

My log

Posted by StonerDan - 12 Aug 2014 16:10

First time doing this

Not feeling very inspired....

Hoping to gain discipline

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Re: My log

Posted by unanumun - 12 Aug 2014 16:17

Welcome aboard.

We are all trying to gain discipline.(some hope, some try)

maybe tell us about yourself, what you are going through, and how we can help you.

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Re: My log

Posted by cordnoy - 12 Aug 2014 17:13

Welcome again,

Let us know your issues, struggles and so on. What have you tried that has worked? What hasn't?

Lookin' forward to get to know you.

b'hatzlachah

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Re: My log

Posted by Pidaini - 12 Aug 2014 17:51

Welcome StonerDan to GYE!!

I relate to your not being excited about joining, why should I be excited, after all it really brings home the notion that I lost (or as an addict like me likes thinking "that I failed"), I can't do this by myself.

But there is a good point to look forward to, a clean life, a true friendship with people who understand me and feel very much the same as me!

Don't be a stranger, we're all in the same boat!!!

Keep on Posting!!!

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Re: My log

Posted by Bigmoish - 12 Aug 2014 23:27

Come on in SD!

How much inspiration does it take when nobody knows you? You opened the door, now you're here. Welcome!

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Re: My log

Posted by StonerDan - 13 Aug 2014 01:30

It does feel good to get this immediate support.

I think I've always just felt bad about myself and alone, no matter how much good I do, or how many friends I have.

My current situation is extremely blessed, I have a good and caring wife, we have have a growing and loving relationship, i have 2 amazing kids... But no matter what I still feel depressed, evil, unmotivated. Those feelings have always been the source of my probs.

I'm in therapy, the kind that lets me deal from a current 'coaching' approach, but also allows dealing with pain at the source, in the past. Frankly the biggest changes I had were from a past-focused therapy that i used previously, but that severely messed up my day to day functionality.

My current addiction situation is sporadic acting out. I really struggle with balance and remaining active, once I'm inactive I can spend days or even weeks at the computer, not necessarily watching porn, but always porn is used during those periods.

On a different note, how do I activate 'chat' from Israel? i tried calling but got a voicemail in spanish lol

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Re: My log

Posted by cordnoy - 13 Aug 2014 01:46

Perhaps you dialed wrong.

Actually on the profile, they should call you I believe.

does sound tough.

I didn't notice your name when I welcomed you...stonerdan?

are you hintin' at somethin'?

we can try to get you outta depression.

Go to the thread for depression: [Depressed? Me? Heck no!](#)

b'hatzlachah

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Re: My log

Posted by StonerDan - 13 Aug 2014 01:57

I got an email of how to dial from here, will do so soon.

'StonerDan' is my anonymous name, I think I like it because I kinda wish I was a stoner who still enjoyed it, when I smoked weed it was nice for a little bit. But that's not my prob anymore, I just stopped enjoying it after a time it's been more than half a year since I smoked.

Depression I go in and out of...

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Re: My log

Posted by cordnoy - 13 Aug 2014 02:02

Well...I'm addicted to lust.

I do enjoy it.

I am in recovery mode.

I don't spend any time wishin' for anythin', for then I will be doomed.

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Re: My log

Posted by StonerDan - 13 Aug 2014 02:36

Wow, so you don't spend time wishing? Not even like when your mind wanders before you catch it?

I was just expressing how that will comes up you know? The will to escape the battle?

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Re: My log

Posted by dms1234 - 13 Aug 2014 03:06

WELCOME!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Its great to have you here. Perhaps check out [Skep's tips](#)

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Re: My log

Posted by ineedchizuk - 13 Aug 2014 03:38

Dan, shalom aleichem!

You say you're chronically depressed? Sounds tough.

Personally, my biggest trigger is from feeling low.

Do you know what makes you feel alive? A few short weeks ago, when I began my recovery, I started pushing myself to do actions that make me happier, so that I can pull myself out of my rut. It was so hard to push myself each time. But I'm glad I did. Simple stuff, like going for a jog, chatting with some great guys on gye, spending more quality time with my kids, etc. Learning ways to actively pull myself out of depression, learning that I CAN, is liberating.

What actions can you take to help yourself snap out of it??

Dan, wishing you hatzlacha and simchas hachaim through your journey to sobriety!

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Re: My log

Posted by cordnoy - 13 Aug 2014 06:47

[StonerDan wrote:](#)

Wow, so you don't spend time wishing? Not even like when your mind wanders before you catch it?

The truth?

This is something I learned in recovery.

I do not allow the mind to wander.

That is poison to me.

I cannot, so I don't.

b'hatzlachah

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Re: My log

Posted by StonerDan - 13 Aug 2014 13:19

I really admire that mind control man that's awesome.

So, this is my second official clean day.

It's extremely empowering to have this short-term, day-by-day, approach.

It's also humbling at the same time, to accept I cannot fix my whole life at once HAAHA!

Humans are inherently good, and bad, and crazy, the choice is ours who to be.

Thanks Lrd for this site, thanks Lrd for you people.

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Re: My log Day 2

Posted by StonerDan - 13 Aug 2014 13:27

How do I do the quote thing, to quote something, but not just copy paste?

@Ineedchizzuk

No I'm not chronically depressed, I'm more on the bi-polar side, which can sometimes lead to

chronic depression.

I have started re-investing in my big hobby, taking lessons, so yeah thats my 'do good to feel good' thing at this time... I find that approach of 'just do it' very very difficult, I prefer the long game of going to the root of the issue etc, that being said, I do believe everyone needs both approaches, I just need to humble myself and just do it but sometimes I just can't get active. This site is helping me with that, if I can't get active I can hang here, but I know that's still a Bedi'eved, recovery is for living not just recovering.

I think my lust-addiction is part of my over-all 'escape-addiction'... Anyone vibe with that?

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