

Eli's Journey Back

Posted by Bezrat - 24 Jun 2014 20:22

I really am not supposed to be here... I was the guy who could smoke one cigarette a day -- and did for years. I went to the gym and stayed fit. I ran a marathon.

Moderation and self-control was how I thought of myself.

That regular time spent with the magazines (I date myself, don't I) was nothing really, just a harmless diversion.

Oh, I guess there was that one time years later when I ran up a \$75 phone bill while on a business trip, but I explained it away.

And then cameras came onto the Internet and I found myself hooked.

I've done the 12 Step SA program. For nearly 2 years I went every week since here in Israel there aren't daily meetings. And I can't tell you how many times I acted out when I got home...

So here I am again, only this time I am more scared that I am sinking into that state SA called rock bottom.

I've reconnected with my old sponsor in SA to manage my filter. But as the notes here point out the filter doesn't keep you out if you're dedicated to getting in, but it gives you a fence.

I happened to download "Thanks for Sharing" and "Shame" and saw myself in both of them.

I am happy to be here as a part of this forum and I look forward to changing and serving HaShem in my new life where one day at a time I stay free from my addiction to Internet porn.

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Re: Eli's Journey Back: Meditation
Posted by Pidaini - 08 Aug 2014 04:45

[Gevura Shebyesod wrote:](#)

sometimes its not even enjoyable its just a compulsive act of numbing. and i even welcome the horrible feeling afterwards because its a good excuse to not do whatever it is that i should be doing that is so scary to me.

Wow!! that's deep!! Sounds like something I would spend time pondering and then post it in 200 words or more!!

Thank You!!

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