

The time is now...

Posted by TzviFree - 11 Aug 2015 16:52

I figured I'll introduce myself here, and start writing my (hopefully) 90 day journal as well.

I'm from a yeshivish background, married, and have a couple of children.

I'm 30+, and have been looking at images since I was 10, though my struggles actually started before that. (8? 6?)

The longest clean streak I've ever had since then was about 14 days. That's right. 14 clean days in more than two decades.

I feel like I've tried 'everything.' Therapy, various programs (including something called Candeo, 12 Steps, and other programs)

There are times when I've decided that for whatever reason, Hashem wants me to go through life as an addict. There were other times where I felt that Hashem was rooting for me... Up and down, but mostly down.

I've been treated for depression, and B"H that's behind me. Through therapy I've made a lot of very positive changes in my life. But I just can't get through this addiction.

Although I've tried the Taphsic method before, it just caused me to lose A LOT of money. However, 13 days ago I tried a different approach. I made a neder that I'll give money to Hillary Clinton's campaign if I have a slip. And although the past two weeks have been, well, hell, I've been sober.

Sober, though, is a funny word. I haven't been sober, I just haven't acted out. I know that I have underlying challenges that influence my decision making, where I think that the computer is the best salve for my troubled soul. What my neder has done has given me the time to use other

tools that I've learned along my journey.

Beforehand, it'd be stimulus-response. I feel angry-computer. Stressed?-computer.

Etc. In my mind, really being sober doesn't mean abstaining from the computer. We all know that if my computer was destroyed, I'd still be an addict. Sober, to me, means feeling serene. Able to properly handle the vicissitudes of life without being too shaken. "Veya k'eitz shasul al palgey mayim..."

This morning I had a slip. Well, I define it has a slip, perhaps others wouldn't, as it wasn't so clear cut. As I'm writing this, I'm realizing that although I'm down over this incident, I'm satisfied that it didn't turn out a bad as it used to be. But, true to my neder, I have to give money to Hillary Clinton's campaign. (Do two wrongs make a right?)

I'm not taking my name off the 90 day chart, because I don't think the slip qualifies for that. So my journey continues...

Today is day 14.

My wife is a niddah, and has been for the past three weeks. We had a miscarriage then. We weren't stunned by the news, as we knew early on that this wasn't a viable pregnancy. It still hurt, though.

The silver lining in this is that I have the opportunity to really wean myself off of my dopamine drug. The hard part for me, though, is finding a suitable alternative. So far, music has been helpful. I'm hoping that, over time, my brain just doesn't need the same level of dopamine that I've been giving it for so many years.

Although I'm counting days, I'm really looking at this just one day at a time. I can't get overwhelmed - when I think about NEVER going back to the computer, I get really anxious. So, looking to be sober just for today

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Re: The time is now...

Posted by berelfiner - 12 Aug 2015 14:37

Rejoice with what you did/didn't do.

It's the action that counts.

All you to to deal with now is One day, one minute at a time.

Hatzlocho Raboh.

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Re: The time is now...

Posted by fresh start - 12 Aug 2015 17:23

cordny,

i appreciate your constructive criticism (i can definitely handle that). i am new here so you are right that i should kinda take a chill on the advice giving, but it wont cause me to hesitate from posting:)

thank you for your time and commitment

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Re: The time is now...

Posted by gibbor120 - 12 Aug 2015 18:18

Hi and WELCOME! It sounds like you are doing a lot of wonderful things. You have spoken to people about your problem. Which is more than many of us have done. I didn't open up to anyone until I was forced. That is caught by my wife. It was hell, and those memories are bitter, but they are bitter-sweet, because B"H, I have been sober since then (~6 yrs.).

We are glad to have you with us. Please share your experience and things you have learned along the way. I'm curious what your addiction therapist has to say. What is his/her "philosophy". A lot of ppl here complain about bad therapists. What has your experience been?

Finally, you mentioned perfectionism. I learned a lot about that from Dr. Sorotzkin. It really helped me a lot. You can find a link to his website in my signature.

Keep on posting!

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Re: The time is now...

Posted by cordnoy - 12 Aug 2015 19:34

[fresh start wrote:](#)

cordny,

i appreciate your constructive criticism (i can definitely handle that). i am new here so you are right that i should kinda take a chill on the advice giving, but it wont cause me to hesitate from posting:)

thank you for your time and commitment

My pleasure

Keep up the good work.

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Re: The time is now...

Posted by TzviFree - 12 Aug 2015 21:51

[gibbor120 wrote:](#)

Hi and WELCOME! It sounds like you are doing a lot of wonderful things. You have spoken to people about your problem. Which is more than many of us have done. I didn't open up to anyone until I was forced. That is caught by my wife. It was hell, and those memories are bitter, but they are bitter-sweet, because B"H, I have been sober since then (~6 yrs.).

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Finally, you mentioned perfectionism. I learned a lot about that from Dr. Sorotzkin. It really helped me a lot. You can find a link to his website in my signature.

Keep on posting!

Thanks. Like I mentioned, I really feel like I put a lot of work into my recovery and into my life.

To answer your question about therapists, I went to three different therapists. The first one was short lived. At that time, my father was paying the bill, and wasn't happy with what he was hearing from me, so he stopped paying the bill. Which meant I stopped going to him.

I paid for the second therapist, and he was great. We still keep up our relationship. With his help, I was able to get to a place where I could have a stable and loving relationship. However, my addiction was still in place.

The third therapist was recommended by the second therapist. She is an addiction specialist, and through her I've learned a lot about what triggers me, my traumas, my perfectionism, etc. I've seen a lot of growth, but, like I mentioned, still can't shake this addiction.

Regarding disclosure (which I'm aware is a hot and debated topic) my understanding is that, 'at some point' it's a good idea. Prematurely, though, it can be a disaster. Having never lived through it, though, I can only report what I've heard from others.

I've never gone to Dr. Sorotzkin myself, though I have sent some friends and relatives his way.

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Re: The time is now...

Posted by TzviFree - 13 Aug 2015 14:27

Today is day 16

Well, it was *supposed* to be day 16. I was hoping to celebrate 15 days of not acting out, which would have been my longest streak ever. However, at 1:30 AM this morning, I had a slip.

The past two days have been difficult, and I haven't been in the right frame of mind to use the tolls that I have. Not only 'should I have seen it coming' I *did* see it coming.

In the past, I used to really beat myself up, and give up. Now, well, I still beat myself up, but not nearly as much, and I feel that this is still my time to shine.

So, the title of this post is misleading. Today is Day 1.

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Re: The time is now...

Posted by markz - 13 Aug 2015 15:24

Tzvi

1) You wrote "The longest clean streak I've ever had... 14 clean days in more than two decades". You accomplished what you never did before and made it to 16 days which means I owe \$15 already which isn't small money for me. Be proud, and next time lets try to push to day 17. Thanks to you Im still managing to hold strong!

2) I don't like the picture you changed to, I know you're upset...

3) You say music helps you, can you share what type you enjoy? And what type uplifts you?

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Re: The time is now...

Posted by TzviFree - 13 Aug 2015 17:49

[markz wrote:](#)

Tzvi

1) You wrote "The longest clean streak I've ever had... 14 clean days in more than two decades". You accomplished what you never did before and made it to 16 days which means I owe \$15 already which isn't small money for me. Be proud, and next time lets try to push to day 17. Thanks to you Im still managing to hold strong!

I thought it was all-or-nothing regarding the money, but thanks! You are 100% correct, though it's too easy for me to lose sight of the accomplishment. I am very happy that I was able to do what I did, and thank you for pointing it out, so I can stop to think about it!

[markz wrote:](#)

2) I don't like the picture you changed to, I know you're upset...

It looks like an upset face, doesn't it? I meant it to look like a tough kid.

[markz wrote:](#)

3) You say music helps you, can you share what type you enjoy? And what type uplifts you?

It all depends on my mood. But (focusing on Jewish music) it's mostly slower songs, songs that focus on feelings. Some that focus on my relationship with Hashem, or of a child to a father. Examples are

1. Shema Yisroel Elokai (by Sarit Hadad, but you can find men singing it)
2. Yehi Ratzon (Ohad Moskowitz)
3. Dig Down Deeper (Soul Farm)
4. Don't Give Up (Moshav Band)
5. Hamalach Hagoel (Pay Daled)
6. Any other song from Pay Daled
7. Teardrop (Abie Rotenburg)

Like I said, my tastes vary with my mood. I used to listen to non-Jewish music a lot, not so much recently, but (in my opinion) it's hard to find songs focused on feelings and emotions within the Jewish music scene, and I find that those are the songs that help me through my experiences.

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Re: The time is now...

Posted by TzviFree - 13 Aug 2015 20:28

I find that the biggest issue with the aftermath of a slip is the 'hangover.' I've heard that alcoholics say that the best cure for a hangover is another drink. Similarly, I find I have a hard time 'snapping back' to how I was before the slip. The desires still linger.

I assume I'm not the only one who has this challenge, so how do you folks deal with this precarious time? What thoughts, activities, etc. do you do to get yourself back on track?

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Re: The time is now...

Posted by cordnoy - 13 Aug 2015 20:30

[TzviFree wrote:](#)

I find that the biggest issue with the aftermath of a slip is the 'hangover.' I've heard that alcoholics say that the best cure for a hangover is another drink. Similarly, I find I have a hard time 'snapping back' to how I was before the slip. The desires still linger.

I assume I'm not the only one who has this challenge, so how do you folks deal with this precarious time? What thoughts, activities, etc. do you do to get yourself back on track?

Read ten minutes from the white book.

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Re: The time is now...

Posted by TzviFree - 13 Aug 2015 20:37

Thanks for the response. I'll give it a shot!

Just read some. I found this line to be so true - "I'd been praying self-righteously all along, "Please, G-d, take it away!" not realizing my inner heart was piteously whine, "...so I won't have to give it up."

That really crystalized for me some of the inner turmoil, and oxymoronic emotions I'd been having.

If G-d 'takes away' my lust, then I've done nothing to help my own cause!

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Re: The time is now...

Posted by fresh start - 13 Aug 2015 21:52

what's the white book?

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Re: The time is now...

Posted by serenity - 13 Aug 2015 22:17

Unlike AA, SA doesn't offer it's publications for free online. I'm providing a link to the SA White Book with that understanding and the hope that those who make use of it will make a donation to SA or better yet actually purchase the book.

66.199.228.237/boundary/Sexual_Addiction/whitebook.pdf

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Re: The time is now...

Posted by TzviFree - 13 Aug 2015 22:22

[fresh start wrote:](#)

what's the white book?

The 'white book' is the basic Sexaholics Anonymous literature. Called such because, well, it's white. The AA book is known as the 'big book' and all other permutations of AA have their own book. (ie ACA has the 'red book' etc.)

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