

90 days??(gulp) What's the big deal?

Posted by Luria - 26 Oct 2009 19:30

So I decided to start this log to keep track of where I am holding in my new goal of 90 clean days. I've had a tough but rewarding time since I've started and thought my sharing how I'm doing could help others in the same boat as myself. Meanwhile, everyone's feedback can definitely help me. I figured I'd wait about a week in before starting to post. I started writing this and just checked - Im only up to **2 days**!! :(:(My previous best is 75 so I definitely got a long way to go.

But the "advantage" of having started and then fallen so many times is that I know how difficult these first few days are. Otherwise I don't know how I wouldve lasted until now. But this time is gonna be different!! I got all the GYE tools and tips - and this whole awesome community right here so I'm banking on that to help me make it!!

Day 1 was surprisingly easy but Day 2 was a perfect example of where I would have fallen before finding this website. Throughout the day, from doing work to lying in bed my whole body was just screaming for release. There were a few times it got so bad I couldn't focus at all anymore - I really felt like I was drugged.

And thats when my good old friend (the y"h) started speaking -

"Come on, you aren't even 2 full days in. You picked a bad time to start being clean - your body can't physically do it right now. Its not any fault of your own. You can start clean tomorrow."

"Look at what this staying clean is doing to you. Hashem knows you can't fight this. This is obviously a test you weren't meant to pass."

"Look at yourself. You're a wreck. You know the Possuk says V'chai Bo'hem. Hashem wants you to live a normal and enjoyable life - not to be in pain like this. "

This is the point that I have always fallen before. I am a fighter and I always will be. Its just my nature. But I've always lost the fight when the lust gets this bad - when I can't focus or get

anything done. And the only way is just to give in to my taaivos "just one last time".

So I did something I have never done before and it actually worked!! When I first read the GYE handbooks and joined the forum I saw this strategy and said "Lame. Not for me. Giving up and admitting you're too weak to fight? That's for wimps. Nothing can control anyone so much that they can't beat it." But there were a few times yesterday that I was literally tearing out my hair to stop myself from sinning. So what did I do?

I just closed my eyes and said "Hashem, I can't do this on my own any more. You know that I have tried fighting in these type of situations and lost time and time again. Please! I need You to help me through this."

I did this at the four or five times during the day when my taaivos felt unbeatable and Hashem was really there for me!!

Its funny because I am not the type of person that "talks" to Hashem outside of davening. Interestingly, I don't think I ever would have reached that level of feeling close to Hashem if it wasn't for reaching that low level of having nowhere else to turn.

And this is after 72 hours clean!!

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Re: 90 days??(gulp) What's the big deal?
Posted by 7yipol - 15 Nov 2009 18:22

[Luria wrote on 15 Nov 2009 17:13:](#)

Day 7 - unbelievable...

7 = shaleim teva

8 = lemaalah min hateva

You can do it!

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Re: 90 days??(gulp) What's the big deal?
Posted by imtrying25 - 15 Nov 2009 22:07

Hey Luria today was day 6. ***DONT DARE LET ME CATCH UP TO YOU!!!!*** Most things in life im a leader but in this im willing to be a follower. Whatever it takes!!!!

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Re: 90 days??(gulp) What's the big deal?
Posted by Luria - 15 Nov 2009 23:37

[imtrying25 wrote on 15 Nov 2009 22:07:](#)

Hey Luria today was day 6. ***DONT DARE LET ME CATCH UP TO YOU!!!!*** Most things in life im a leader but in this im willing to be a follower. Whatever it takes!!!!

Yea you might be the follower but think about it - the only reason I'm one day ahead of you is that I "fell" one day before you... So IMTrying, you're the real leader here

Either way see you at the top!!

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Re: 90 days??(gulp) What's the big deal?
Posted by Luria - 16 Nov 2009 20:14

Working in the school library on a project on a computer with with no filter and I could not believe some of the pics coming up on a completely (and I actually mean it this time) innocent search.

Made me realize that even though using the computer in a public place might make it hard to take that second look, I can't give myself the opportunity to take even that first glance.

Even if it won't lead to acting out or any "slips" or "falls", and nothing to do with any addiction - but just for the sake of my neshama itself - the little guy is caked in filth, I gotta help clean him up...

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Re: 90 days??(gulp) What's the big deal?
Posted by Luria - 18 Nov 2009 23:18

Guys I need some serious advice.

I can see the first signs of myself starting to slip. It might be immediate or take a few days but it always seems to be down hill to an outright fall from this point. I've been going through the 12 steps daily but I feel like I need some actual real live communication with other people .

The phone groups seem out of the question though because

- 1) It is a long distance call and will be expensive and

2)more importantly I cant think of any place where I could have the privacy I need for it.

Anyone have any ideas?

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Re: 90 days??(gulp) What's the big deal?

Posted by 7yipol - 19 Nov 2009 10:22

Do you have an accountability partner or sponsor? If not I strongly suggest it.

Perhaps there are live SA groups in your area? Real intraction is somethig Dov speaks about often.

And post! Let us be there for you.

Good luck!

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Re: 90 days??(gulp) What's the big deal?

Posted by Luria - 20 Nov 2009 16:19

I really think the real life interaction would help - hearing peoples stories and being able to share mine.

But I have big hesitations about going From a non-religious perspective for the most part my addiction isnt especially insidious. In the past whenever I felt the pull I could always manage to give in without it affecting my work, grades in school, social life etc. For example, if I knew I had a deadline approaching I could push off my taaivas for a day or 2, and get the job done, before giving in. So I'd feel a little silly going into a meeting with people that this problem has caused

serious problems in their life.

I've always living a real and fulfilling life - minus the few minutes each day I'd give in.

I've recently realized it may have had other effects on me from a religious perspective but I dont know if that would be understood/ apprericiated at an SA meeting.

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Re: 90 days??(gulp) What's the big deal?
Posted by rashkebehag - 20 Nov 2009 16:25

i don't think SA meeting are only for those whose live are ruined. Any addiction is damaging and everyone understands that. also it has the potential to ruin one's life since it can grow. Guilt itself is insidious. I had many a Shabbos disturbed in my mind by what I saw during the week.

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Re: 90 days??(gulp) What's the big deal?
Posted by imtrying25 - 21 Nov 2009 15:48

[Luria wrote on 20 Nov 2009 16:19:](#)

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one of the problems with sa meetings is that people think youve got to be totally lost in order to join one. Why not join before the problem gets out of hand. Youll say it wont. Well maybe not but isnt that something all alcoholics said at one point or another. Now im not saying its gonna get worse. What im saying is why do people push off the best medicine till theres no choice. Why not do it now. And not take the chance that maybe it will get worse. Just some two cents....

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Re: 90 days??(gulp) What's the big deal?
Posted by the.guard - 21 Nov 2009 16:57

As per Rabbi Twerski's guidance, in GYE we suggest starting with the phone conferences first. If that proves not to be enough and the addiction is getting worse, then we suggest SA groups. Please follow the tools of the GYE handbook in progressive order... G-d luck!

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Re: 90 days?? (gulp) What's the big deal?
Posted by Luria - 22 Nov 2009 04:07

What the heck!!!

I was at a kiddush this week in shul and how in the world am I supposed to watch my eyes when surrounded by attractive girls dressed so provocatively all around me??

I'm usually Mr. Social at these events but this was too much of a sensory overload for me. i had

to walk out with my eyes looking down at the ground while trying to look normal. what do u guys do by these events??

i just wish I was a normal boy sometimes...

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Re: 90 days??(gulp) What's the big deal?

Posted by 7yipol - 22 Nov 2009 11:10

"Normal" is a very subjective statement nowadays Luria.

Aim for Kadosh.

Keeping your eyes down at that kiddush has already put you up on the Kadosh charts!

Why not just go home and make kiddish at home alone next time?

Great job!

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Re: 90 days??(gulp) What's the big deal?

Posted by rashkebehag - 22 Nov 2009 19:42

Luria, I admire you, But I don't know what kind of crowd you mix with. At Kiddushin that I attend i am never "surrounded" by females, We have a mechitza. i am not trying to be "holier than thou" but some people mix with others that are not careful to separate the genders and that can cause problems. Maybe Hashem wants you to change the company you keep. Also, 10 years having a problem is pretty hard to deal with although I have been wrestling with this since I can remember in much the same way as you have. I have been living my life and wondering all the time if others are suffering like me. Its only since i have been on this site that i have discovered that i am an addict and am learning how to deal with it. It sure isn't easy. You can read my posts on "victory" if you are interested although I am not sure if we are similar cases. I haven't read your whole topic but i felt like jumping in and posting wherever i could since it helps me stay clean

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Re: 90 days??(gulp) What's the big deal?
Posted by Luria - 22 Nov 2009 21:37

And Rashk -I havent rread through your whole thread yet but I think we have enough in common - but your posts here definitely help me out - so I'm happy they help you too.

Yea our kiddushim range from a mechitza, with lots of mingling near the entrances to no mechitza but men and women officially on separate ends of the room (as was this last one). I didnt mean I was "surrounded" by girls lol. I meant that there are girls all around dressed in a manner although probably called tznius halachically, definitely not in a modest fashion. Im not socializing with them whatsoever at these events but I just have trouble keeping my eyes from constantly checking them out

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