

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 Hakolhevel - 06 Nov 2022 02:44

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

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

Your thoughts? Seems like thoughts are hard to come by nowadays on gye. I admit I'm part of the problem.

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Re: The Road To Being Honest With Myself (and others:)
Posted by committed_togrowth - 06 Nov 2022 04:53

[Hakolhevel wrote on 06 Nov 2022 02:44:](#)

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I personally have a bit of trouble resonating with the powerlessness idea. If we are powerless then what does that say about the choices we make and how they matter? Asking just because . Most important though is not what others think of an idea, but whether or not it works for you.

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Re: The Road To Being Honest With Myself (and others:)
Posted by i-man - 06 Nov 2022 08:18

I guess it makes sense that the two go hand in hand . If I'm planning a longer period of time than essentially I'm saying that I'm in control , if I want to be powerless I can't look past tomorrow .

Not sure if this makes sense but you asked ...

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

Posted by Hakolhevel - 08 Nov 2022 05:20

Iman. Yes I was thinking along those lines.?CTG - powerless is generally defined (to my knowledge) as the ability to control.?For example, I am not a alcoholic, incan choose to enjoy one cup of wine or 5 or 10, it's pretty much always within my control.?A alcoholic, it is not, he takes one drink now he needs a few mmore until he's drunk, like me with lust, I see some article about ... now I look up more until I end up at the end porn and masturbation.Moreover, i use porn and masturbation in onjectively unhealthy ways (staying up late at night, even when injabe deadlines the next day). I use it in ways thatbare clearly harmful to me, yet i dont stop because i am powerless to control it - lust. Much as the alcoholic with alcohol.? ?Iman. Yes I was thinking along those lines.?CTG - powerless is generally defined (to my knowledge) as the ability to control.?For example, I am not a alcoholic, incan choose to enjoy one cup of wine or 5 or 10, it's pretty much always within my control.?A alcoholic, it is not, he takes one drink now he needs a few mmore until he's drunk, like me with lust, I see some article about ... now I look up more until I end up at the end porn and masturbation.Moreover, i use porn and masturbation in onjectively unhealthy ways (staying up late at night, even when injabe deadlines the next day). I use it in ways thatbare clearly harmful to me, yet i dont stop because i am powerless to control it - lust. Much as the alcoholic with alcohol.? ?Iman. Yes I was thinking along those lines.?CTG - powerless is generally defined (to my knowledge) as the ability to control.?For example, I am not a alcoholic, incan choose to enjoy one cup of wine or 5 or 10, it's pretty much always within my control.?A alcoholic, it is not, he takes one drink now he needs a few mmore until he's drunk, like me with lust, I see some article about ... now I look up more until I end up at the end porn and masturbation.Moreover, i use porn and masturbation in onjectively unhealthy ways (staying up late at night, even when injabe deadlines the next day). I use it in ways thatbare clearly harmful to me, yet i dont stop because i am powerless to control it - lust. Much as the alcoholic with alcohol.?

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

Posted by Hakolhevel - 08 Nov 2022 05:28

Gye is a little off the wall right now (I mean the website) so I'm notnquoting, buy committed to growth, here is my specific responseNow that I defined powerlessness in a different post, to get

to your quest6, what does it mean to me :)So in context here, I guess I may be looking around powerlessness different.As long as I am focused on being clean forever aka powerful? It's a very lofty goal that I give up on pretty quickly.As soon as I accept, I have no idea if I can be clean forever, I don't know and don't care if I have that power aka powerlessness. Well, now I say, I do care though To live a nice clean life today, I don't care If this will last forever, it makes no difference, today which life is better??is this working for me? Time will tell

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

Posted by committed_togrowth - 08 Nov 2022 06:37

[Hakolhevel wrote on 08 Nov 2022 05:28:](#)

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Ah okay that actually does totally resonate, thank you for sharing!

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

Posted by Hakolhevel - 14 Apr 2023 06:00

Post YT rambling thought.

We as human beings tend to seek a single solution to our issues. Take this one pill, eat this one food, do this one trick ect

The truth is single solutions are usually not solutions.

What do I mean?

I see a lot of guys on the saying things like. If i just get a filter I'll be good. If I just made a promisw to charge myself one million after acting out, I would be clean.

Injust need good motivation. I need to talk to more friends. I need to change ky life style and learn more. I need to get a therapist...

All of these may be true, but one most likely needs a multi pronged approach (as I think f2f program presents as well)

Motivation is great, but on a week day, motivation will not need be enough, you will needs tools. Motivation and tools both may not work if lifestyle is no good. But changing lifestyle alone also wont help you in a week moment.

Sonas I see it, you need at leastMotivationToolsLifestyle

I Can generally pin all my faliures to a lack in one or more of those areas.

End of ramble.

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

Posted by Hakolhevel - 28 May 2023 06:58

Also, another thing you are 100% correct about is that your behavior is *not* normal behavior - for a person who wants a good life. If you *got* what you're lusting after, you'd add soooo much more craziness into your life than you already have. That's a sign of a messed up way of thinking and living life, chaver. You're right. All the patting on your back saying that "you're normal," contradicts the facts - Dov

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

Posted by Hakolhevel - 07 Jun 2023 05:14

[skeptical wrote on 13 Feb 2013 21:32:](#)

I have never spoken with nederman, but I find that I have been using the cognitive method before even knowing it had a name and I am now 63 days clean.

It all comes down to making a firm choice and I think that more often than not, the impetus of that choice is a bit of help from above. This site will not help anyone who does not make the choice that they really want to stop. I was lurking around this site for months while simultaneously doing my other garbage.

I know I have failed in the past even after 3 months of being clean, but I believe this time is really different.

People fail because they associate (cognitive) giving in with pleasure and normalcy- it's what they've always known to do. If they have a track record of trying to stop and failing, the past failures taint their renewed efforts to stop because in the back of their minds, they are already telling themselves that this time will be no different.

You need to convince yourself that you really want to stop and convince yourself that this time you will succeed. You need to look at patterns from before, see where and how you've tripped up and beware of them for **the future so that when a situation like that arises, you know how to react. It also feels really good to be clean, life and relationships begin to improve as your focus changes from being on a computer screen to others who are important to you. When your wife turns to you and says that she notices how things are really getting better and she doesn't even know why, it speaks volumes and makes you feel really good about yourself! You need to harness those good feelings, and associate them with being clean (cognitive) and then when the temptation comes, you can then tell yourself that you have it better this way than with the shmutz. That is the ammunition for when temptation strikes. It really really works!**

I am not a 12-step person and don't see myself ever becoming one. It's just not my cup of tea. Having said that, I will never discourage anyone that is currently working the steps. Everyone is different and what works for me may not work for the next guy and vice versa.

I'm not really sure why there's a problem with nederman arguing his point. I believe I've seen a certain someone on this forum bash someone else for using the Taphsic method (another method that doesn't sit right with me, but again just because it's not for me doesn't mean that it's not great for someone else) and that's a method that is highly recommended on this site.

PS. At first, I also had a problem with the whole powerless thing from the steps, but I'm starting to read that now as bittul - you're giving yourself (your power) over to do Hashem's will - *not* saying that you have no power. Correct me if I'm wrong.

What happened to skeptical?

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 12 Jun 2023 15:05

For those of us with smartphones.

A smartphone gives me the feeling, if I'm not using it, I'm wasting time. Sometimes I use it for good, but sometimes I use it for time wasters.

I'm gonna practice over the next couple days, doing nothing for 5 minutes.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Horizon - 12 Jun 2023 19:00

so true.

A smartphone is ants in your pants. like there's tons happening and your just sitting and missing out on it. i found w myself (and have seen by others as well) that i would take out my phone without having anything specific in mind to do, and just scroll back and forth on the home page, then maybe open messages although i know i dont have new messages, then try the camera.... as if there's something exciting lurking in there. life is much calmer without a smartphone.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 06 Jul 2023 03:37

I'm currently in my danger zone, past the two week mark.

What will make this time different?

Not that I have started looking at anything, but I have started hearing the voice in my head saying, what would be so terrible to have a little excitement.

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Re: The Road To Being Honest With Myself (and others:)
Posted by richtig - 06 Jul 2023 04:00

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yes! and what are you doing in response? shutting it out, talking back, something else? its great that you know your danger zone!

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

Posted by cordnoy - 06 Jul 2023 04:09

[Hakolhevel wrote on 06 Jul 2023 03:37:](#)

I'm currently in my danger zone, past the two week mark.

What will make this time different?

Not that I have started looking at anything, but I have started hearing the voice in my head saying, what would be so terrible to have a little excitement.

For me, from years of experience, I know good 'n well what would happen with a little excitement.

Godspeed!

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