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 Hashem Help Me - 18 Oct 2017 02:12

Ihavestrength wrote on 17 Oct 2017 22:18**:**

Still around. Today's day 90, yay!

MAZEL TOV! Keep it up b'ezras Hashem! Don't forget one day at a time.....

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Re: Journey of one day at a time
Posted by Ihavestrength - 24 Oct 2017 00:43

I feel extremely weak and I don't know what to do about it. I know many different things that have been helpful to me in the past, but I can't do them all. Maybe I need to decide to do one or two. The problem is that none of these actions of recovery I can take are a natural part of my day. They are instituted by me alone and therefore easily abandoned. Even the thought of taking a small daily action seems to me too much of a hassle right now, and doomed not to last besides. Perhaps this is partly why I'm hesitant to try anything right now. Also, part of me thinks, no action will be that effective regardless.

These are utter lies of course. I *can* think of something sustainable that I can take upon myself to do and it does have the possibility of impacting my life for the better.

I think lust clouds the mind. It tries convinces us that no actions we take will place us in a better position, and we might as well just succumb now, because it will *never* get better.

Another thing I'm struggling with right now:

When I'm under an attack of lust, I don't want to overcome the urge anymore. I want it to *go away.* I want it to go away *desperately*, but I'm not willing to endure the discomfort anymore. I am starting to feel: is all of this really worth it?

I don't need an inspiring talk, I don't need to hear an uplifting song, or give myself a pep talk. These won't work anyhow.

Truly, im ain ani li mi li. You can call someone for help, but if you don't believe there is a greater benefit to abstaining from lust than retaining it, you *will not stand.* If you can't get it clear that regardless of anything, there is no way in f*ck*** hell that it can be a positive thing for me to look at some picture on a tiny screen of some skin, then you don't stand a chance and no one can help you. Pick yourself on the f*cki** ground and stop whining.

You want to feel holy? You want to feel strong? You don't want to deal with these temptations, which leave you wondering "why not try it" even after you walk away?

It ain't gonna happen. Success doesn't come to those who are picky. Success doesn't come to those who think, ah, I've blown it already and then use insane rationalizations to act out or lust. Success comes to those who will take an ounce of success whenever it is offered, regardless of what happened a minute before.

Know this: *any* rationalization which ends in "you should engage in an act of lust" is self-sabotaging and pure unadulterated bullshi*

I think my head is quite screwed up at the moment. I'm not thinking straight and I don't know what course of action I should take. Every rationalization that exists to just look at a few pictures is inside of me and running through my mind.

It's funny. Life is so crazy. I'm so small. One in 7 billion. I live in my tiny head. I can't force myself to become bigger all of a sudden. There are so many forces more powerful than I. This doesn't mean that I don't have any power though. I don't know what the correct path for me to take is. I was doing good for a time. That time has past. Perhaps I shall begin again.

Talking to myself...

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Re: Journey of one day at a time
Posted by RobFloyd - 24 Oct 2017 09:10

You wrote:

> *Truly, im ain ani li mi li.*

This is what I learned from working the 12 Steps:

Yes and no. You have to help yourself, but you have to help yourself by letting go and giving it over to Hashem. If you try to do it yourself, you will find that lust is stronger than you.

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Re: Journey of one day at a time
Posted by Ihavestrength - 19 Nov 2017 03:08

I'm feeling alright at the moment. I wasn't feeling too great a couple hours ago though. I was feeling really lonely. A little confused also.

So I decided that I needed to get out of my apartment. I picked a local coffee shop for my

destination. As I walked out of my door I thought of calling of friend. I pulled out my phone and dialed his number. He picked up the phone, and we spoke all the way to the coffee shop and until I got back home.

After speaking to him I felt a little less lonely, but I still felt like I needed some more human connection, so I decided to log on to GYE. I'm writing this post and simultaneously chatting with a nice guy on the GYE chat system in an effort to get out of isolation. I gave the gentleman my number and told him he can call me anytime. I think talking to people on the phone has helped *me* so maybe it can help him. I know it will definitely help me if he calls!

I'm going to sign off now. I hope everyone has a great week! Maybe I will post again soon.

All the best,

Ihavenostrength

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Re: Journey of one day at a time
Posted by Ihavestrength - 19 Nov 2017 09:18

I went to bed around 1:00. Before I knew it it was 3:23 and I was lying awake wondering if I had actually even slept.

I was feeling yuck. I was sweating buckets and feeling super congested. I was sweating because my room is BOILING! The heater works insanely well I guess. I was/am congested because I have a cold.

Now it's 4:13 and the window has been open for a good half hour so I'm not suffocating anymore thank G-d, but rather lying awake and sort of dreading the fact that I have to be up in a few short hours.

I'm having a super hard time falling asleep being congested and all. Being sick sort of stinks something terrible. Anyways, I thought I'd write this post because I had an itch to write that I felt might as well be scratched.

Sweet Dreams all!

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Re: Journey of one day at a time
Posted by Hashem Help Me - 19 Nov 2017 12:09

Sorry you are having a rough night. Wise that you posted rather than resort to other "pain relievers". Refua shleima.

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Re: Journey of one day at a time
Posted by Ihavestrength - 19 Nov 2017 12:24

I didn't really write with that in mind, but in truth it's not beyond me, not at all. I could I have totally gone there last night or at any time.

On a separate note, I'm trying to do a 4th step and one thing that is really hard for me is admitting resentments against people. I felt/feel that I'm just making an issue out of nothing when I think up resentments and also that I am somehow saying I think these people are bad if I write that I have a resentment against them.

Then I realized it might just be the exact opposite. I'm scared to write that I have a resentment against them because that would be admitting guilt on my part, that I did something wrong. As we learn in the 12 steps, regarding each thing in which we feel we were wronged we are supposed to ask, "What is *my* part in this".

Anyways, it's getting time for daily prayers...

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Re: Journey of one day at a time
Posted by lionking - 19 Nov 2017 15:14

I should have seen this message last night. Was up alot approx. same hours as you. We could've chatted. I almost had a struggle but stopped myself in time. Finally fell asleep about 7am. Now I'm late for morning prayers...

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Re: Journey of one day at a time
Posted by RobFloyd - 20 Nov 2017 11:13

Ihavestrength wrote on 19 Nov 2017 12:24**:**

On a separate note, I'm trying to do a 4th step and one thing that is really hard for me is admitting resentments against people. I felt/feel that I'm just making an issue out of nothing when I think up resentments and also that I am somehow saying I think these people are bad if I write that I have a resentment against them.

Then I realized it might just be the exact opposite. I'm scared to write that I have a resentment against them because that would be admitting guilt on my part, that I did something wrong. As we learn in the 12 steps, regarding each thing in which we feel we were wronged we are supposed to ask, "What is *my* part in this".

Just bite the bullet and get started. Start with obvious things and this will make it easier to list other resentments. Also, just start with people and what are your specific resentments. After you can go back and do the analysis.

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Re: Journey of one day at a time
Posted by Ihavestrength - 01 Dec 2017 03:31

Hey,

I looked at something that I shouldn't have looked at tonight (on my phone). Not feeling too great about that.

I joined a phone meeting after, so feeling a little better now. When you screw up, it's tempting to start ruminating and thinking what went wrong, how can I prevent this from happening in the future... etc.

However, I don't think that is going to be helpful. Imagine for a moment that a friend screws up, is it going to be helpful if you help him analyze exactly why he made the mistake ad nauseum? Nah, I don't think so.

Also, I can't prevent anything from happening in the future, that is the simple fact. Even though a part of me is saying, yo, you gotta think about this mistake, figure it out etc. I think I'm going to ignore that voice. I'm going to listen to the voice that says you are making progress, you are sick, but you can get better, one day at a time.

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Re: Journey of one day at a time
Posted by yiraishamaim - 02 Dec 2017 23:02

Both approaches are right. depends depends and depends... I personally have been in both places.

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Re: Journey of one day at a time
Posted by yiraishamaim - 03 Dec 2017 11:51

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yiraishamaim wrote on 02 Dec 2017 23:02**:**

Both approaches are right. depends depends and depends... I personally have been in both places.

I have a moment now and would like to explain the above in terms of my own experience. Which of course is all I can really contribute here.

If I am on a roll - I'm seeing days of sobriety begin to add up- one day at a time with a proper perspective and game plan, and I make a minor slip, then I just shake myself up a little and tell myself - just smarten up and get back on track. "I'm doing great!"

However, if these "minor slips" become more routine or if C"V I have a true fall then I need to do some reckoning.

The act of reviewing what happened and making modifications gives me the sense that I now can begin again and have a much better chance of being sober.

Otherwise - "Those who do not learn from history are doomed to repeat it"

or Def'n of Insanity - "Doing something over and over again and expecting different results"

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Re: Journey of one day at a time
Posted by Ihavestrength - 17 Dec 2017 02:50

Hey, I just want to say hi because I'm feeling pretty lonely.

When I'm not with people or working I find it hard to entertain myself for long. Yes, I've heard of hobbies. They sound cool.

I'm thinking about getting more disciplined with myself. But then I think, who the hell needs that? I already have to be disciplined in so many areas. Heck, I think I've tied my shoes for the whole

last year without missing a single freaking day. If that ain't discipline, I don't know what the hell is!

The draw of GYE or SA phone conferences for me is people to talk and interact with. However, I'm not really interested in talking about recovery necessarily. I would prefer regular friends, but I don't think they would want to be called that often. If I called a friend that often he would probably think what the hell is wrong with you mate. It's just how I am. I like having a small group of close friends. So each one tends to get a lot of usage. Perhaps I need more of them

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Re: Journey of one day at a time
Posted by Markz - 17 Dec 2017 04:07

Ihavestrength wrote on 17 Dec 2017 02:50**:**

Hey, I just want to say hi because I'm feeling pretty lonely.
so I can cycle through them

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Cycle with them o-o'

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