

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

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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 Ihavestrength - 28 Jun 2018 01:55

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[mzl wrote on 24 Jun 2018 11:24:](#)

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

Neither of em actually.

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Re: Journey of one day at a time

Posted by Ihavestrength - 28 Jun 2018 02:57

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People ask me how I stay sober. I never really know what to say.

Indeed, I used to have no clue how I managed not to masturbate for so long, after years of being a faithful masturbatory adherent!

(In truth, I think a better question is "What do you do so that you have a day where you don't

need to take a significant action of lust? Cause I'm really only happy when I'm not acting out OR edging (taking significant actions of lust.)

I'm pleased to announce, that for whatever reason, it suddenly has dawned on me what it is that keeps me sober, and (mostly) lust free.

(It's possible that ironically, it's all my recent lusting that made me finally realize what keeps me sober).

I'm going to share what keeps me sober in the form of 12 steps:

1. Get out of bed and start moving before I start thinking. Once I'm dressed and bed is made things are less stressful.
2. Meditate in the morning (before work) and evening (after work) for 10 minutes using mindfulness meditation app.
3. Stretch every morning or at least mornings when feeling really tense (usually every other day, done after meditation).
4. Fast until lunchtime (intermittent fasting, 16:8 hour ratio of fasting and eating, black coffee and water are fine.)
5. Walk for a minimum of ten minutes during my (short) lunch break (make sure to leave the office).
6. Eat 2 proper meals a day (lunch and supper).
7. Walk a minimum of 6000 steps per day.
8. Have a beer and listen to 12-15 min of comedy.
9. Journal for at least 12 min.
10. Listen to music for twelve minutes (solo activity, classical is best).
11. Read fiction for 25 minutes.
12. Work on a goal of mine for 25 minutes (in my case it's studying for an exam).

Step 13 is picking a somewhat reasonable bed time and sticking with it.

P.S. I deliberately didn't include any beliefs, mindsets, etc.

All these steps are *actions*. They require zero beliefs or right thinking.

I also deliberately did not include reaching out to people as something that keeps me sober. This is because I can count on one hand the amount of times that I was prevented from lusting/acting out by reaching out to someone. When I am that point, unfortunately there is little anyone can do to intervene.

These steps help me to never get to that point.

Interestingly, when I complete these steps, I am much more likely to reach out to people and thus maintain a stronger social life, connecting with family, friends etc. This does indeed help to fortify and enrich my life, but it has rarely helped me to reach out to others when I am weak as a method in prevention.

Another way people have been helpful to me was when I needed someone to reach out to and share the stupid things that I have done and was ashamed about.

I am immensely grateful to the people (mainly one individual) who was there for me when I was reeling with shame and was emotionally hungover.

However, you don't really want to need people for that, which is where the steps come in.

There is obviously more to it than this, but I think that this is a pretty good start.

I will finish off by saying that the beauty of the steps is that they put me in a place where I have more perspective and thus are more likely to take actions that will help me, and stay away from things that may not be so helpful, like rumination and watching TV.

If someone tells me to just stop watching TV, that WILL NOT work for me. I need to be in a place where I don't **need** it. I CAN'T **not** lust when I NEED lust.

PeAcE and G-d bless!  
I need to not need it in the first place

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Re: Journey of one day at a time  
Posted by Hashem Help Me - 28 Jun 2018 03:00

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From what you write it sounds like you are doing very well and have the correct perspective. We all have weaker times but must learn to focus on and celebrate the much longer stretches of successful sober times.

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Re: Journey of one day at a time  
Posted by mzl - 28 Jun 2018 09:57

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Thanks for taking the time to write this up. I think you are talking about motivation. I also think it's hard to say which of your behaviors really motivates you. You would be the best person to find that out with your own experiments though.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 11 Jul 2018 04:22

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Alright, screw the 12 steps.

You only need 2 IMHO.

1. Cultivate a rich social life.

2. Watch your addiction get a heck of a lot weaker (or dare I say it, disappear?).

Why does this work? I don't know really. It's like the video in Markz's signature says, the opposite of addiction is connection.

I resisted this for a while. Why? I guess cause I wanted to find a solution that allowed me to be self-sufficient, one that would allow me to meet all my needs by *myself*.

I wanted to believe and know that if I was the only person left on earth, I would be alright, by myself.

But seriously, I believe this actually. Get friends.

"But, I havestrength, I don't really know anyone!"

"That's ridiculous, everyone knows someone."

"But maybe they won't want to talk with me!"

"There *definitely* will be people who won't want to talk to you. Find someone who will. This requires *work*!"

Reach out to people and strengthen your network, get closer to people you already know, and try meeting new people."

DISCLAIMER: Please take everything I'm writing with seven grains of salt. I write facetiously,

but I only mean to express things that seem to be working for me. I'm not telling anyone what to do, cause frankly, this may be BS : ) So use at your own risk, and don't forget, always drink responsibly.

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Re: Journey of one day at a time  
Posted by mzl - 11 Jul 2018 09:07

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Cool that you were able to whittle it down.

I bet watching (2) is as important as socializing (1), if I understood your post.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 01 Aug 2018 02:25

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Doing alright thank G-d.

There is hope in this life.

Take courage the saying goes, it's not something we are born with.

Peace

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Re: Journey of one day at a time  
Posted by Ihavestrength - 04 Sep 2018 04:38

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Setbacks in recovery don't make anyone feel good. When the next one happens, maybe remind yourself of this:

There are other people out there, feeling these same negative emotions, in this very moment.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 24 Oct 2018 01:58

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Feeling like there is a lot of BS and pontificating on the forum recently.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 20 Nov 2018 12:33

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[Ihavestrength wrote on 24 Oct 2017 00:43:](#)

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...

This is a repost. Came across this today and it helped me, perhaps it will help someone else.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 20 Nov 2018 14:15

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Sometimes we need extra chizuk and some time out to get a clearer mind and maybe connect with someone. Next, we need to know when it's time to move on with our day.

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Re: Journey of one day at a time  
Posted by Workingguy - 30 Nov 2018 20:45

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Without you giving specific examples, that's a pretty broadly negative comment with nothing constructive that can come from it.

What point were you trying to make?

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Re: Journey of one day at a time  
Posted by Gevura Shebyesod - 19 Feb 2019 03:45

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Re: Journey of one day at a time  
Posted by Ihavestrength - 22 Feb 2019 22:13

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[Workingguy wrote on 30 Nov 2018 20:45:](#)

Without you giving specific examples, that's a pretty broadly negative comment with nothing constructive that can come from it.

What point were you trying to make?

I guess I didn't like that people were overloading the forum with really long posts that were

either really long and complicated/made no sense, or really spammy. I felt that there was such a high volume of those posts that they were actually defining the atmosphere on the forum (for what defines the atmosphere of a forum other than the posts within it?).

Just one man's opinion though. Things are looking a lot better since I've been here last.

P.S. Sorry for the late response lol.

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