

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?

=====  
=====

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

Posted by Hakolhevel - 15 Apr 2021 04:03

---

Thought number one. For the vast majority of the time of my latest streak up to and including now, my wife was not available (baby).

I'm the past I wouldn't last very long (in fact the first baby we had is what brought on my first relapse since dating her)

So I take this as a big win.

The lesson though that can be applied in your cases. In the beginning of the of the physical distance we were still emotionally close. We have been working on our marriage and it really paid. However as time went on, plus add on Pesach and other business, we slowly crept to our old habits and just got busy but didn't spend any time to maintain emotional closeness. As the emotional closeness faded, my lust returned, and more importantly, my resolve to stay strong slowly faded.

I didn't realize it till it was too late. I think I was lusting for a few days (although technically clean) until I came to a situation which propelled me really fast to act out.

More on the fall itself in another post (I want to touch upon trigger, the lust, hopefully next time)

So the short version is, I beleive I was lusting due to a lack that I had in my life at that time, my emotional relationship with others. Too often we focus on the actual problem (acting out) and forget to work on the story behind our problem.

Hopefully some of what I said makes sense. Hopefully it helps me, and of it helps you, Mah tov.

=====  
====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hashem Help Me - 15 Apr 2021 11:35

---

Very wise post. A guy who falls after a long clean streak, who understands what happened, is in a healthy state of mind and has what to look forward to. Putting aside the obvious disappointment, one does not fall into yi'ush and then chas v'shalom binge. What you write about the relationship between losing the emotional connection and the eventual acting out is so on the mark. Many married guys here who BH recovered, credit their relearning how to be intimate (no, that does not mean sexual intimacy) with a spouse - both in and out of the bedroom, as being a major part of their recovery. They lose interest in the garbage on the screen after having tasted the real thing. Regarding the sexual part of their marriage, when it is the "icing on the cake" of intimacy - the "peak of the mountain" of their becoming a husband and wife team - when it is the culmination of the close relationship - and not an act in a vacuum, it makes them view pornography as a repulsive, uninviting, and poor attempt at an imitation.

=====  
====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Onceandforall - 16 Apr 2021 13:24

---

Great thread. Subscribed. Please keep these insightful posts coming. As a chosson and very nervous of hearing about how marriage can sometimes make things more difficult (especially after a baby, understandably) it would be great to hear more so that I can go in with all the tools possible to be ready for the fight.

And mazel Tov!

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 16 Apr 2021 18:20

---

[Onceandforall wrote on 16 Apr 2021 13:24:](#)

Great thread. Subscribed. Please keep these insightful posts coming. As a chosson and very nervous of hearing about how marriage can sometimes make things more difficult (especially after a baby, understandably) it would be great to hear more so that I can go in with all the tools possible to be ready for the fight.

And mazel Tov!

Thanks! When they let you, join the balei battim section, lots of good stuff there.

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Reachstars - 18 Apr 2021 07:08

---

Hi Mr. Hakol Hevel. I just binge read your entire thread. All 18 pages. It's been an intriguing read, coloring your journey over 3+ years. I followed your internal debate regarding whether or not you consider yourself an addict. Deciding if the 12 step program and SA is what you really need to commit to.

So here we are, April 18 of 2021. My dear friend, where do you currently stand in regards to what steps you need to take to set yourself up for success in kicking this way of life to the curb?

Looking forward to hearing from youReachstars, a recently surrendered addict.

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 18 Apr 2021 13:10

---

[Reachstars wrote on 18 Apr 2021 07:08:](#)

Hi Mr. Hakol Hevel. I just binge read your entire thread. All 18 pages. It's been an intriguing read, coloring your journey over 3+ years. I followed your internal debate regarding whether or not you consider yourself an addict. Deciding if the 12 step program and SA is what you really need to commit to.

So here we are, April 18 of 2021. My dear friend, where do you currently stand in regards to what steps you need to take to set yourself up for success in kicking this way of life to the curb?

Looking forward to hearing from you Reachstars, a recently surrendered addict.

Thanks! I should do that one of these days too.

Either way, i tried looking up your story, but i dont see much.

As always a jew answers a question with a question:). You say you've surrendered, are you currently in SA or another 12 step group?

Just trying to under the question properly before I answer.

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Lou - 18 Apr 2021 17:16

---

I just read through (almost) your entire thread.

Amazing! I guess usually I just saw the latest posts, but now I saw the background and details...

Very inspiring. I need all the inspiration I can get these days.

Thanks!

=====  
=====

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

Posted by Hakolhevel - 18 Apr 2021 22:20

---

Thanks guys. I really should re-read it myself.

=====  
=====

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

Posted by Reachstars - 19 Apr 2021 15:15

---

I've recently joined SA and started going to in-person meetings. I've been struggling my entire life, but never considered myself an addict. that changed when I looked in the mirror and honestly answered these questions :

- Have you ever thought you needed help for your sexual thinking and behavior?
- That you would be better off if you didn't keep "giving in"?
- That sex or stimuli are controlling you?
- Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?
- Do you resort to sex to escape, relieve anxiety, or because you can't cope?
- Do you feel guilt, remorse, or depression afterward?
- Has your pursuit of sex become more compulsive?
- Does it interfere with relations with your spouse?
- Do you have to resort to images or memories during sex?
- Does an irresistible impulse arise when the other party makes the overtures or sex is offered?
- Do you keep going from one relationship or lover to another?
- Do you feel that the right relationship would help you stop lusting, masturbating, or being so promiscuous?

- Do you have a destructive need — a desperate sexual or emotional need for someone?
- Does pursuit of sex make you careless for yourself or the welfare of your family or others?
- Has your effectiveness or concentration decreased as sex has become more compulsive?
- Do you lose time from work for it?
- Do you turn to a lower environment when pursuing sex?
- Do you want to get away from the sex partner as soon as possible after the act?
- Although your spouse is sexually compatible. do you still masturbate or have sex with others?
- Have you ever been arrested for a sex-related offense?

Unfortunately for me, too many of these were yes for me. And my life had become unmanageable. When I say I surrendered, I mean that I recognized that I cannot do this alone. And I need the help that SA has to offer. I need to get out of the isolation in which my addiction thrives. I am new to this, and it's very scary and uncomfortable. Hopefully IYH out of this change in direction, I can recover and become a better person, one who can cope with all the difficulties that life throws at us, without succumbing to the comfort of my lust. Hatzlacha on your journey, whichever route is best to lead you to happiness. I wish you all the best.

=====  
=====

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

Posted by Hakolhevel - 03 May 2021 12:28

---

[Reachstars wrote on 19 Apr 2021 15:15:](#)

I've recently joined SA and started going to in-person meetings. I've been struggling my entire life, but never considered myself an addict. that changed when I looked in the mirror and honestly answered these questions :

- Have you ever thought you needed help for your sexual thinking and behavior?
- That you would be better off if you didn't keep "giving in"?
- That sex or stimuli are controlling you?
- Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?
- Do you resort to sex to escape, relieve anxiety, or because you can't cope?
- Do you feel guilt, remorse, or depression afterward?
- Has your pursuit of sex become more compulsive?
- Does it interfere with relations with your spouse?
- Do you have to resort to images or memories during sex?
- Does an irresistible impulse arise when the other party makes the overtures or sex is

offered?

- Do you keep going from one relationship or lover to another?
- Do you feel that the right relationship would help you stop lusting, masturbating, or being so promiscuous?
- Do you have a destructive need — a desperate sexual or emotional need for someone?
- Does pursuit of sex make you careless for yourself or the welfare of your family or others?
- Has your effectiveness or concentration decreased as sex has become more compulsive?
- Do you lose time from work for it?
- Do you turn to a lower environment when pursuing sex?
- Do you want to get away from the sex partner as soon as possible after the act?
- Although your spouse is sexually compatible. do you still masturbate or have sex with others?
- Have you ever been arrested for a sex-related offense?

Unfortunately for me, too many of these were yes for me. And my life had become unmanageable. When I say I surrendered, I mean that I recognized that I cannot do this alone. And I need the help that SA has to offer. I need to get out of the isolation in which my addiction thrives. I am new to this, and it's very scary and uncomfortable. Hopefully IYH out of this change in direction, I can recover and become a better person, one who can cope with all the difficulties that life throws at us, without succumbing to the comfort of my lust. Hatzlacha on your journey, whichever route is best to lead you to happiness. I wish you all the best.

Thanks for your prodding.

I have come to realize that although I can reach a certain plateau, I'm stuck there, and so I'm taking it up a step and joining dovs desperados. If anyone is thinking of joining he's starting a new cycle this week

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 13 May 2021 03:27

---

[Watson wrote on 03 Mar 2017 08:52:](#)

Welcome. You're in the right place.



First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

This is a great Intro for newcomers

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 19 May 2021 14:28

---

I have come to realize, that the most important thing in my life,(at least in my cosncious mind) is sex (including sex with self a.k.a. masturbation).

No wonder I find G-d, my wife, kids, life getting in the way of the just precious thing to me in life.

That's all for today.

BH still clean.

=====

====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Snowflake - 19 May 2021 16:11

---

Dov says the problem is we care too much. We get rejected, boom, we feel betrayed, sad, despondent, etc. Halevai we should love it less and like you said, value more the really important things.

=====  
====

Re: The Road To Being Honest With Myself (and others:)  
Posted by DavidT - 19 May 2021 18:18

---

[Hakolhevel wrote on 19 May 2021 14:28:](#)

I have come to realize, that the most important thing in my life,(at least in my cosncious mind) is sex (including sex with self a.k.a. masturbation).

No wonder I find G-d, my wife, kids, life getting in the way of the just precious thing to me in life.

That's all for today.

BH still clean.

Your honesty will definitely help you stay on track.

It can be hard to out-think your addiction—it is, after all, a disease which affects your thoughts, feelings, and behaviors. To get past the distortion that addiction causes in our thinking and behavior, we must first get honest. Being honest with your peers and with your sponsor is the best way to get the feedback you can use to save your life. If you aren't telling your peers about your cravings and/or obsessions, or aren't talking about how hard it has been for you to find a job or repair your relationships, how can anyone help you? It is your responsibility to tell people

the truth about what is going on with you so that they have a chance to help.

Practicing honesty in addiction recovery takes practice, especially if you've been lying for a long time. It is worth it though. It's certainly a lot easier to keep track of what lies you are telling everyone!

=====  
=====