

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

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 Ihavestrength - 09 Jan 2018 04:23

Hi there everyone,

I'm going through a rough period right now. Sometimes when things are hard like this I think, have I not made any progress at all? That thought can be a very depressing one indeed. It definitely isn't a very helpful thought though.

Do you know what makes a difficult personal situation even *more* tough? I'll tell you; it's thinking that things should be different for me, that I shouldn't need to deal with this uncomfortable scenario that addiction is. When you think that things ought to be different, that I should be further along in my journey already or not struggling with this altogether, it makes things so much more painful, and rightly so. For if this could all have been avoided and is just a mistake, a mistake that I am responsible for, at least in some part, darn that hurts!

This isn't true at all though. How can we honestly say that things should be different? Did someone give you the script so that you know you fudged up your lines? If there *is* a G-d, then my life is his orchestrated power on display, and if he doesn't exist, the concept of what should and ought to be is preposterous, for nothing *ought* to be and is but of random fate in nature.

Another thing that has torn at my brain and heart and gave me much angst, is not knowing what my next step should be. This especially happens when I screw up, and I think darn, I have to

stop this, I *need* to stop this, I even *want* to stop this, but what the heck do I *do*? How painful is it when no one can place their hand on a bible and tell you that *this* is you need to do to get better.

If you want to download iTunes, you can google it and simply follow the instructions found in the first result of google. But there aren't any instructions for how to break an addiction, stop feeling miserable and how to become happy. If there are instructions, it's **meaningless words** for most of us anyways. It's like seeing the blueprints for the Empire State building. We can have the papers in front of us, but have no idea what to do with them; because we aren't f*cki** engineers! Most of us don't have a bachelors degree on how to live the "good life." If we did, we probably wouldn't be addicts. So, we want to do *something* but can't seem to find a clear-cut answer for what we are supposed to do! We are stuck between a rock and a hard place.

This confusion of what I am *supposed* to do now stems from a fallacy and false belief. Namely, that there is a specific cure or path to recovery. If one exists, then my next step would simply be to find it, and how frustrating it is when it isn't so easily found. Gosh, but maybe shi* ain't that simple. Not everything has a vaccine! There aren't necessarily one, or even many *definite* paths to recovery.

When I first came to this realization it was terrifying. I will be doomed to misery forever, I thought. Then eventually I began to feel liberated. I started realizing that healing from addiction is akin to getting physically fit, there are different methods and combinations of methods that one can use. This encouraged me to take steps that seemed to lead me to recovery without fear that they would be ineffective, and also without unreasonable expectations of being "saved" by taking certain actions.

G-d bless us all,

PEacE.

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Re: Journey of one day at a time
Posted by Ihavestrength - 11 Feb 2018 07:41

I've been slipping every 30 days or so. This time it was after 37 days. I guess I need to change my method. I'm not sure what I should do though. So I've decided that I will post every day for a month and a half. I'm not sure exactly what it will accomplish, but maybe it will help me stay aware of when I'm getting stressed and heading toward the edge of the proverbial cliff.

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Re: Journey of one day at a time
Posted by dany - 11 Feb 2018 22:30

I will pray every day in my tefilah for u and all the Jew like u and me

that we will reestablished completely and (without falling again) and this time you and everyone will never go back in this amen

i am today at 6 day clean one day at a time , if you want let's make the 90 days together

bye

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Re: Journey of one day at a time
Posted by Ihavestrength - 13 Feb 2018 04:35

Hi there,

Just checking in here: Debating whether to do a counting days thing for slips. Maybe it will motivate me to break out of my recent trend, or perhaps it's just a foolishness, and I should focus on just living well and the results will follow. For now, I don't think I'm going to count.

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Re: Journey of one day at a time
Posted by Ihavestrength - 25 Feb 2018 00:26

Hi there people! Gut voch! Or Shavuah tov if you prefer... Not feeling too great right now. I'm very tempted to do something stupid. I'm tempted to look at something that I probably

shouldn't... Ya, turns out that not masturbating for six months doesn't totally take away that desire. What am I going to do about it? Not sure really... Meditated a bit, texted a couple people... I thought I knew another way other than giving in...

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Re: Journey of one day at a time

Posted by TzedekChaim - 08 Mar 2018 16:50

Sounds like you may be white knuckling a bit. Whenever I feel like I'm going down that road, I remind myself of all the good and clarity of mind i've had since being in recovery. How much personal growth, and closeness I've felt to Hashem. Then I say to myself. I've had these feelings before (a thousand+ times) and you know what? it went away all those other times, as soon as I started DOING recovery things. So why wouldn't it go away now as well. And you know what? it goes away. (could take some time, but I have found that the longer I stay clean the more confidence I've gained that it will be okay, that I won't die if i don't give in, I wont explode, ..., these feelings and thoughts won't take over my life, and Hashem will save me from them, as he did the other bazillion times.)

Just some thoughts. When your not feeling it. See if there is some other strategy that can breathe some fresh air into the recovery. Everything gets stale with time, that's why ODAAT is so powerful, since it keeps us in a fresh attitude, of what can I do today to help my recovery better.

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Re: Journey of one day at a time
Posted by lhavestrength - 12 Apr 2018 01:46

Taking care of yourself is a powerful catalyst for recovery.

“Love your fellow like yourself”. Why is this hard to do for so many people? It’s hard because they don’t love *themselves*, so indeed how can they ever love another?

I don’t think you should walk around all day saying “I love myself” like Kamal Ravikant suggests; but rather that you ensure that your actions and thoughts towards yourself are respectful and kind.

PeAcE

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Re: Journey of one day at a time
Posted by lhavestrength - 20 Apr 2018 21:00

Public Service Announcement: If you are going to write about something triggering, don't put it in a spoiler and say "Warning! May contain triggers!".

Seriously, do you need to make me feel like a **** for opening that spoiler?

Phew, glad we got that out of the way.

?On a separate note: Some people are obsessed with avoiding triggers. This is probably smart, cause triggers cause guns to go off. That's alright I suppose.

However, some people only want to avoid triggers cause they don't want to feel certain feelings. They don't like themselves when they feel a certain way, or have certain desires. That's stupid.

But hey, if you aren't feeling good, why don't you just go act out?

Have an incredible shabbos,

PeAcE

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Re: Journey of one day at a time
Posted by ieeyc - 20 Apr 2018 21:34

[lhavestrength wrote on 20 Apr 2018 21:00:](#)

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im sorry that i dont understand the second half of your post, but i think it WAS appropriate to hide that potential trigger in a spoiler, it was important for us to know what kind of nisayon he went through to understand his situation, which i happen to understand better once i read the spoiler, im still dumbstruck over what happened to him, if you feel weak open at your own risk, and i dont think that its the same thing that some silly women dressed not tzniyusdig who say to men "who asked you to look at us in the street? Dont look if it bothers you!"

i think its different

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Re: Journey of one day at a time
Posted by Ihavestrength - 24 Apr 2018 02:22

I think it's important to be kind to oneself. I also think it's important to be patient with yourself.

It's hard though.

It's so easy to look at others and say, hey, they are doing it, (accomplishing A, B or C) why can't I? I am so lazy! What is wrong with me!

For example: You might say, "I'm going to class and I'm wasting my time there because I'm not doing the homework".

Oy vey.

I don't know what the answer is to not having sufficient willpower and strength to do everything I think I want to do. But there is one thing I do know, however. That if I stop being kind to myself, or worse, lose patience with myself, my life is over.

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Re: Journey of one day at a time

Posted by anequivalentpath - 29 Apr 2018 13:07

Having seen this I decided to edit the post. I think I did make it more vivid than it had to be to convey what was going on. Someone let me know if it's still bad.

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Re: Journey of one day at a time

Posted by Ihavestrength - 30 Apr 2018 00:10

It's sad when people think that the goal is to make themselves so strong that they will not fall. Stupid, this is why are falling. You, your stupid ego.

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Re: Journey of one day at a time

Posted by Ihavestrength - 07 May 2018 02:33

The best thing you can do for yourself is to realize that you mostly suck at everything.

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Re: Journey of one day at a time

Posted by eslaasos - 07 May 2018 14:42

[Ihavestrength wrote on 07 May 2018 02:33:](#)

The best thing you can do for yourself is to realize that you mostly suck at everything.

Why?

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Re: Journey of one day at a time

Posted by Ihavestrength - 15 May 2018 03:12

Some falls don't come from lusting. After all, some lusting is inevitable for most humans, especially guys like me.

I think falls come from being *obsessed* with lust. You see something and it's a drama. Did I look too much, what is this going to lead to, I need to think about it, etc.

("Am I not perfect anymore? Was that a slip? Shi*, will people stop needing to bow down to me?")

Do you realize how the subsequent confusion and mind storm is so subjective and far from a coincidence?)

Then you fall. Of course. Your mind is fixated on lusting.

Next time you see something and you find yourself lusting; instead of saying OMG, when will I become a perfect snowflake, perhaps start believing that there ain't no perfect snowflakes, and that's okay.

"But whaddya mean! If I don't freak out and write a soap opera about my lusting won't I just always act out?"

"Hmm...No, actually. However, you may need to figure out something else to do all day."

This fallacy of chasing perfection...

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