

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 Shivisi_Hashem - 05 Jul 2017 20:40

[Ihavestrength wrote on 05 Jul 2017 20:37:](#)

Day 9: @shlomo24 True that.

Gotta stop talking. Gotta stop thinking. Gotta start doing the next right thing.

Gotta stop trying to be this or that. Gotta stop trying to be good. Gotta stop trying to be bad. Gotta start just being around.

Gotta stop worrying if I'm happy or not.

Peace

keep it up, im at day #9 too... lets take the walk together, its a beautiful day outside:punch:

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Re: Journey of one day at a time

Posted by Ihavestrength - 06 Jul 2017 09:56

Day 10: Great chizuk email today. Check it out people. Not much else to report really. Was feeling a bit stressed these past couple days. Way too much talking and thinking going on. Whatever. Feeling a bit better now. Not trying to run away from any emotions. None ever died from an emotion. I know so many things about right living. Thing is, you can't consciously think about these things or you'll go nuts. Whatever, I don't know anything. It's much safer to know nothing I think. Decided positions and beliefs can be super dangerous.

Have a blessed day y'all

P.S It cracks me up how perspective is everything. In today's chizuk email the guy thought it was a great accomplishment to reach a month without polishing the knob. I don't. Since I got to 85 days I think that nothing under that number is worth much. I'm probably wrong. I suppose even ten days is an accomplishment. I guess if I had statistics on how often single men masturbate I would feel better about myself, or perhaps not.

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Re: Journey of one day at a time

Posted by yiraishamaim - 06 Jul 2017 11:26

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Be careful about number counting. It is a highly effective tool but it has its down side too. I have had recovery numbers in the hundreds of days twice and then fell. So should I feel like a loser

until I surpass my previous record?

If so. that's a real long dead end to experience. For we cannot change time can we? no way for a *keveetzsas haderech*.

Besides the idea that our past accomplishments are nothing to sneeze at. And besides the fact that to look at the struggle as one day at a time is the way to live .

I believe there is another truth more essential to realize.

IT"S REALLY A WHOLE NEW KIND OF COUNT.

'cause I did not just simply roll over and begin again.

I made modifications in my personal game. My triggers are set more at a distance because of my new gedarim. I am connecting with my partner more. So I am receiving his help while I am helping him also. And who knows which type of communication with him is more beneficial for my recovery.

GYE has counts.

Remember not all numbers are born equal.

And a number 10 at first glance looks like any other number 10.

But, if you have made changes then it is more valuable than your previous number ten.

Hey, take a second look and you'll see the number 10 of your present count glistening more than the 10 of your previous *cheshbon*.

Be proud!

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Re: Journey of one day at a time
Posted by YidFromMonsey - 06 Jul 2017 13:18

[lhavestrength wrote on 06 Jul 2017 09:56:](#)

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There's a saying in SA that the longest record of sobriety is 24 hours!!

For me I must admit that the concept of one day at a time was a tough pill to swallow, but it helped me tremendously once I did.

All we need to do is stay sober NOW, I can't fix the yesterdays and I can't shape the tomorrows, so all that's left is the NOW!

Keep it up brother!

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Re: Journey of one day at a time
Posted by Workingguy - 06 Jul 2017 18:26

YFM,

Nice to see you!!

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Re: Journey of one day at a time
Posted by Shivisi_Hashem - 06 Jul 2017 18:30

[yiraishamaim wrote on 06 Jul 2017 11:26:](#)

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i look at the idea of numbers counting this way, in order to fall i will have to REPORT that i'm starting at day #1, i committed my self doing that, and its a very painful and embarrassing post, and that's one of the things which holds me back from falling, yes, its the Bisha, so its not the number. i just reached yesterday Porn clean day #90, it feels good, what an achievement, but it will feel very painful to loos that... and that's what keeps me going, not the actual numbers, because number 88 is just number "88th TODAY".

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Re: Journey of one day at a time
Posted by yiraishamaim - 06 Jul 2017 19:44

Mazel Tov on your achievement.

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Re: Journey of one day at a time
Posted by YidFromMonsey - 06 Jul 2017 20:33

[Workingguy wrote on 06 Jul 2017 18:26:](#)

YFM,

Nice to see you!!

Thanks bro!

?I'm in and out these days.... no specific reason though, just reg addict behavior lol, here for a few weeks then a few months off....

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Re: Journey of one day at a time
Posted by lhavestrength - 07 Jul 2017 13:07

Day 11: Nothing to report. Nothing to write. Wishing everyone a great shabbos.

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Re: Journey of one day at a time
Posted by Markz - 07 Jul 2017 13:32

[lhavestrength wrote on 07 Jul 2017 13:07:](#)

Day 11: Nothing to report. Nothing to write. Wishing everyone a great shabbos.

No news is good news

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Re: Journey of one day at a time
Posted by lhavestrength - 08 Jul 2017 21:39

Day 12: Read some of Dr. Sorotzkins stuff.

It's crazy. I need to figure out alot of stuff. It ain't gonna take one day. Gotta stay clean while I'm doing it. I guess the number one reason I want to stay clean is that clearly I'm trying to fulfill some need and I'm not going to figure out what it is while I'm acting out. Acting out isn't working I presume you're gotta be working something, otherwise there'd be what to report at making my life run well. So I gotta find something else.

Peace

Gut voch!

Shavua tov!

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Re: Journey of one day at a time
Posted by lhavestrength - 09 Jul 2017 17:37

Day 13: Looked at some stuff today. Not porn, but bad enough. I didn't masturbate. I don't think I'm going to restart my count. I don't think it will be beneficial. It seems that looking at porn related images may be fulfilling a different need than masturbation, intimacy vs. relief from anxiety. Any thoughts anyone?

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Re: Journey of one day at a time
Posted by Workingguy - 09 Jul 2017 17:43

[lhavestrength wrote on 09 Jul 2017 17:37:](#)

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Yes. My thought is that you're probably right. Pornography can give you a false sense of being involved in something Internet. Question is what do you do about it?

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Re: Journey of one day at a time
Posted by yiraishamaim - 10 Jul 2017 01:44

I'm not sure what you saw but -modify, tighten up your gedarim. so that this behavior won't pull you into full fledged falling.

Sounds like the same thing that brings you to porn itself is bringing you to these related stuff. You are playing a game with yourself. Can't actually watch porn so I'll watch ALMOST porn

Do you have a filter? such images/videos gotta be more out of reach.

I've learned the hard way that I must have tough gedarim to **distance myself from triggers** - even if it means a great sacrifice of fun and entertainment.

Needless to say there is more to sobriety but this is absolutely essential for me. Others have included this in their testimonies as well.

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