

Bb0212's road...

Posted by bb0212 - 06 Feb 2017 14:45

---

So I'm officially at 10 days. Might be more, pretty sure it's not less, I started my chart after being clean for a few days but I wasn't keeping track. I kinda gave up the long term fight, didn't see how I'd win that fight. However I finally finally finally figured out how to properly filter my phone. I was getting around every filter until a couple of weeks ago. A kosher phone made this seem possible, then I joined these forums so lots of hope here.

One of the reasons I decided to do this is to "be faithful" to whomever my next wife will be, kinda like I was clean for a year or two before my first marriage. Back then, I was only clean after giving up movies/tv. The amount "undercover" sexuality on tv/movies is mind boggling for a society where there's no such thing as sexism. I wonder why we don't see the women's lib protesting the disproportionate amount of female to male sexualizing... (I'm being slightly sarcastic). At some point I'll have to give up movies/tv again and I will. But not yet...

=====

Re: Bb0212's road...

Posted by bb0212 - 31 Jul 2017 05:28

---

While chatting with another GYE member, he asked me a question: What inspires you to be clean?

The problem is I can't figure out why I'm so interested in doing this. My first answer was because it's the right thing to do, but on the other hand, going to minyan is the right thing to do & I don't do that. Hmmm

=====

Re: Bb0212's road...

Posted by Ihavestrength - 31 Jul 2017 22:04

---

What is inspires me to stay clean is that it's necessary for me to live the good life. Not sufficient, but necessary.

=====

Re: Bb0212's road...

---

Posted by bb0212 - 01 Aug 2017 04:21

---

[lhavestrength wrote on 31 Jul 2017 22:04:](#)

What is inspires me to stay clean is that it's necessary for me to live the good life. Not sufficient, but necessary.

What do you consider the good life & are there other things that are necessary for you to do in order to live the good life, yet you don't them? If yes, what's the difference between staying clean and the other necessary things?

=====

Re: Bb0212's road...

Posted by Hakolhevel - 01 Aug 2017 04:21

---

I don't know if I would go with the word inspired. I don't think I'm Inspired to stay clean, I just can't handle the pain of acting out. If I could, I probably would still be acting out despite all the inspiration. (Heck even now I'm not perfect). Different strokes for different folks, I can only share my limited experience

=====

Re: Bb0212's road...

Posted by bb0212 - 01 Aug 2017 04:26

---

[Hakolhevel wrote on 01 Aug 2017 04:21:](#)

I don't know if I would go with the word inspired. I don't think I'm Inspired to stay clean, I just can't handle the pain of acting out. If I could, I probably would still be acting out despite all the inspiration. (Heck even now I'm not perfect). Different strokes for different folks, I can only share my limited experience

Thank you for your response. What do you mean you can't handle the pain, what causes pain? Guilt?

=====

====

Re: Bb0212's road...

Posted by Shlomo24 - 01 Aug 2017 17:36

---

As an addict, no inspiration is necessary for me to give up my life to God. Nor will it help either, because my powerlessness is stronger than any inspiration. Listening to a shiur never helped me in the long run. When I realized that if I continue acting the way that I was acting I would probably end up dead, I got sober. It took me up until that point. And when I relapsed last year, it took me a month of dangerous activity until I realized how low I was and I got myself out of it. I'm a slow learner and inspiration hasn't helped me yet. Only raw reality.

=====  
====

Re: Bb0212's road...

Posted by bb0212 - 01 Aug 2017 18:12

---

[Shlomo24 wrote on 01 Aug 2017 17:36:](#)

As an addict, no inspiration is necessary for me to give up my life to God. Nor will it help either, because my powerlessness is stronger than any inspiration. Listening to a shiur never helped me in the long run. When I realized that if I continue acting the way that I was acting I would probably end up dead, I got sober. It took me up until that point. And when I relapsed last year, it took me a month of dangerous activity until I realized how low I was and I got myself out of it. I'm a slow learner and inspiration hasn't helped me yet. Only raw reality.

What's the difference between what you're saying & calling it being inspired by the fear of killing yourself? Is that not what's inspiring you to do what's right?

=====  
====

Re: Bb0212's road...

Posted by Shlomo24 - 01 Aug 2017 18:32

---

I was thinking those thoughts as I was writing it. There may be no difference. My main point is that it's not a feeling of inspiration. It's a reality that I need help.

=====

====

Re: Bb0212's road...

Posted by lhavestrength - 01 Aug 2017 22:41

---

[bb0212 wrote on 01 Aug 2017 04:21:](#)

[lhavestrength wrote on 31 Jul 2017 22:04:](#)

What is inspires me to stay clean is that it's necessary for me to live the good life. Not sufficient, but necessary.

What do you consider the good life & are there other things that are necessary for you to do in order to live the good life, yet you don't them? If yes, what's the difference between staying clean and the other necessary things?

The good life for me is a life of self-fulfillment and service.

Yes there are other things, but staying sober is the *most* basic requirement for me to live any type of life, and certainly a good one.

(Living, not surviving.)

Why is this so? Maybe because for me acting out is the ultimate form of instant gratification and selfishness, the polar opposite of self-fulfillment and service.

Hope that was clear.

=====  
=====

Re: Bb0212's road...

Posted by bb0212 - 02 Aug 2017 06:25

---

[lhavestrength wrote on 01 Aug 2017 22:41:](#)

[bb0212 wrote on 01 Aug 2017 04:21:](#)

[lhavestrength wrote on 31 Jul 2017 22:04:](#)

What is inspires me to stay clean is that it's necessary for me to live the good life. Not sufficient, but necessary.

What do you consider the good life & are there other things that are necessary for you to do in order to live the good life, yet you don't them? If yes, what's the difference between staying clean and the other necessary things?

The good life for me is a life of self-fulfillment and service.

Yes there are other things, but staying sober is the *most* basic requirement for me to live any type of life, and certainly a good one.

(Living, not surviving.)

Why is this so? Maybe because for me acting out is the ultimate form of instant gratification and selfishness, the polar opposite of self-fulfillment and service.

Hope that was clear.

Thank you for responding. The answer you gave was very clear.

=====

Re: Bb0212's road...

Posted by Hakolhevel - 03 Aug 2017 04:00

---

[bb0212 wrote on 01 Aug 2017 04:26:](#)

[Hakolhevel wrote on 01 Aug 2017 04:21:](#)

I don't know if I would go with the word inspired. I don't think I'm Inspired to stay clean, I just can't handle the pain of acting out. If I could, I probably would still be acting out despite all the inspiration. (Heck even now I'm not perfect). Different strokes for different folks, I can only share my limited experience

Thank you for your response. What do you mean you can't handle the pain, what causes pain? Guilt?

Double life. I recently explained this in my thread in the last few pages if you would like you can check it out.

=====

Re: Bb0212's road...

Posted by bb0212 - 14 Aug 2017 14:07

---

The past week or two, I been avoiding my thread. My truck's tires are busted. The one thing that I remained clean in, is that I wasn't mz"l. Today, this morning, I was indulging my eyes in some of the forbidden fruit. I started wondering again why I care so much about this, & it seemed as if I was gonna give it up. Suddenly it hit me. I'm doing this because that what God

wants. And the question that I had:

on the other hand, going to minyan is the right thing to do & I don't do that.

That's a good question, but it doesn't prove that I don't want to do what God wants. However, I realized that the yetzer hara waa way too powerful & there was no way I was gonna win. Desperate times call for desperate measures; I don't remember talking to God when I was in the shower before, but I had no choice. I told him "you're gonna have to fight the fight, cuz there's no way I'm gonna win". Just like that, the fight was over. Pretty awesome.

=====

Re: Bb0212's road...

Posted by dms1234 - 14 Aug 2017 19:51

---

I am loving the surrender! Shower is a big acting out place for me. There were times when i walked in the shower and there was no way i was coming out there not having acted out. Thank God, i dont have those temptations anymore.

=====

Re: Bb0212's road...

Posted by Markz - 14 Aug 2017 19:56

---

[bb0212 wrote on 14 Aug 2017 14:07:](#)

The past week or two, I been avoiding my thread. My truck's tires are busted. The one thing that I remained clean in, is that I wasn't mz"l. Today, this morning, I was indulging my eyes in some of the forbidden fruit. I started wondering again why I care so much about this, & it seemed as if I was gonna give it up. Suddenly it hit me. I'm doing this because that what God wants. And the question that I had:

on the other hand, going to minyan is the right thing to do & I don't do that.

That's a good question, but it doesn't prove that I don't want to do what God wants. However, I realized that the yetzer hara waa way too powerful & there was no way I was gonna win. Desperate times call for desperate measures; I don't remember talking to God when I was in the shower before, but I had no choice. I told him "you're gonna have to fight the fight, cuz there's no way I'm gonna win". Just like that, the fight was over. Pretty awesome.

Can I guess what soap do you used in the shower

**Warning: Spoiler!**

=====

Re: Bb0212's road...

Posted by bb0212 - 18 Aug 2017 05:13

---

Bh I had a great day today. Today was also rough, I hope that make sense. My ?????? ????? was purposefully not there. Other than that, my day was great. It's not like I was trying to rebel,



rather, I just gave up at times. Throughout the day it was a struggle. At one point I was shmoozing with God about it, I asked for some help, told Him I really don't know what else to do. My feelings are mixed, in a way I feel like an ingrate (I think that's a word) because Hashem has showered me with blessing, yet I'm still looking at the forbidden.

/end rant

=====  
=====