

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 TzedekChaim - 17 May 2018 16:33

[eslaasos wrote on 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?

I second this. If I really mostly suck at everything what point is there in doing anything. Not a good place for me to be. I like to think instead that I can do quite a lot, but I CANT control the outcome of what I try to do. I need His help in everything I do since He ALONE controls all outcomes. I need to surrender my ego that everything is in my control, but I have to realize that He gave me a purpose and in that purpose I have skills and CAN accomplish, but I have to understand my place (*anava*) and I'm not better than anyone else, since we all can't control the outcome of anything.

Oh. and HE loves US!!!

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Re: Journey of one day at a time
Posted by lhavestrength - 27 May 2018 18:58

1) So odd how the temptation to lust, look at porn, or masturbate is so much stronger when I'm alone. It's pretty annoying to be honest.

2) I haven't posted much recently because I don't have much to post about. Life is less exciting when you are not constantly slipping or falling.

3) Most of us want to stop masturbating or watching porn. However there is a catch. We only want to stop if the desire to lust is removed as well.

Who said it's ever going away. You can choose now can't you? So why are you getting down on yourself?

I don't know that I'm doing anything wrong in my recovery if the temptation is very strong. My natural inclination is to feel down about it though.

P.S. That was probably confusing cause it was written by a confused dude.

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Re: Journey of one day at a time
Posted by yiraishamaim - 29 May 2018 18:36

It was honest.

That's what counts.

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Re: Journey of one day at a time
Posted by yiraishamaim - 29 May 2018 18:43

[lhavestrength wrote on 27 May 2018 18:58:](#)

I don't know that I'm doing anything wrong in my recovery if the temptation is very strong. My natural inclination is to feel down about it though.

Don't we always find ways to put ourselves down.

With me: If I am clean and don't feel inclined to act out a voice inside says: Big deal - I have no real temptation - 'cause if I did I would be a wimp and fall again.

If I feel temptation then - "Why do I feel temptation? Ahh, I could never really be clean for long periods 'cause it always rears it's ugly head and I will eventually fall.

All such talk is counter productive and **false**.

Hashem is bigger than all of this.

We also have plenty of examples of guys staying clean who had/have the same challenges.

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Re: Journey of one day at a time

Posted by Ihavestrength - 29 May 2018 22:13

Yesterday I was feeling so powerless/helpless I was on my hands and knees crying and praying.

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Re: Journey of one day at a time

Posted by TzedekChaim - 30 May 2018 15:25

[Ihavestrength wrote on 27 May 2018 18:58:](#)

3) Most of us want to stop masturbating or watching porn. However there is a catch. We only want to stop if the desire to lust is removed as well.

So true. You captured it very well. I was bothered by this for a long time, but until you said it the way you did, i never realized it was exactly that. Thank you!

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Re: Journey of one day at a time

Posted by Hashem Help Me - 31 May 2018 22:55

Beautifully written

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Re: Journey of one day at a time

Posted by Ihavestrength - 21 Jun 2018 12:41

Day 1:

I'm losing my way.

I didn't fall (acc. to my rules) but I need a fresh start.

A period of time that I'm dedicating to growth, cause right now I'm stagnating (and worse).

I'm making today the first of 90 days of deliberate living.

Not looking back for a moment. Now and here is where I'll stay.

Have a blessed day!

Update: I guess it would help people to know my situation with sobriety and being clean. Until now I've been following SA's sobriety definition (no masturbation or sex cause I'm single). I've been sober acc. to that definition since July 20 2017.

I looked at porn about a month and a half later, and didn't look again until a few days ago. So I guess haven't looked at porn since mid September 2017.

I've had lots of slips over this period of almost a year, looking at music videos, clothing websites etc.

This was usually about once a month. I just had my longest streak of no slipping, almost 4 months, which ended a few days ago when I looked at porn. I've actually watched the stuff a bunch of times over these past few days.

Alright, feel updated? Good!

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Re: Journey of one day at a time
Posted by cordnoy - 21 Jun 2018 13:23

[lhavestrength wrote on 21 Jun 2018 12:41:](#)

Day 1:

I'm losing my way.

I didn't fall (acc. to my rules) but I need a fresh start.

A period of time that I'm dedicating to growth, cause right now I'm stagnating (and worse).

I'm making today the first of 90 days of deliberate living.

Not looking back for a moment. Now and here is where I'll stay.

Have a blessed day!

You should see me here soon. I plan on being one of those annoying daily posters

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Alright, feel updated? Good!

Keep up postin' of this quality and you won't be annoyin' at all.

God speed!

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Re: Journey of one day at a time
Posted by GrowStrong - 21 Jun 2018 13:54

For the record for what its worth, there are many in SA who consider porn "sex with self"

happy to send you a few recordings related to this topic.

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Re: Journey of one day at a time
Posted by mzl - 21 Jun 2018 14:08

I think it's interesting that you look at porn but you don't masturbate.

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Re: Journey of one day at a time
Posted by lhavestrength - 21 Jun 2018 16:16

[GrowStrong wrote on 21 Jun 2018 13:54:](#)

For the record for what its worth, there are many in SA who consider porn "sex with self"

happy to send you a few recordings related to this topic.

Ya I know, thanks. Seriously considering resetting my count totally.

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Re: Journey of one day at a time
Posted by Shivisi_Hashem - 21 Jun 2018 16:21

i saw a good and useful wort last week, that as soon someone is watching on his Kedisha, it will start getting to him in a very fast pace everything he needs, see it by yourself:

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i printed that out, and its on my desk all day so i can see it, and i say it right when i sit down at my desk, and i say it every night when i go to bed, so its saving me big time, i dont want to exchange garbage with my Hashpuas.....

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Re: Journey of one day at a time

Posted by lhavestrength - 21 Jun 2018 16:38

Big news!

I looked at porn and listened to sexual audio already.

Why, you ask?

I had/have blue balls and am thus feeling really nauseous, so I was hoping that watching/listening to the stuff would cause me to ejaculate. It did not.

Fortunately? Unfortunately?

So now I feel stupid and probably even more nauseous than before (as well as not feeling too amazing about how I spent the last hour or so).

"Why don't I just masturbate?"

I don't want to. Not entirely sure why, in truth.

I'm actually thinking about adding porn to my sobriety definition, so if I fell by watching porn, I might as well go all the way and masturbate right?"

I guess that makes sense, but I just really don't want to.

I don't really like masturbating anymore, I guess. Or, maybe I just still want to be able to say that I didn't masturbate for 11 months?

In any case, I think I'm resetting my sobriety count.

Unfortunately, today won't be my first day clean, but that's ok.

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Re: Journey of one day at a time
Posted by mzl - 21 Jun 2018 16:44

Maybe it's time to start looking into the question of what effects looking might have at various levels.

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