

An eternal blink

Posted by mattlanta - 09 Jul 2015 22:41

Note to moderator(s): Please refile this in a different category if I picked the wrong one. Thanks.

So, ..., I'm clean again. 3 days. When I say that, I go back and forth. Is that an eternity, or the blink of an eye? I guess it depends on what I'm doing at the moment. If I'm going about the normal parts of my day, it's a blink. When I compare it to the nisyonos in Tanach (think Avrohom Avinu teaching monotheism for decades before he receives prophecy), it's a blink. When I think about a life of 120 years (please G-d), it's a blink.

But when I'm bored and my mind wanders and there are thirty other things I could/should be doing, 3 days is an eternity! When I don't know how I'll make it past the next 5 minutes, I can't imagine how I made it 3 whole days?! Never mind the 18 hours and 21 minutes that I'm past in my 4th day!?!

I decided to start a 90-day-journey post about 5 minutes ago because I had a relatively minor attack of desire to act out. I had wandered away from GYE and was trying to figure out what to make the kids for dinner (their dinner time was over 30 minutes ago, but they're happy). I know the right thing is to go make something. Anything. And feed my children. Maybe fold some laundry and earn some sholom bayis points in the process. But I was still sitting at the table with the laptop open, so my mind started to think about things I would have done 4 days ago in this same situation. I had a momentary lapse where I figuratively threw my hands up and said, "so what! I'll go on that part of the Internet and start over tomorrow." Or next week... Or next month... Or Rosh Hashanah... Or never...

I cannot allow myself to fail. I have destroyed my neshomoh far too much already. I have so much teshuvah to make. Fortunately, I know that if I'm sincere, the Holy One will welcome me back with open arms. But I first have to stop! Every time I successfully stop myself, 3 days is an unbelievable eternity, but right before I commit to stopping myself, 3 days is a blink. And we blink a lot! Some people estimate we blink over 15,000 times a day. What's so special about a blink? I am at a point in the spiral where the decision to act out or to not act out can be made in a fraction of a second. Perhaps only a third of a second. Interestingly enough, that's how long it takes to blink. So, in the blink of an eye, I can make the right decision and move one moment closer to my goal. Or I can make the wrong decision obliterate my eternity. The duality is stark and scary.

So, at the end of it all, a blink, an eternity, they're really the same thing. And I'm still 3 days clean (plus 18 hours and 38 minutes now). That's a lot of blinks! That's a lot of eternity!

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Re: An eternal blink

Posted by lamplighter - 13 Jul 2015 20:15

so true day seven is also for me a big turn!

the only problem is that often its also the day in which i think im over it and i fall again:(

one day at a time!!!

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Re: An eternal blink

Posted by mattlanta - 13 Jul 2015 20:34

I've gotten to 7 days many times, seemingly without much effort. It's when I get to 7 that I know the work has only just begun. B"H I'm not in a situation where I feel like my life is one of suffering. I've been down that road. Depression is a punk!

Today is another good day. I haven't even had any urges today! B"H. Here's to another good day!

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Re: An eternal blink

Posted by lamplighter - 13 Jul 2015 21:18

its the best how to look at it!

the more i spend time in here the more i realize how all of our struggles are similar...

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Re: An eternal blink

Posted by mattlanta - 15 Jul 2015 11:24

So, yesterday seemed to be fairly easy. I had a wonderful conversation with someone from GYE. I'm hopeful that this will help me overcome my inclinations today and in the future.

But then something weird happened. I had a dream where I was browsing YouTube or some other website and the next thing I know, I'm on porn and acting out (only in the dream, B"H, not in real life). In the dream, I knew that I was doing something inappropriate and I wanted to stop, but my YH was too strong. He convinced me that I was already too far gone and had already fallen, so why not keep going? I awoke with a terrible start.

Has this sort of thing happened to others here? I'd really like to continue with my day thinking that this was a hiccup and only a dream. Worse, is this the type of dream which might require a fast? I haven't told my Rov about my addiction, so I really don't want to have to ask this shailah if I don't have to.

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Re: An eternal blink

Posted by pischoshelmachat - 15 Jul 2015 14:29

Hi mattlanta,

Welcome to this wonderful world of GYE. I am noone to offer advice but I get much strength and help from everyone around here.

We are so happy to welcome you to our group!

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Re: An eternal blink

Posted by gibbor120 - 15 Jul 2015 18:43

Don't harp on it. Move on. Thinking about it won't lead to anything good.

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Re: An eternal blink

Posted by xyxorwa - 15 Jul 2015 22:10

A dream is just a dream, and you can ignore it.

That being said, I remember asking my rav if I should fast after a particular disturbing dream.
(Not sexual, but emotionally very jarring and draining.)

Basically, he said that if I felt the dream was disturbing enough, and if I'm able to fast well enough and it would not affect my performance at work, I certainly could fast. But I don't have to, and it's really up to me to decide how disturbing it was.

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Re: An eternal blink

Posted by cordnoy - 15 Jul 2015 23:30

There is one time you should worry about dreams.

Warning: Spoiler!

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Re: An eternal blink

Posted by mattlanta - 16 Jul 2015 19:58

Thank you all so much for your chizuk yesterday. Unfortunately, I was in a pretty bad place yesterday. My depression flared so hard, I was afraid I needed inpatient treatment. B"H I was able to get through the day without requiring hospitalization, but I didn't get through the day

I made it 9+ great clean days and I'm grateful for each one. Each one brought me closer to my wife and closer to HKB"H! Even though I've fallen, I know that both of them still love me and want me to succeed. So I'm restarting my count. I'm going to do my best not to dwell or live in the past. I'm not going to be perfect, but with His help, I'll do better this time.

I'm again humbled and thankful for everyone's advice. Please keep them coming!

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Re: An eternal blink

clean
Posted by gibbor120 - 16 Jul 2015 21:15

Get back in the saddle and KOT!

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Re: An eternal blink

Posted by lamplighter - 16 Jul 2015 22:47

lets stick to whats going to be in the future:)

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Re: An eternal blink

Posted by yehoshua - 17 Jul 2015 06:49

Honesty is a big thing and it takes a brave man to be honest and admit a fall and restart the count.

I really want to be a hero and have a trillion written on the Wall of Honor right next to my name. But that doesn't work, so I am honest, that works.

9 days is great. But I guess one day at a time seems to much for me, I feel that 15 minutes at a time is even greater. Perhaps 5 minutes at a time.

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