct 2013 17:23

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165 days up!!!

I feel like I'm in a dream. Every time I say my sobriety date, April 24, I double guess myself, "Is that possible? I must be mistaken, that's over 5 months ago! No, it can't be that long since I  
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haven't been clean for that long in about 10 years!

However, I'm not done yet. I'm still not living life fully. I spent almost 3 hours last night watching TV and YouTube. And this morning (after waking up late for Shacharis), I realized that there is not doubt that some of my choices of what to watch were based on lust, not strong lust but lust non-the-less. I was mostly watching movie trailers on YouTube and when I saw one which has a thumbnail of a nude scene, I was about to click and then I realized I can't or I'll be lost again, I can't afford lust. However, I did watch many low level triggering trailers, ex. all the one's with pretty girls in the thumbnail picture.

Maybe I'm also addicted to watching TV/movies/trailers? I was going to try writing a 1st inventory about it but I haven't, **yet!**

*Hatzlacha*,

NeedToQuit

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masturbated or watched porn!" But it is and as Dov guaranteed, my penis didn't fall off!

