

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. 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 Workingguy - 16 Mar 2017 22:29

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But then I'm stuck, because I'm not sure what you're asking Him to do. Remove , ?

?fight the fight for you, or just help you

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Re: The Road To Being Honest With Myself (and others:)
Posted by tiger - 17 Mar 2017 01:41

He will help by removing it, he does it for us

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hashem Help Me - 17 Mar 2017 03:01

Giving lust over to Hashem is a method used by the very successful SA program where one turns to Hashem and says "i have tried everything and have come to the realization that I am powerless, so take it away from me" there are others here that are big experts with this system. I would suggest you call Dov and speak with him. He can help you determine the best way to proceed.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 19 Mar 2017 23:47

For those interested in reading further check out here

guardyoureyes.com/articles/12-step/category/step-1

In general there are some great posts over there, mostly from Dov and some from others.

I'm still struggling with am I an addict or just a regular struggle, but as "Hashem help me" said regardless it's best to get a friend (and many others over here have been pushing the same thing).

There are many posts on this topic of the difference between an addict and a non-addict, and it would be hard for me to be the judge about that question myself. In fact this is the whole problem! Despite being clean for about 27 days, I am still focused on myself. I am giving myself a pat on the back and feeling smug, hey look what a good job I have done. But I know where that leads too...

Even if I could win this struggle on my own, it definitely won't hurt my chances of winning if I do open up.

I'm sure you all know, it's really difficult to open up to someone real, it's probably the hardest step anyone takes (although I wouldn't know because I never took a step that was to hard - that's why I'm here)

SO wish me good luck, and maybe a few words of encouragement, so I actually follow thru

@workingguy see this

post guardyoureyes.com/articles/12-step/item/what-does-powerless-really-mean?category_id=413

Warning: Spoiler!

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Re: The Road To Being Honest With Myself (and others:)
Posted by LifneiHashem - 20 Mar 2017 00:23

[Hakolhevel wrote on 19 Mar 2017 23:47:](#)

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Hi. I also struggled for a while on if I'm an addict or not. Ironically I finally signed up on gye because I came to the conclusion that I was an addict, but now after all these months I think I probably am not.

I also struggled with telling a real person and finally did so thanks to all the peer pressure on gye. Yes, it was really hard to do, and I chickened out a few times. so I can say from experience that opening up and talking about it is a game changer and worth the discomfort.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Workingguy - 20 Mar 2017 02:19

The post discusses what powerless is- not what giving it up to G-d is. That's what I thought we were looking for clarity about.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hashem Help Me - 20 Mar 2017 03:35

Whoever needs to be pushed to open upto someone real, just look at me. I joined in a hopeless state. I made it BH straight to 90 because of other people. Period. Yes, many of the other incentives here on GYE were helpful, but because of the forum chevra and the people I spoke to, I have bli ayin hora had some success. And I was the biggest loser the world had seen. Hypocrite. Rasha. Get the idea? So just go do it. After that first real live share you will feel cleansed and relieved in a way you could never imagine.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 20 Mar 2017 14:37

[Workingguy wrote on 20 Mar 2017 02:19:](#)

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You are correct indeed, I had no idea they were differen. So I'd better just start with powerlessness. Even if I'm not an addict, it's a very powerful and important thing, the humility that unfortunately I can say I'm lacking.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 20 Mar 2017 14:41

@lifnei Hashem and @ hashme help me (and everyone else). Did you start with a sponsor or a

partner. Is there any more Info you care to share that would be helpful.

@hashem ehelpe me, where is your thread?

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hashem Help Me - 20 Mar 2017 17:04

My thread is "My story and G-d bless GYE" on balei batim forum. I started alone and someone reached out to me, and then i looked for others to speak to. In the beginning i had a SA sponsor but it became evident that i am not an addict so that didnt continue.

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Re: The Road To Being Honest With Myself (and others:)
Posted by LifneiHashem - 20 Mar 2017 22:42

[Hakolhevel wrote on 20 Mar 2017 14:41:](#)

@lifnei Hashem and @ hashme help me (and everyone else). Did you start with a sponsor or a partner. Is there any more Info you care to share that would be helpful.

@hashem ehelpe me, where is your thread?

I haven't done any formal step work or SA. I opened up to a close friend who works in the counseling field with exposure to various addictions. got cold feet a few times when trying to tell him. Finally on the phone I said I wanted to discuss "something" before we hung up. At that point he was so curious that every tme we spoke he repeatedly asked me what was up until I spit it all out.

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

Posted by Shlomo24 - 20 Mar 2017 23:16

[Hakolhevel wrote on 20 Mar 2017 14:41:](#)

@lifnei Hashem and @ hashme help me (and everyone else). Did you start with a sponsor or a partner. Is there any more Info you care to share that would be helpful.

@hashem ehelpe me, where is your thread?

I started with a therapist and I was desperate to find someone who struggled like I did. I found someone on GYE in a similar situation and I spoke to him. That led me to SA. And now my best friends are program guys.

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

Posted by Hakolhevel - 24 Mar 2017 02:56

I haven't posted in a few days, I was travelling...

However I have to say I had the most amazing experience. In the past when I would travel (even during the years where I was not acting out) I would always notice the women sitting next to me or across, or I would check out the stewardesses, Of course since I am religious after I ascertained they looked good, I would spend the rest of the flight making sure I don't look at them, and usually I would take a second or third peak, just to make sure I am fighting looking at someone who is pretty...

Not only that, I would normally check out the airline magazine "just to look at some interesting travel stories" but really it was to make sure there was nothing in there I shouldn't look at.

Of course the flight was usually spent making sure I look into my sefer while thinking all the time how I am not looking at the things I shouldn't.

If there were screens on the plane, oh boy, I would have to see what everyone was watching just to make sure I wouldn't see it. The ways of the Yetzer Hara are funny.

Anyways why am I saying this. B/c halfway thru the flight this time, I suddenly realized everything was different, no active struggling, no caring about the airline magazine, I was just myself. It was an amazing experience. I think this is what Dov talks about when he says, we always want to keep the lust near and dear to our hearts, either we are involved in lust, or fighting it while all the time thinking about it.

Even though today I am at the same 34 days I was the last time I fell, I must say these 34 days are SOOOO different than the last. What's different? As Hashem help me says in his thread, I'm not just not sinnin, im actually startin to livin. Thank you All!!!!

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Re: The Road To Being Honest With Myself (and others:)
Posted by Workingguy - 24 Mar 2017 11:02

Love the description of checking to make sure that there are things that we SHOULDNT look at. It's such a funny and accurate portrayal.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hashem Help Me - 24 Mar 2017 11:17

Hakol, you are beginning to experience the real menuchas hanefesh that has eluded so many of us for so long. Very happy for you. Now it's your turn to start being mechazek others! It will help your own recovery too.

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