

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 anonyarmadilly - 18 Nov 2021 00:00

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[Hakolhevel wrote on 17 Nov 2021 20:46:](#)

[reallywanttobegood wrote on 25 Jun 2021 17:48:](#)

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I'd like to take the opportunity to reflect on some of the hard-earned lessons learned on this 1000 + day journey, from someone who's "been there done that" (think porn, masturbation, phone sex, massage, live sex...)

1) Change / recovery is painful. My definition of Hitting "rock bottom" is the point at which being actively addicted is MORE painful than the pain of change - at this point, change becomes the logical next step.

2) RESPONSIBILITY! - We all have our own back stories, we all have seemingly legitimate excuses, we all have rationalizations. Taking responsibility means that NO MATTER WHAT even if prostitutes would be falling out of the sky - The buck stops by me!!

A good antidote to rationalizations and excuses is, just picture telling your wife I cheated because I was tired, moody, abused, etc. we all know that logic won't go too far.

3) CONNECT with someone on gye. The opposite of addiction is not sobriety - it's CONNECTION. Addiction thrives on isolation! Have someone that you can share your pain and struggles with. Have someone that you can text, call or meet when the going gets rough. And finally have someone who can be your cheerleader and celebrate your both big and small wins with you!

4) Plan Ahead - Be proactive. If you fail to plan - you plan to fail. The yetzer horah rarely tries to fight us when we're doing well, he looks for opportunities when we're down and out or caught off guard. When we're tired, moody or stressed....

If we're proactive, most of the time we can anticipate ahead of time that we're about to be in a vulnerable spot. If you know that when you're tired you're vulnerable, then if you come home from a chasunah at 2am don't just go to sleep and hope for the best tomorrow! Call your GYE chaver, text him, make a short term taphsic shvuah, or do whatever else works for you.

4a) Don't become complacent; I'm already in a good place I don't need to be vigilant anymore. COMPLACENCY IS THE BEGINNING OF YOUR LAST CLEAN DAY. While this day can sometimes last a while, if we're complacent it's just a matter of time before we get caught off guard.

5) Take the journey one day at a time. Over these past thousand days I've had times of sheer elation, times of utter frustration, times of vulnerability when I thought that this all might evaporate. Buckle up and get ready for the journey of a lifetime!

6) I'm just a regular person just as special as you! If I can do it so can you!!

Great stuff. Yet, yet...

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What if #1 doesn't apply? What do you do then?

Do the other five things obviously!

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Posted by Hakolhevel - 18 Nov 2021 05:56

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

Posted by Hakolhevel - 18 Nov 2021 05:58

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For those who know

Mozhish, da nye khotchish

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

Posted by wilnevergiveup - 18 Nov 2021 06:18

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What I mean is, you certainly have had your rock bottom moments, that's why you are here. No one lives in "rock bottom" all their life (at least no one wants to) so you cannot expect to feel the pain of rock bottom day in and day out. Our minds have a way of burying the pain in order for us to cope with life, otherwise we would go insane. From time to time when we do thongs that are really stupid or "worse than ever" we feel the pain again. Don't sit and wait for another one, you probably know what it feel like, just remember how the last one felt before it was relegated to the unconscious.

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Edit: I didn't see your response when I posted this but I think it's still mostly relevant.

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

Posted by Lou - 18 Nov 2021 07:22

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**Warning: Spoiler!**

Hatzlocha!

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Posted by Hakolhevel - 19 Nov 2021 00:11

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What brought me here was, after the years of marriage (and being clean) I acted out. That's when I got scared. I always assumed my issue was because I wasn't married. Once I was shown it was but, I decided to look for a better solution, so I landed on Gye.

So I did not come here after hitting rock bottom.

Well after that, i keep coming because it is painful to act out and be a two faced person. However that pain has not been bad enough to make me go through the pain of cHange.

The concept of multiple rock bottoms makes sense to me, I'm just not sure I have experienced it.

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Posted by Hakolhevel - 19 Nov 2021 00:15

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[Lou wrote on 18 Nov 2021 07:22:](#)

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Sometimes I actually feel it's more like " Al Chet SheChatanu Lefonecha Beyetze Hara".  
Meaning even after the yetzer Hara stopped enticing me, and I'm dead tired, and the baby woke up twice disrupting my "fun time" I still go ahead and do it, because it's so sweet and precious to me. Even the Yetzer hara is surprised.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Ihavestrength - 19 Nov 2021 02:42

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@Hakolhevel My two cents FWIW: It's a good thing to feel like you have the tools to stay clean today, and then tomorrow, and then the next day. That isn't a bad thing, it's a bracha. I don't need to have some grandiose feeling of needing to change for the rest of my life, regardless, it wouldn't help me.

I have no interest in *never* using porn or masturbating again, I like it too much. However, if you ask me if I think *this* day, TODAY, would be better without it, I would say **yes** (if I'm honest with myself).

You wrote that you were clean a long time during marriage and then you fell, which you took to indicate some sort of weakness or failing. Why don't you look at the fact that you were clean for so many years of marriage as proof-positive that you know what to do, and can indeed do what it takes.I've been clean for very long periods, but the yetzer hara is still sometimes able to convince me that I can't stay clean anymore because I fell a few times recently. That isn't rational.

So, I've just been taking it day by day, and realizing that I can do it. Not necessarily b/c I'm learning something new, or have a new perspective; I don't. Instead, doing it because I *can*, and because I have a good *enough* reason, even if it isn't dramatic.

Ok, sorry if that made no sense. If you don't relate to any of this and/or it isn't helpful, you know where the trash is. This just came up for me when I read your post, and I thought I'd try to express some of what I was thinking.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hashem Help Me - 24 Nov 2021 11:49

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Maybe in one of your intellectual moments, where you really want to stop, sit down with your wife and disclose what is going on. Maybe with her support and intervention, you will be able to move from the intellectual to the emotional. Of course this advice is only if you think your wife is the type to understand and deal with this....

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 02 Dec 2021 15:00

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[Hashem Help Me wrote on 24 Nov 2021 11:49:](#)

Maybe in one of your intellectual moments, where you really want to stop, sit down with your wife and disclose what is going on. Maybe with her support and intervention, you will be able to move from the intellectual to the emotional. Of course this advice is only if you think your wife is the type to understand and deal with this....

Thanks, but I don't think it's a great idea in this case

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Re: The Road To Being Honest With Myself (and others:)  
Posted by OivedElokim - 14 Feb 2022 04:53

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Howzit going, brother?

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

Posted by Hakolhevel - 15 Feb 2022 05:13

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[OivedElokim wrote on 14 Feb 2022 04:53:](#)

Howzit going, brother?

Thanks for asking, I was on a trajectory of acting out approximately 3 times a month, most recently (as in the last two weeks) I've held up, which I attribute to two factors

1. Something I will not disclose at this time, as its certainly not for everyone, also I would like to see if it really helps me long term before I go touting it's benifts
2. I'm (mostly) on A dopamine fast. So no websites for any pleasure (news, sports...) Which was a lot of my time. I also haven't listened to music just for pleasure . I still eat good food.

Now even if this hasn't helped my porn/masturbation issue, it's definitely saved me a lot of time in my day, and it has made me more focused on the things I need to get done, as I have no distractions.

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

Posted by wilnevergiveup - 15 Feb 2022 07:00

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[Hakolhevel wrote on 15 Feb 2022 05:13:](#)

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I love this idea. Creating a better life for ourselves gives us more to fight for. I find that doing the things that make me feel productive and controlling myself from the things that hold me back from being productive creates a lot of positive energy to tackle my struggles. On the other hand, when I fall prey to wasting time on nonsense, I feel very negative which affects my ability to fight for the things that really matter.

When I am positive and feeling productive I am happier, and therefore can be more effective sticking to my program.

You're the man! keep it up.

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