Journey of one day at a time
Posted by Ihavenostrength - 10 Feb 2017 20:04

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This is day one or perhaps it's day zero. I fell today. It wasn't much fun. I was clean for 32 days. That is about how long I usually go for. I really want to be done with this problem. I just want to be normal. My self esteem is crushed every time I fall. Somehow internal adversity is more painful than an external adversary. For if it's an external adversary, even if he's causing you pain, you don't take the blame for it. Only the pain. With the internal losses you get both. I suppose I'm my own worst enemy. Well I hope that was morbid enough for you, because I'd like to begin my journey.

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Re: Journey of one day at a time
Posted by Shlomo24 - 14 Sep 2017 22:44

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Workingguy wrote on 14 Sep 2017 18:57**:**

Ihavestrength,

I've waged this battle many times and you're right, most of the time people do get offended.

Now, you can't deny that it works for some people. BUT, and here's the big but, from a behavioral perspective when people feel that they can't control something, than they won't. If they believe that they can and are empowered then they will.

Go read about learned helplessness and Roy Baumeister's studies about free will and self control, where he shows that when people are told that they can control their behavior, they do so much better than when they're told they can't.

Which means that for some people the 12 steps will be toxic and will paradoxically make their binges and falls longer and harder. On that, you're correct.

The flip side, though, is that if you already believe that you can't do anything about it, then the 12 steps will empower you because they'll tell you that you can- just turn to your higher power. And those people have just been empowered.

And one thing I will add- having done live meetings for a while- the one thing that even a detractor of the 12 steps has to admit is that as a program of growth- getting rid of resentments, fears, etc- there is some amazing spiritual growth in the program. That, even I have to admit.

Finally. I was even going to pm you to respond to this thread. I'm glad you did.

Even though I don't like the comparison of powerless to learned helplessness (which is a topic that I've studied). I still appreciate that you posted.

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Re: Journey of one day at a time
Posted by Ihavestrength - 14 Sep 2017 22:45

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@workingguy

With regards to your point about "if you already believe you can't do anything than the 12 steps empower you": Why accept a limiting belief to begin with?

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Re: Journey of one day at a time
Posted by Ihavestrength - 15 Sep 2017 20:18

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Day 58: It would be amazing if there was a force on earth that would just erase this whole area of the universe. I'm talking about porn, and sexuality run amok. It's really such a sordid affair. It saddens me when I think about how these things affect me, and it saddens me to think how it's affecting others. It seems like such a powerful force. It seems unconquerable and invulnerable. I used to think I just want to get rid of this problem of mine and then forget about it forever. Now, I think I want to first find victory for myself, and then try to empower others.

I've been worrying a lot recently about what others think about me. I was doing pretty good with this for a while. Then I screwed things up by what I did last Motzei Shabbos. It was one week ago and it's still screwing me. The most insane thing is how you can desire something which is the worst possible thing for you. Total insanity.

Tried joining the morning call today. Was on hold for like 20 minutes. No one else was on. Yesterday there was participation thank G-d.

Have a lot of pent up stress right now. I feel it in my body.

I think shabbos is hard for me in some ways. During the week, thanks to electronics, I can keep myself busy if I have extra time (yes, I know what a book is). On Shabbos it's harder. Plus, being tired is perhaps my greatest trigger, and something about shabbos makes me super tired.

But honestly, who even cares if I fall? The world won't end. Just my streak. I still have a right to exist and have value even if I act out.

OK, here's the something else that's on my mind. I really don't know enough about my work. I just started and I'm a newb. I don't like being a newb. It makes me feel somewhat incapable. I don't like feeling that. Hopefully, I'll learn quickly. I think I am already, but not quickly enough for me.

Please don't respond to this post with some flowery sh**.

P.S This is a pretty selfish/self-centered post. But I gotta be honest about where I'm at right now.

Have a blessed shabbos!

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Re: Journey of one day at a time
Posted by Hashem Help Me - 15 Sep 2017 22:13

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Great post. You have a lot on your mind. Getting it all out helps lessen the stress. Keep on doing what you are doing and have hatzlocha. And whatever happens those 58 days are yours forever. May Hashem help you with the job and all the other challenges. Good Shabbos

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Re: Journey of one day at a time
Posted by Ihavestrength - 17 Sep 2017 02:53

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Day 59: Gut voch everyone! I had something I wanted to write about, but I can't remember what it was. Ah well, like my grandmother always says: If it was so important you would remember!

So, instead I'm just going to go ahead and make some bold statements.

1. I will never masturbate again.

2. I will never look at porn again.

Yes, I said never.

That was sooo much fun. I *love* making big statements!

I want to dedicate this post to G-d. I have a lot to be grateful for in life. A *lot.* And it's all due to him.

P.S This forum is awesome.

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Re: Journey of one day at a time
Posted by lionking - 17 Sep 2017 04:51

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Gut Voch,

I think I might be related, My Grandmother also says that phrase!

I haven't posted in a while, but read every post of yours. I don't want to sound like the flowery thing you do not want to hear. Your posts are inspiring, and honestly amazing. True inner feeling written raw and open for everyone to examine.

It is amazing the difference in tone between day 58 and 59. Keep it up. Focus on the good and just move onwards.

Regarding your day 58 post, please allow me to share my thoughts.

1: Yes, Sexuality is a very potent force of nature. It is probably the strongest force. It is responsible for the population growth from the original 2 people to the current approx. 7 billion people, wars were fought over marriages, etc... Marketing experts have utilized this force to make a multi billion dollar industry called porn, and they use sex to sell everything else. A suggestive looking model can be enough of a reason to replace an entire wardrobe every year.

However, Just as we understand the basic concepts of the laws of gravity and wouldn't leave go off a heavy box unless we are trying to stub our toes, and we apply brakes in a car to stop the laws of motion, so too if we understand the laws of sex we can work within its constraints.

2: Regarding stress and tiredness. I have found 2 different types of people in this regard.

Type A: acted out as a direct result of stress. It was their trigger and they used lust/masturbation to try to numb the stress.

Type B: Stress wasn't a direct trigger. However just as in the physical world, when a person is lacking sleep or stressed, his immune system is down and he can catch illnesses much quicker. So too, when a person is lacking sleep or stressed, his mental immune system is down and he can fall quicker.

There are some subtle differences which perhaps I will explain at a later date.

It took me over 4 years to reconize the effects stress, sleeping, anxious, nervous had to do with my recovery. I was a type A person and finally hopefully rewired my brain to seek healthier alternatives to acting out.

3: The following sentence of yours is so true and very important " I still have a right to exist and have value even if I act out." Thanks!

4: No one likes feeling inferior or unknowledgeable. Perhaps reach out to people in your industry to learn more. I am constantly learning new skills needed for my work, either via industry related forums, or through QA Sites, and online courses.

Sorry for the long post.

?Hatzlucha Rabba, and a Gut Gebenched Yur.

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Re: Journey of one day at a time
Posted by Ihavestrength - 17 Sep 2017 19:42

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Day 60: Yay, now I feel like a poodle! I feel amazing! I beat this lust thing once and for all! Masturbation? Who needs it? Porn? Oy, so boring. Everyone always wearing the same color clothes! I just can't be bothered with it all anymore. Wow! I can barely remember the days when I was tempted to do all these shmutzy things. Feels like a million years ago! What was I thinking back then? Well, I'm glad it's all over now.

Your friend,

IHAVEnoStrength

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Re: Journey of one day at a time
Posted by GrowStrong - 17 Sep 2017 20:56

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lol

see you in the real world then!

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Re: Journey of one day at a time
Posted by Ihavestrength - 19 Sep 2017 02:36

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Day 61: Not holding my breath.

Two things can destroy one's peace of mind and cause restlessness: not knowing with certainty what one must do, or not believing one can do said thing. Together, these things have an added lethality.

When I know what I should do, and believe I can do it with a reasonable level of certainty, life's good. I move out of myself and into the task at hand.

The above idea is why leisure time, without a clear idea of how should spend it, can be so deadly to the psyche.

Peace

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Re: Journey of one day at a time
Posted by Ihavestrength - 20 Sep 2017 20:50

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I wrote a long post and deleted it because it was mostly nonsense. Unclear writing isn't going to help anyone. All I want to say is I hope G-d blesses us all for a sweet new year.

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Re: Journey of one day at a time
Posted by Ihavestrength - 23 Sep 2017 23:50

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Day 65: Had a crap ending to shabbos. Was feeling weak/tired/crappy so didn't go to mincha. I just lay around waiting for shabbos to be over so I could take a shower and try to feel a bit better. Was feeling pretty triggered during that time. Didn't act on it in any way thank G-d.

I'm feeling crappy for feeling crappy.

Sometimes I forget that I have the right to feel crappy. It's ok if you don't always feel like a snowflake. Sometimes we beat ourselves up for being human. It's wrong. I think I'm going to start an NGO to fight this.

Thank G-d it's been a year of progress. Perfection? Hellz no! I'd venture to say that's how progress works though. Life

doesn't go straight from shi* to bliss. There are many shades of shi* (and bliss).

Ok, rant finished. I hope some of this was clear enough to be helpful. I'm sorry that I can't always write clearly. I'm trying.

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Re: Journey of one day at a time
Posted by Shivisi_Hashem - 24 Sep 2017 04:07

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Day #65? You are amazing, i really look up at you, cant wait to reach this number,

keep it up brother... you get me going..

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Re: Journey of one day at a time
Posted by cmh - 24 Sep 2017 06:59

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thank you!

clear writing comes from the seichel.

unclear writing comes straight from the regesh.

seeing someone else's struggles and emotions can be a big chizuk.

i appreciate your sharing- it helps other people as well as you.

Hope Hashem sends you a clean, strong year

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Re: Journey of one day at a time
Posted by Hashem Help Me - 24 Sep 2017 16:37

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Thank you for reminding us we can admit to being imperfect and human. Being able to be honest and share is very healthy and lets out the air of many triggers. You are a great inspiration for all. You are a regular normal person who is BH staying clean. That gives tremendous chizuk to everyone. Continued hatzlocha.

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Re: Journey of one day at a time
Posted by Ihavestrength - 24 Sep 2017 21:51

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Day 66: While I believe you gotta recognize progress... You also gotta take life's hints that you need to vamp up your game. When things are difficult... It should tell you something maybe...

What is life telling you when things are difficult?

That you need to make a bigger commitment?

That you need to now take it upon yourself to do a million different things?

That you just take on another random thing to do in the realm of chizuk/recovery?

(I hate that word btw, I'm not *recovering*, I'm growing and becoming inestimably more awesome, not just *reverting* to a pre-addicted self.)

Nah, I don't think so.

I think life is telling you to take on something small, that using your best judgement, you think will help you. For example these new gye whatsapp broadcasts are great... But they aren't helping me. If I could do everything I'd continue listening to them. But you can't do everything. So I cut them out. I'm replacing them with something else.

Do something easy and small today that will help you. Then do it again tomorrow.

Peace

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