

Journey of one day at a time

Posted by lhavenostrength - 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 Gevura Shebyesod - 21 Jun 2018 17:04

Try Motrin for the pain. It will subside eventually if you leave it alone, but teasing yourself with porn etc. only makes it worse. Keep yourself busy with good stuff.

KOMT!

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Re: Journey of one day at a time

Posted by lhavestrength - 21 Jun 2018 19:12

Hey again,

I just wanted to share that I was watching this program
(www.chabad.org/therebbe/livingtorah/player_cdo/aid/4052875/jewish/Even-More-Than-Before.htm)

and I started to cry.

From pain I guess. Not wanting to have done what I've done. Not wanting to suffer the negative

effects of looking at shmutz.

Lol, I never really use that word, but I wanted to now for some reason.

I guess I'm grappling with the worry/question is how long will I be doing stupid stuff like this for? The real answer is that I don't know, but I can try doing whatever I can to keep growing, learning etc.

P.S. I usually don't have some much time to post (I heard the not so silent "phew"). I just took the day off from work because I was/am feeling so terrible.

PEace!

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Re: Journey of one day at a time
Posted by mzl - 21 Jun 2018 20:11

I wish I understood you better.

Do me a favor, please. Let's pretend that you get a job getting people to convert to Judaism. Every time you convince someone to convert you make \$100,000. If you don't succeed you get beat up. What would you say to the goy to persuade him/her to become a yid?

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Re: Journey of one day at a time
Posted by lhavestrength - 21 Jun 2018 20:15

Yo, it may be cause I'm a bit out of sorts, but I don't understand what you are saying. Thanks!

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Re: Journey of one day at a time
Posted by mzl - 21 Jun 2018 20:32

I'm asking you why you are better off being a Jew. Do you know?

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Re: Journey of one day at a time
Posted by Ihavestrength - 21 Jun 2018 20:35

[mzl wrote on 21 Jun 2018 20:32:](#)

I'm asking you why you are better off being a Jew. Do you know?

What does that have to do with anything?

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Re: Journey of one day at a time
Posted by Gevura Shebyesod - 21 Jun 2018 20:49

[mzl wrote on 21 Jun 2018 20:11:](#)

I wish I understood you better.

Do me a favor, please. Let's pretend that you get a job getting people to convert to Judaism. Every time you convince someone to convert you make \$100,000. If you don't succeed you get beat up. What would you say to the goy to persuade him/her to become a yid?

"Psssttt, wanna make 50 grand?"

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Re: Journey of one day at a time
Posted by Ihavestrength - 21 Jun 2018 20:53

[Gevura Shebyesod wrote on 21 Jun 2018 20:49:](#)

[mzl wrote on 21 Jun 2018 20:11:](#)

I wish I understood you better.

Do me a favor, please. Let's pretend that you get a job getting people to convert to Judaism. Every time you convince someone to convert you make \$100,000. If you don't succeed you get beat up. What would you say to the goy to persuade him/her to become a yid?

"Psssttt, wanna make 50 grand?"

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Re: Journey of one day at a time
Posted by Ihavestrength - 22 Jun 2018 01:23

[mzl wrote on 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 Ihavestrength - 22 Jun 2018 14:52

Took the day off from work today.

Need some time to breathe.

Thank G-d feeling much better today than yesterday. Hugely grateful for that.

I also went to my first SA meeting yesterday. It was aight.

I went cause I figured why the hell shouldn't I. People make as if it's such a huge deal to go.

I probably didn't go for a while cause I wanted to prove I could beat this thing myself. I guess I proved that already, sorta.

Truth is, I think I probably *can* totally beat this thing eventually, even alone; but why the hell shouldn't I do everything and anything that will make it easier and more expedient?

Edit: Oh ya, and screw melatonin, it definitely had a hand in me watching porn yesterday. Made me super groggy and stuff. Threw out the whole darn bottle.

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Re: Journey of one day at a time
Posted by Ihavestrength - 24 Jun 2018 04:34

Calling people when I'm feeling weak and then telling them how I'm feeling helps me stay strong.

Not because they can talk me down, and not because I then feel accountable.

I think it helps because it's good for me to admit I'm human, that I'm struggling.

Also, it takes the struggle outside of fantasy land.

Instead of being this incomprehensible urge, it becomes right-sized and more clearly defined. "I feel weak right now. I want to do something I will regret."

It helps me see that my struggle is nothing more or less than that.

Gut voch!

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Re: Journey of one day at a time
Posted by Ihavestrength - 24 Jun 2018 08:23

I keep going back to watching or listening to something sexually related. It seems that I started a process that I can't stop now.

I think that I'm going to feel terrible tomorrow, and that sort of annoys me, cause I was just starting to feel a bit better.

However, I think that in reality I have more control over how the day will go than I care to admit.

Lets get real for a moment with what happened. You listened to some sexual audio. Ok. That does not mean that tomorrow or the next day needs to be a disaster.

Oh and by the way, I'm keeping my sobriety definition the same, however, I am not using the counter on GYE cause it doesn't fit their rules.

To help me, I made a taphsic that I'd give 50 bucks to the Democratic party if I look at porn or listen to sexual audio in the next week. If I take a 20 minute walk or read for 25 minutes before, I only need to give 10 bucks.

Taphsics never helped me long term (or as a primary method) but they have helped me get out of a rut of compulsion. So hopefully it'll help me this time as well.

It's going to be fine. I'm doing great. I don't think that's denial. I've been having a really rough week, but I'm doing ok. I AM making progress, and sometimes setbacks are part of the process.

This next week is gonna be beast.

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Re: Journey of one day at a time
Posted by mzl - 24 Jun 2018 11:24

You went to a meeting. Is that your plan now then? Or tapshic?

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Re: Journey of one day at a time

Posted by Ihavestrength - 25 Jun 2018 03:45

Thank G-d. Good productive day.

A positive attitude really does help things. Taking pride in your small achievements, cleaning the house, running nessecary errands, it can really change things.

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Re: Journey of one day at a time
Posted by Ihavestrength - 28 Jun 2018 01:47

Hey all,

Here's something I wrote to a good friend today. I'm posting it here, cause it may be helpful to someone:

"Stam. I just got some clarity.

I was getting really overwhelmed, feeling like I just can't stop taking actions of lust, because I have been taking many more actions of lust in a short period of time than I've taken in ages.

I've got some clarity as far as what keeps on driving these behaviors. Meaning, why am I suddenly careening of the road?

It has to do with how I felt about looking at porn which broke a 9 and a half month streak of not looking, and the unpleasantness of ejaculating without intending to at all (was not looking at porn), even though I know I didn't lose my sobriety, it was very unpleasant. It also broke a streak even if not of sobriety, it broke a streak of not orgasming.

Psychologically these things hurt my self esteem/ego ALOT.

Additionally, meetings didn't help me to stop this on and off lust binge, so this made we worried that they are just making me feel helpless and leading me to overemphasize this area of my life.

Here's the clarity I got: The only streak that I care was broken was a streak of not having taken a real, deliberate action of lust for almost four months straight.

Cause even though I didn't look at porn for ages, I was still slipping each month, as you remember well.

So what is really dear to me is periods of not taking significant, deliberate actions of lust. I just had my longest streak ever. It was disheartening to break it. Going from freedom to jail is traumatic! But I should really be congratulating myself and moving the F on, try to break this record.

It feels like I've been lusting for a while now, but I've only been slipping on and off for a WEEK AND A HALF. A bad week and a half! That's all! In my mind, I had so little perspective, I figured it was AT LEAST two weeks!

This is how my addiction lies to me. It tells me that I can't help slipping, falling whatever. F him! He got 5 or 6 wins over this past week and a half and I've been kicking his butt for almost 4 months straight! I CAN live without taking actions of lust, and I can be happy doing it. I DID it! It's only my lying addiction which tries telling me otherwise.

Sorry for the rant and bad writing. Thanks for listening."

P.S. This was written to someone who is familiar with the things I mentioned. I'm not going to explain anything that isn't understood, but hopefully it's useful to someone.

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