

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 Shlomo24 - 28 Jul 2017 15:58

So talk to someone real

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 28 Jul 2017 22:07

Or to rephrase. Talk to someone for real.

I quite agree, I have spoken to 3 real people, but not many details so I guess we can't really count that.

If you follow my thread you will see that I resisted opening up and talking to people, and at one point I says that I would. But that was out of desperation seeing as other things where not working. But now, b"h being clean since 17 of tammuz without talking to someone, nevertheless I actually see how I am hiding and not telling the full truth, even in recovery (possibly just imagined recovery), and that is not a good thing.

To sum it up - please check back by the end of next week and hold my feet to the fire, make sure I talk to someone.

Thank you and good shabbos

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 06 Aug 2017 04:59

Well I didn't keep my end of the deal, and this week will not be a good week but bezrat hashem the following.

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Re: The Road To Being Honest With Myself (and others:)
Posted by GrowStrong - 06 Aug 2017 08:20

Why not start with today.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 11 Aug 2017 05:30

Was on vacation. Didn't check in since Sunday.

To the point, that's why. But thanks for checkin.

Hopefully will have something to say next week.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 17 Oct 2017 13:28

Hey everyone, long time no post (on my thread).

So I won't bore you with my last few months of ups and downs, maybe for another time...

Anyway I've got a game plan for today, and With Hashem help I will succeed today. I have no idea about tomorrow not do I care.

Anyway over and out.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hashem Help Me - 17 Oct 2017 19:57

Welcome back. Whats the game plan?

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Re: The Road To Being Honest With Myself (and others:)
Posted by LoveU,Hashem - 17 Oct 2017 20:45

Good luck hevel!!

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 19 Oct 2017 01:59

[Hashem Help Me wrote on 17 Oct 2017 19:57:](#)

Welcome back. Whats the game plan?

For now it's to be productive and get done what I need to do which fills up the whole day and leaves no time for lusting, while it may or may not be a good long term solution. Today it's a really good one.

All the best.

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Re: The Road To Being Honest With Myself (and others:)
Posted by TzedekChaim - 25 Oct 2017 18:51

Hatzlacha Rabba!!!

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 27 Oct 2017 04:29

Thanks guys for all the encouragement.

Anyway as dov always says, your never really sharing everything on the forum... But nevertheless...

I did have a mini fall (looked at some inappropriate things for a few minutes, mostly not porn,) however it did propel me to some action, I had my wife lock some apps on my phone and her phone. I know filters is not everything, but to me the great thing was that I actually took some action.

Now if only markz can tow me back to the good nite calendar, I will really be in good shape.

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

Posted by Hakolhevel - 07 Nov 2017 15:04

Filters help, but are not the answer, as Dov says, the only filter that works is the one you don't test.

Anyway, some people may relate to what I'm saying.

FALL: Uch I'm all sticky and disgusting, it wasn't even that amazing and I feel like a hypocrite, I'm never gonna do this again

Day 1: Wow it was really bad, I'm never gonna do it again, i will do xyz to make sure

Day 2: I can't believe I ever did such a thing, I feel so much holier and pure now, I'm finally thinking clear.

Day 3: Wow this is great, I really can do this, it's nothing to be clean

Day 4: What was that image on my news feed... Oh I better not look, that's disgusting

Day 5: I wonder what happens if you google Noah, and check the images, you think anything inappropriate comes up?... Oh my what a sick world we live in

Day... - I need my fix, but just to look, not to CH"V be MZ"L

4 hours later under the covers and wife is sleeping

Repeat Cycle*

*Please not this fail-proof failure timeline may vary, as usual your results may be slightly different than expected and side effects may include... For better results please speak to your local Dov and/or good chaver and be completely honest.

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Re: The Road To Being Honest With Myself (and others:)
Posted by eslaasos - 08 Nov 2017 21:23

Great post.

It's a befeirush Rashi that relying on filters alone is a bad idea.

Warning: Spoiler!

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Re: The Road To Being Honest With Myself (and others:)
Posted by Gevura Shebyesod - 09 Nov 2017 15:35

Warning: Spoiler!

LOL!!

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