

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 - 11 May 2022 23:03

---

[bego wrote on 11 May 2022 14:24:](#)

[Hakolhevel wrote on 11 May 2022 13:55:](#)

As I move further down the road from porn (I hope it continues) I find myself more attracted to real people.

In other words, while it's always been a struggle trying to get a second look at a lady jogging down the street, I find with the virtual women out of my life, it seems like I am naturally craving real people more. I'll take that as a good sign. I also have to remember that this is a lifetime issue I have to deal with, it may take on different forms, but I can never fall asleep at the wheel.

Hatzlacha everyone

I remember that. Sadly I'm not doing great, but yes, that stage is one I recall well.

Thanks for the validation, hope you get back to this stage sometime soon

=====

=====

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

Posted by Hakolhevel - 18 May 2022 01:52

---

I'm pretty sick today. And for some reason it makes me want to watch porn more than usual, even though I have no energy.

Maybe im just seeking an escape from feefeeling sick.

=====

=====

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

Posted by Vehkam - 18 May 2022 02:14

---

Are you bored? Lonely? Call a friend...

=====

=====

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

Posted by yechielmichel - 18 May 2022 02:25

---

[Hakolhevel wrote on 18 May 2022 01:52:](#)

I'm pretty sick today. And for some reason it makes me want to watch porn more than usual, even though I have no energy.

Maybe im just seeking an escape from feefeeling sick.

I know the feeling... to want to feel better for just a few minutes. And then end up feeling worse then before...

Something I've seen brought in the name of sifrei mussar which has helped me: judge any action by its outcome. How one feels after tells you how to look at the action itself.

hope that helps

Hatzlacha!

=====

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

Posted by wilnevergiveup - 18 May 2022 04:28

---

[Hakolhevel wrote on 18 May 2022 01:52:](#)

I'm pretty sick today. And for some reason it makes me want to watch porn more than usual, even though I have no energy.

Maybe im just seeking an escape from feefeeling sick.

That happens, it stinks. I get in when I am fasting also.

I don't have any good ideas, hang in there.

=====

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

Posted by Hakolhevel - 18 May 2022 05:38

---

[Vehkam wrote on 18 May 2022 02:14:](#)

Are you bored? Lonely? Call a friend...

All of the above

=====

====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Vehkam - 18 May 2022 13:07

---

How are you feeling today. I am always up for a phone call....

=====

====

Re: The Road To Being Honest With Myself (and others:)  
Posted by sleepy - 19 May 2022 06:14

---

[Hakolhevel wrote on 18 May 2022 01:52:](#)

I'm pretty sick today. And for some reason it makes me want to watch porn more than usual, even though I have no energy.

Maybe im just seeking an escape from feefeeling sick.

refuah sheleima!

=====

====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hashem Help Me - 19 May 2022 11:16

---

Refuah shleima. Sick days are massive triggers. they usually are accompanied by low energy/low mood and a general feeling of guilt for being unproductive. Sick thoughts start entering the mind - "obviously Hashem does not "hold of me", because if He did, He wouldn't make me sick when i can't get anything done".

A respected psychologist once commented that it appears the adult brain has a slightly negative

---

default setting (which may have been acquired through life's experiences), and it takes koach to be positive. He said statistics show that when people are tired, and absurd number of people report imaging the levaya of themselves or that of a close relative or friend.

Regarding fasting, there are rabbanim that permit eating on the lower category fast days for guys seriously working on getting clean. It seems that fasting is a major trigger for many typical people, and it is recognized that the cycle of trigger/falling/yi'ush/restarting is taxing to the mental health of most guys.

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 20 May 2022 03:46

---

[Vehkam wrote on 18 May 2022 13:07:](#)

How are you feeling today. I am always up for a phone call....

Thanks for the offer. I may take it up one day

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 20 May 2022 03:47

---

[Hashem Help Me wrote on 19 May 2022 11:16:](#)

Refuah shleima. Sick days are massive triggers. they usually are accompanied by low energy/low mood and a general feeling of guilt for being unproductive. Sick thoughts start entering the mind - "obviously Hashem does not "hold of me", because if He did, He wouldn't make me sick when i can't get anything done".

A respected psychologist once commented that it appears the adult brain has a slightly negative default setting (which may have been acquired through life's experiences), and it takes koach to be positive. He said statistics show that when people are tired, and absurd number of people

report imaging the levaya of themselves or that of a close relative or friend.

Regarding fasting, there are rabbanim that permit eating on the lower category fast days for guys seriously working on getting clean. It seems that fasting is a major trigger for many typical people, and it is recognized that the cycle of trigger/falling/yi'ush/restarting is taxing to the mental health of most guys.

I can definitely identify with the middle paragraph, a default setting of negativity.

=====

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

Posted by Hakolhevel - 30 Jun 2022 04:49

---

Shortly after the above post I reach 90 days, and I promptly fell. since then I've been falling every 7-10 days. So where does that leave me?

I've decided I really want to be clean, I really like that life, I know there's a lot I'm going to have to do to obtain that, but I will start with the following:

I need (currently) to spend every day significant time on recovery. When I say every day, I mean every day. Would I do better going to some sort of meeting? Probably . But fir now I will go with this.

I will spend 30 minutes to an hour a day on recovery. Every day (aside from shabbos, and shabbos i never fall anyway, as I only fall with porn) Every day I will either be

1. Working a program (ideal)
2. Listening to recovery recordings3. Reading recovery books.

Currently I'm listening to the daily reprieve podcast (it's SA) and reading man interrupted (by Phillip zimbardo)

However we human beings can easily mistake consumption for progress. As in, well if I'm listening to a podcast, I'm probably getting better right? Not necessarily. So to bring it home, ideally I will talk to chaverim, but regardless to make sure I'm getting something out of the "consumption" I will be making another thread where I will BEH post every day something I learned.

How long will this last? Who cares I just need to know that today this is what I'm going to do.

=====

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 30 Jun 2022 05:04

---

The new  
thread <http://guardyoureyes.com/forum/2-What-Works-for-Me/382646-My-Daily-Inspiration>

=====

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 30 Oct 2022 23:33

---

Don't know if this makes sense, but it's making sense to me right now.

Only once a person has admitted he is powerless (however you translate that), he can begin to live one day at a time.

Your thoughts?

=====

=====