

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. Well it's come to the point where I gave to start my own thread. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can (and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

Warning: Spoiler!

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

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Re: The Road To Being Honest With Myself (and others:)
Posted by Ihavestrength - 19 Feb 2019 03:28

HH,

Very true. That makes a lot of sense. If we find that there seems to be a pattern of regressing (going back to falling more often, for example) it is wise to reconsider what we are doing and seek help, if needed, in order to gain clarity on the proper direction to take.

I was mainly cautioning on the danger of focusing on days unduly, as well as putting too much weight on a single slip or fall instance. It is best to look at patterns of behavior when building a strategy and not get distracted by a single data point. The trouble with resetting a sobriety count is that it leads some to assess their progress using a single data point rather than keeping a healthier, broader point of view.

(I was sort of hocking in the above paragraph, for which I apologize for once again.)

Best of luck going forward.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Trouble - 26 Mar 2019 03:42

[Dov wrote on 20 Feb 2017 17:02:](#)

I think Shlomo24 said it all when he wrote that *change requires change*.

And Shteeble said the truth when he wrote that *if it's important to you then spend time on it*.

And I agree w Tiger who wrote that *opening up to a safe person* who understands is the way to go.

All that stuff says to me that if I look at how I conduct myself during the years of acting out, I will learn how to do things right...by basically doing the opposite. Isolation is king when I act out. Heck, even when I'm *not* acting out, the worse I feel the more I tend to isolate. If I am lusting or angry or sad, boy do I make myself lonelier by trachten un trachten, etc. and 'figuring it all out'...cuz after all, nobody can really understand me, right?

So if I wanna get right, then I need to do the opposite and start learning how to make friends, how to share myself without cleaning off all my dirt first, and to practice doing those things. Thinking about them will not help me. Thinking is a great part of my problem itself because it increases my fantasy of self-reliance and 'salvation through havonah' - and those things lead to one thing: more masturbation (in private, of course).

And I have learned that fake named friends are not really real friends. So what you really need ain't happening here staying on any forum. But it's a sweet intro.

And I have learned that self-honesty is the *fruit* of being honest with others. Kind of like na'aseh venishma works...counter-intuitive. The silly brain tells me that I need to first be fully self-honest so that I will know just what to say to others...and that's a lie.

So, continued hatzlocha you are on the path with us knuckleheads!

Glad to be a fellow knucklehead!

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 16 Jun 2019 03:36

Hi everybody sorry for the long delay it's just that the app on my phone keeps crashing every time I try and post or update my thread.

So here it goes after 200 and plus days I had a fa fall or to be exact I acted out in ways that (falling ma makes it sound like it wasn't my fault)

So he here are some observations.

Number 1 check out the thread by real estate mogul there is a discussion regardi regarding cumulative days and streaks. I will just put in my own two cents that I c after being clean for a while it's definitely a different experience and I feel that I have gain a lot and I hope that it will help me in the future

2. There is a saying money can't buy Happiness but it sure can help The same thing can be said about filters they won't make you clean but they sure can help. My most recent stint in the trash can was due to le leaving a unfiltered device around the house. I did not get around to filtering it be I felt I was in a good place and that I w was not in a rush to filter it. I'm not saying i if it wasn't around I would not have acted out. But it has happened before tha That's when the quote candy is not available so easily saner you're thinking takes over before you get to act out.

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 08 Nov 2019 14:27

I was listening to Eli Nash last night. (For those who don't know he's a successful business man who has come out and talks openly, and wants to make people aware there is hope to kicking

porn/sex addiction)

He said a great line. He still goes to meetings three times a week even though he's sober 2 and a half years because.

Im not a slow learner, I'm just quick to forget"

I need to stamp those words on my forehead

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Re: The Road To Being Honest With Myself (and others:)
Posted by Trouble - 08 Nov 2019 16:18

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Re: The Road To Being Honest With Myself (and others:)
Posted by sleepy - 11 Nov 2019 04:20

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thats IN ADDITION to having a yetzer hara that causes us to forget many things

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 16 Feb 2020 05:50

I like L'Chaim. I don't like the taste (hard liquor that is), but I enjoy the effect. I can enjoy a Shabbos meal with wine or L'Chaim and enjoy the buzz it gives me. I may even occasionally drink more (say Purim). I may even every few years drink too much to the point that I'm on my hands and knees throwing up.

However, I don't think in between drinking how much I enjoyed it. I don't seek opportunities and count the days till I can get my next drink. When I am in the store and I see alcohol, I'm not attracted to browse unless I need some. Even if I do browse, I'm not thinking of how it will make me feel, possibly about how it tastes (and the price;)

Most importantly, after drinking one shot at a L'CHAIM or the like, I dont obsess all day about it, and plan how to get my next. Nor do I seek out the rum balls because they have a little alcohol

A day after drinking to much, I don't make shevuahs never to drink again, although I definitely don't plan on drinking that much anytime soon. I just move on in life.

When my wife's away I don't raid the alcohol cupboard, or browse the internet for the newest drink out there.

Point is, I enjoy it, but I rarley think about it.

Contrast to my lust for Porn/Sex. If I take one "drink" even if it's not full on porn, I become crazy. I start thinking how nice it was, wonder if I can get more. I can be watching something entirely clean, if there is even a hint of immodest women, I automatically focus in that even if it's not the main part of the scene. I plan ways to watch clean things that might have something to feed my lust.

In between "drinks" I can lust all day, thinking, scheming, plotting. All while possibly being technically clean (this can especially be the case being married)

In short it seems to me I am no alcoholic, but what the alcoholic experiences regarding alcohol, I experience (to some extent) regarding lust.

L'Chaim:)

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Re: The Road To Being Honest With Myself (and others:)

Posted by Changing - 16 Feb 2020 06:42

In between "drinks" I can lust all day, thinking, scheming, plotting. All while possibly being technically clean (this can especially be the case being married)

This post is so true and explains so well what we feel about lust. But this line is pure gold "all while possibly being technically clean." An important reminder that the objective is not to stay clean but to live a normal life free of lust.

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