

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

Posted by Hakolhevel - 19 Feb 2017 04:23

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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 Hakolhevel - 19 May 2021 19:59

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[ihadstringsbutnowimfree wrote on 19 May 2021 19:30:](#)

How do I learn more about the 'Dov's Desperados'? You said he's starting a new cycle soon.

I've heard Dov mention the group in a few of his recorded talks (which I think are 5 or so years old at this point, although new to me), but I didn't realize he still did them.

I'm in SA, so not sure if it's even relevant to me, if it's geared towards non-addicts? Religious stuff or mussar can't and won't keep me sober.

If anyone has more info on this, I'm interested. Please respond or PM me, thank you.

[guardyoureyes.com/component/zoo/item/dov-s](http://guardyoureyes.com/component/zoo/item/dov-s)

There are guys in there who are in SA. Contact dov to see if its for you.

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

Posted by sleepy - 21 May 2021 06:08

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[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.

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just curious, do you have that attitude even after a fall?i know by me ,after a fall , i despise sex,if thats the case by you too, then it cant be that the most important thing in the world in your life is sex...

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

Posted by wilnevergiveup - 21 May 2021 07:32

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[sleepy wrote on 21 May 2021 06:08:](#)

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

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I don't think he was saying that he want's it to be that way, rather that that's the way it seems to be.

Maybe it's just because he is honest?

That is the name of this thread after all...

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 23 May 2021 05:33

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Im full of anger and resentment.

All the stars aligned... Until my baby ruined a good night for potential S\*\*.

Is it his fault? No he's a baby. It my silly lust obsessed mind that puts S\*\* #1 priority in my life.

I need to let go.

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

Posted by lionking - 23 May 2021 14:45

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Let it out here on the forum, it is normal to feel angry and resentful. However it is very achievable to get over with it. When you consider the big picture, that there is Someone running the show, who caused the baby to ruin it for you, perhaps that means the stars haven't fully aligned yet...

Wishing you much hatzlacha

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

Posted by Hakolhevel - 23 May 2021 15:18

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Thank you LK.

I think what was most insightful, was first I was full of anger and resentment at my baby for not going to sleep, and I didn't even connect the two. Till I realized, the level of anger and resentment I was feeling was 95 percent connected to my desire for S\*\*

Now I'm thinking over many of the times I feel a strong level of anger and resentment, and they also seem to be connected to when things get in the way of S\*\*

As someone here on the forum said, we need to stop taking S\*\* So damn serious

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Snowflake - 23 May 2021 18:48

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I think what you did was amazing. I wish I may reach your level of self-honesty.

It takes true honesty to recognize our feelings, no matter how negative they are. It doesn't mean we are going to act on them. On the contrary, I imagine your putting the words out, helped dissipate the tension.

In fact, when we are angry, we tend to isolate, which makes things harder. You on the other hand, came forth.

Please keep posting and inspiring us.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by ihadstringsbutnowimfree - 24 May 2021 17:57

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 24 May 2021 20:01

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[ihadstringsbutnowimfree wrote on 24 May 2021 17:57:](#)

You're reluctant to write the word 'sex', but not to write the word 'damn'.

You're absolutely right, we gotta take this sex stuff less damn seriously. It's not that serious!

I Have no problem writing the word Sex, I was just afraid of the the

**Warning: Spoiler!**

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

Posted by Hakolhevel - 25 May 2021 16:55

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[Hakolhevel wrote on 25 May 2021 13:24:](#)

Sorry everyone,.new price is \$158.

I recommit to the challenge today.

It did help me immensely. It got me to 21 days and more importantly to start working a program, but the last few days I was lax... And it showed.

One final note for those who are into surrender, I think it finally makes some sense to me. I'm not surrendering lust, I'm surrendering my "control" over lust, because I have none. I cannot control it and use it as I wish. When I buy that lie, it controls me, not the other way around.

Thanks for listening and wish me good luck

I just want to add. At one point last night I did surrender my control over lust, and it worked. My desire to act out disappeared. At that moment I got scared. What, will this really work, does this mean the end of porn. Noooo!!!! And so I proceeded to make sure I act out.

This is why it's a twelve step program, not a one step program. Porn is still the most precious thing in my life and I can't envision life without it.

I will hope work for better days ahead, and hopefully more sane thinking.

Thanks for listening

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Re: The Road To Being Honest With Myself (and others:)  
Posted by DavidT - 25 May 2021 19:22

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There is an interesting fact that the addict's drug of choice is not, as we would think, his or her problem; *it's a solution*. If it were their problem, they would eventually give it up. But because it is their solution—as a matter of fact, their *only* solution—they haven't any real choice of going without it.

The addict uses his or her drug of choice because it serves a crucial, even vital, function. It actually allows them to live, just as food, air and sleep allow normal people to live. If you don't get enough sleep, you become less productive, moody, even depressed. If you don't get enough sleep long enough, your body will force you to go to sleep.

Never mind the fact that sleep is necessary for the body to function, and mood-altering chemicals are not. The fact is, for reasons we shall explain very soon, that if the addict could function without his or her drug of choice, then he or she wouldn't be an addict.



Addiction is a pre-existing condition that drives a person to use. *The addict actually uses in order to relieve the symptoms of addiction.*

**Recovery in a nutshell:** addict gets tired of trying to make everything work; addict gives up and lets Higher Power take over; addict experiences unusual freedom, happiness and usefulness as long as, and to the extent that, addict does not renege on previous decision.

*Active addiction is **self-help** ("I take care of myself the only way I know how, because no one else can or will"). Recovery is **God-help** ("I can't continue trying to do for myself what only God can really do for me").* If one is a true addict, then one will not recover by trying to get his or her own addiction under control. By the time one is an addict, there is no human power that can make the addiction go away.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by ihadstringsbutnowimfree - 28 May 2021 19:09

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Re: The Road To Being Honest With Myself (and others:)  
Posted by cordnoy - 28 May 2021 20:23

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[ihadstringsbutnowimfree wrote on 28 May 2021 19:09:](#)

One thing that's been very helpful to me is the "Doctor's Opinion" in the Big Book of AA. The idea of an obsession of the mind and allergy of the body was very clarifying. I recommend listening to the Joe and Charlie Big Book study (I found it on GYeworld.com, but others in meetings have told me it's good stuff) to hear it in a very relatable and entertaining way. I'm not an alcoholic, but their big book study and their explanation of the doctor's opinion has been one of the best practical things I've learned in this current period of recovery I'm in. Very clarifying explanation of powerlessness, very practical in keeping me sober, i.e. I can do a decent job of avoiding that first drink/lust hit. Because once I get that first lust hit, it's all over...or it will be

shortly.

Also love their rendition of the big book story of Jim the car salesman, whose resentments eventually led him to believe that he could handle a shot of whiskey, if he just mixed it with some milk. Of course, this led to him getting drunk, etc.

[www.guardureyes.com/GUE/MP3/Joe%20&%20Charlie.zip](http://www.guardureyes.com/GUE/MP3/Joe%20&%20Charlie.zip)

T'was part of our discussion on the call today.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 28 May 2021 21:00

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Thanks, never knew about GYE's other website

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