

1 year diary

Posted by dp2 - 11 Jan 2016 18:01

so i reviewed my my diary since i started the 90 day chart log and basically i've fallen 12-13 times in past year. it seems average about 1 nce a month. Am I addict?

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Re: 1 year diary

Posted by Workingguy - 11 Jan 2016 18:08

I don't mean this in any sort of challenging way, but what difference does it make either way? Is once a month acceptable to you? If not, is there something that you're not willing to do to improve unless you're an addict?

Of course, honesty really helps recovery so if you are it might be good to know, but recovery also helps recovery so classify yourself in the best way that will help you do as well as possible.

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Re: 1 year diary

Posted by mggsbms - 11 Jan 2016 18:18

[dp2 wrote:](#)

so i reviewed my my diary since i started the 90 day chart log and basically i've fallen 12-13 times in past year. it seems average about 1 nce a month. Am I addict?

Addiction isn't necessary classified by the number of falls. It's compulsion and obsession that are the defining factors.

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Re: 1 year diary

Posted by lomed - 11 Jan 2016 18:18

1. keep it up, as it seems you are doing some progress.

2. I looked up in Google the word Addict : a person who is addicted to a particular substance.

Does this help you? most probably not.

It may be that you are not a high level addict. but it still can be that you are an addict. as you do things that you REALLY don't want to do.

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Re: 1 year diary

Posted by cordnoy - 11 Jan 2016 19:50

Welcome

The white book has a section on explaining the addictive process.

B'hatzlachah in recovery....either way.

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Re: 1 year diary

Posted by Shlomo24 - 11 Jan 2016 21:58

These are the 20 questions of sexaholics anonymous:

1. Have you ever thought you needed help for your sexual thinking or behavior?

2. That you'd be better off if you didn't keep "giving in"?
3. That sex or stimuli are controlling you?
4. Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?
5. Do you resort to sex to escape, relieve anxiety, or because you can't cope?
6. Do you feel guilt, remorse or depression afterward?
7. Has your pursuit of sex become more compulsive?
8. Does it interfere with relations with your spouse?
9. Do you have to resort to images or memories during sex?
10. Does an irresistible impulse arise when the other party makes the overtures or sex is offered?
11. Do you keep going from one "relationship" or lover to another?
12. Do you feel the "right relationship" would help you stop lusting, masturbating, or being so promiscuous?
13. Do you have a destructive need—a desperate sexual or emotional need for someone?
14. Does pursuit of sex make you careless for yourself or the welfare of your family or others?
15. Has your effectiveness or concentration decreased as sex has become more compulsive?
16. Do you lose time from work for it?
17. Do you turn to a lower environment when pursuing sex?
18. Do you want to get away from the sex partner as soon as possible after the act?
19. Although your spouse is sexually compatible, do you still masturbate or have sex with others?
20. Have you ever been arrested for a sex-related offense?

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Re: 1 year diary

Posted by cordnoy - 19 Jan 2016 01:02

[dp2 wrote:](#)

so i reviewed my my diary since i started the 90 day chart log and basically i've fallen 12-13 times in past year. it seems average about 1 nce a month. Am I addict?

I guess you didn't like any of the above responses.

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