

Can I really become 90-Days clean?

Posted by quixorbl - 02 Jan 2014 23:39

Dear G-d,

It's me. I know we haven't been on very good terms these past few years. You completely stripped my life of any recognizable meaning and left me screaming in agony begging for the sweet release that only death can bring. (For anyone else reading this, you can read my story [here](#).) I've cursed You daily...multiple times a day...ever since. You're always there to make sure whatever I try to accomplish either blows up in my face or succeeds in such a way as to enable something far worse to happen such that I retroactively regret succeeding. Making any attempt to be clean for 90 days (or more) will undoubtedly result in You messing everything up as usual. However, despite all that, I'd like to offer You a deal. I'll do my best to ignore all the pain You've caused in the past, all the pain that what You've caused in the past continues to cause in the present and will yet cause in the future, and that every time I've turned to You for help has always ended badly for me. In exchange, I will try to surrender my lustful desires to You. All You have to do is not mess everything up again. In truth, this is a win-win for You. If You actually help me succeed (and not in the something-far-worse-happens-so-now-I-regret-succeeding way), I might actually be able to trust You in other areas, too. And if You continue to help me further, I might be able to trust You further. I know what You are thinking. You are thinking, "But I really enjoy making you scream in agony. What kind of agony will helping you succeed cause?" Well, You can't hurt me as much as You used to be able to because I've been on to Your game for the past few years now. If You really help me so much, I might just be lulled into a false sense of security. When that happens, You can cause me far more pain by messing everything up then! All You have to do is hold off on that impulse to make my life even more miserable, meaningless and agonizing then it already is for a little while. Will You hold off on hurting me more now in exchange for hurting me far more later? If so, I'm ready to work with You to achieve 90 days of sobriety. The ball is in Your court now.

Sincerely,

Me

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Re: Can I really become 90-Days clean?

Posted by quixorbl - 19 Jan 2014 03:02

Day 18: Shabbos again. It (thankfully) wasn't too much worse than usual. Tomorrow I'll be seeing my therapist again. Still in way too much pain. Still fleeing to fantasy (computer

games...for now...) to escape the pain. I guess computer games are better than p*rn. I can be addicted to computer games, too. I'd still be an addict but it's probably better from a Torah perspective to be addicted to games than lust. All I'm going to need is a VGA (Video Games Anonymous) Group.

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Re: Can I really become 90-Days clean?
Posted by yehoshua - 20 Jan 2014 12:39

I have the same thing. But I am really trying to change it to something else, something that will make me feel better after. Like jogging. An addiction of course, takes lots of time, energy and also some money. But you feel good.

Hm, still trying to get that RAA (Runner Addiction Anonymous)

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There is this need for an addiction of some sort.