

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 lhavestrength - 29 Mar 2019 22:22

[Trouble wrote on 26 Mar 2019 03:11:](#)

[lhavestrength wrote on 27 Sep 2017 03:57:](#)

I think sometimes stress is good. Not stress exactly, but feeling a certain pressure to perform, to figure something out, when people are relying on you. This can be at work, home etc. Basically, doing things that make a difference if they're done right or not. Like trying to solve an issue for a client that is time sensitive.

It makes life exciting. Some of us feel like our life isn't exciting or stimulating enough so we go to porn or other things. If we are doing things that matter, which create some sort of quasi adrenaline feel, life becomes cooler. You feel a little vitality. This is why some people BASE jump or do other similar things.

I'm sorry I can't explain this better...

Not suggesting this as a way to recover. Just saying that not all stress is bad. Certain types are for sure. But a life where you are taking deep breaths at every moment, and feeling a constant calm can get real dull, really quickly.

I'll take the calmness any day of the week - over the stress; certainly the wife's stress. I don't know how i find all these posts that speak right to me and my situation, and to several others on the email thread.

I also try to do everything I can to be in the calm zone vs the stress space.

I think what I was TRYING to say, but didn't quite understand at the time, was that it's important to feel NEEDED and useful, even though hypothetically things would be calmer if I would have no responsibilities and would be left alone.

I'm not sure if you were saying that posts on this thread speak to you or not, but if you were,

Good Shabbos Peeps!
Ha! I actually don't really believe this anymore

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Re: Journey of one day at a time
Posted by Ihavestrength - 05 May 2019 07:01

Early morning reflections...

It's been a while since I first got on this site. I first started posting on the forums in Feb 2017, so a bit more than 2 years. I guess I can say that this site helped me. When I first got on I was only able to go a bit more than a month without masturbating or looking at porn. Now, I've been able to collect some impressive streaks. Over a year without masturbating, 9 months without porn, multiple streaks of over 4 months without slipping at all. Now at close to seven months without masturbating. These things don't seem that valuable to me now, but I suppose to my younger

self of two years, these feats would have seemed impossible. I suppose a GYE thank you is in order, so I say thank you.

Why am I writing now? Why, in the wee hours of the morning? Well, I slipped. I went on youtube and watched some asmr videos. They aren't supposed to be sexual really, but most of them feature women, some who aren't dressed modestly, and something in me hoped these videos would give me relief. I also touched myself in a sexual manner (without masturbating). I'm having a hard time sleeping. I'm having a rough time in general.

There are things I've explored besides GYE on my road to freedom. I found a recovery buddy who I spoke with on the phone and met up with in person. We became good friends, and he was a great help to me. I did the first 5 steps or so with him acting as my unofficial sponsor. Later, I went to some SA meetings. I didn't really connect with them. I liked the fellowship it provided but not the philosophy underlies the program. I sought therapy from a psychologist, and went for a few months until I could no longer afford it. Mindfulness meditation was a big help as well.

Addiction...

Who even knows what that is? I used to think that's what I was; an addict. I related to every anecdotal description of addiction by other alleged sex addicts, and frankly, how else could I explain the actions of a nice jewish boy such as myself, unless I was somehow "out of control"?

One can pathologize everything if one is determined. Food, phones etc. If all one has is a hammer, than everything looks like a nail. I did some reading. Turns out the evidence for sex addiction is abysmal. Turns out that even if people have mental, or environmental factors which affect their sexuality, it may be more helpful to focus on those causes rather than labeling them as having a disease,

So, I went from someone who is diseased to someone who started recognizing that most objections and even negative feelings I have towards acting out or viewing porn comes from my beliefs and morals, and the resulting conflict between those beliefs and my actions.

I don't know what the point is here really lol. I'm not really trying to make, just needed to get some of this stuff off my mind. Thanks for listening.

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Re: Journey of one day at a time
Posted by ColinColin - 06 May 2019 12:34

Your post is a very useful warning.

This "ASMR" craze is very current.

I have not seen one of these videos but have read about them.

I will avoid them.

Well done for not masturbating...you were tested, went very close to falling, you slipped, but showed immense strength not to fall, and in my opinion you passed the test and the good that resulted was a warning to others.

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Re: Journey of one day at a time
Posted by Ihavestrength - 06 May 2019 19:36

[ColinColin wrote on 06 May 2019 12:34:](#)

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Thanks man, I appreciate that.

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Re: Journey of one day at a time
Posted by Workingguy - 12 May 2019 04:10

[Ihavestrength wrote on 06 May 2019 19:36:](#)

[ColinColin wrote on 06 May 2019 12:34:](#)

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Thanks man, I appreciate that.

So spot on. I saw some ASMR videos for a few second with

the attractive female "hostess" or whatever she is. Definitely worth staying away from. And it's clearly meant to entice.

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