

shua73 gets to 90 and beyond

Posted by shua73 - 14 Jul 2015 02:09

Hi all,

I have been having tons of ups and downs lately. However, I am committed now to get to 90 days without slips. My most recent addiction was to slipping. I would look at things that would possibly lead me to see inappropriate pictures. I am a curiosity addict. Good luck to me. I know I can do it.

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Re: shua73 gets to 90 and beyond

Posted by shua73 - 18 Apr 2016 19:40

still clean here too. In case anyone is interested, I just finished a final. Was up since an hour nap shabbos afternoon till this morning with about an hour nap sometime during those 2 days.

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Re: shua73 gets to 90 and beyond

Posted by shua73 - 19 Apr 2016 20:56

just feeling like i really want to check in. still clean.

Just to say something that I learned - I gain a lot by just interacting with other people. I feel that I struggle the most when I feel alone for two reasons.

1. when i'm lonely, I feel down and think that if i just give in and look, I'll be able to avoid the real world and what's making me sad or lonely. It's interesting to me that usually for me it's a way to avoid reality and live in a fantasy world so that I don't have to deal with reality. this also happens to me when I feel overwhelmed. I feel like there's so much to do and not enough time, so I seek an escape because in that fantasy world none of this matters.

2. When I'm alone, I feel that if it's just me and right now I don't care why shouldn't I do it.

life's busy
So when I interact with other people I don't feel lonely. But more importantly, I don't feel like it's just me. We're doing this together. I compare it to a basketball game. When I play ball by myself

after a while I lose interest. But if i'm in a game, my interest lasts much longer. basically, it's more enjoyable to do things with others. so, if I fall, in my head I'm like dude, you're not playing the game.

Not sure if this is obvious to everybody else, but I found that insightful when I realized it.

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Re: shua73 gets to 90 and beyond
Posted by cordnoy - 19 Apr 2016 21:29

How about those who act out with others?

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Re: shua73 gets to 90 and beyond
Posted by inastruggle - 19 Apr 2016 21:59

Their interest lasts longer as well?

What are you trying to ask?

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Re: shua73 gets to 90 and beyond
Posted by shua73 - 20 Apr 2016 01:48

I don't know because I never had that issue I think if I get what you mean. But, what do you think is the answer to that?

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Re: shua73 gets to 90 and beyond
Posted by inastruggle - 20 Apr 2016 03:08

If you're *acting out* then you aren't connecting to the person right?

Also just because loneliness is a cause of acting out doesn't mean the actual acting out is a manifestation of loneliness.

That was my lmdus for the day.

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Re: shua73 gets to 90 and beyond
Posted by shua73 - 27 Apr 2016 05:50

Something is bothering me. I'm not giving in to my desire to watch porn but instead i now waste my time with other things - means the time i used to spend watching is not being used for the important things that i need to get done, but rather i occupy myself with something else that i enjoy instead of watching porn. However, I am feeling like there's still something wrong with that since I'm just replacing that addiction with another time waster. although this one is appropriate and porn isn't I am wondering if this is normal for those who are giving up addiction

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Re: shua73 gets to 90 and beyond
Posted by inastruggle - 27 Apr 2016 06:19

Normal for me.

We don't become supermen because we're not watching porn.

Switching addictions does happen but it sounds like you're just wasting time not getting a new addiction.

Time management is hard. Especially when we have internet access. There are a ton of tools to use though. Google it.

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Re: shua73 gets to 90 and beyond
Posted by Yaalzu - 27 Apr 2016 12:19

Yeah I feel ya. I've refound an old addiction to video games. Surely it's better than what we're leaving behind, but a new challenge to tackle!

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Re: shua73 gets to 90 and beyond
Posted by doingtshuva - 27 Apr 2016 13:30

[shua73 wrote on 27 Apr 2016 05:50:](#)

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Watching porn is addictive!

What your doing now is enjoyable and if I get it right not addictive.

Your right that your still wasting time and not getting things done, but once you free yourself from porn it will be much easier for you to stick to daily daily schedule.

Git moed

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Re: shua73 gets to 90 and beyond
Posted by shua73 - 27 Apr 2016 14:20

Thanks

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Re: shua73 gets to 90 and beyond
Posted by cordnoy - 27 Apr 2016 15:53

[doingtshuva wrote on 27 Apr 2016 13:30:](#)

[shua73 wrote on 27 Apr 2016 05:50:](#)

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It might be normal, but it is not necessarily the healthiest. Playing video games can also be addictive, and ultimately, it might not be changing us.

On the flipside, it is better than the alternative.

B'hatzlachah

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Re: shua73 gets to 90 and beyond
Posted by shua73 - 12 May 2016 01:52

I just created a gye group on webchaver is anyone interested in joining? pm me if you're interested. If you're not sure if you're interested, just try it and see how it works out. C'mon everybody we're a family

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Re: shua73 gets to 90 and beyond
Posted by doingtshuva - 12 May 2016 10:16

[shua73 wrote on 12 May 2016 01:52:](#)

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Can you please share some more details on your new group?

Who gets the reports? Price?

Thanks

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