

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 Gevura Shebyesod - 24 Mar 2017 13:21

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 26 Mar 2017 18:26

[Hashem Help Me wrote on 24 Mar 2017 11:17:](#)

Hakol, you are beginning to experience the real menuchas hanefesh that has eluded so many of us for so long. Very happy for you. Now it's your turn to start being mechazek others! It will help your own recovery too.

I don't think I'm yet at the point where I can help others, The recovery is still raw and the challenges have not been what they could be.

So have I grown? Yes but as StillGoing writes in his thread "When you coast you roast" So I'm coasting right now (as in the last few days) and that's a problem, because in life you either go

Great avatar!!!!

up or down. I pray to Hashem that he let's me continue this wonderful journey, and keep growing.

In other news, yesterday (Shabbos) I had something stressful come up, and I right away I thought of... Whatever it;s for the balei baatims forum. The point is that NO MORE SELF MEDICATING. not that that was always the reason but definitely sometimes.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hashem Help Me - 27 Mar 2017 03:25

Super that you stayed in control! Keep it up. You are BH at 2 times chai - with a new lease on life.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Singularity - 27 Mar 2017 07:50

BH BH !! BH!! !!

Keep on truckin

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 27 Mar 2017 14:47

Thank you all for the words of encouragement.

My thought for the day: If an addict is a cucumber that is now a pickle, than I'm a batamppte (I think that's how you spell it) pickle: crunchy like a cucumber, but still sour like a pickle!

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Re: The Road To Being Honest With Myself (and others:)
Posted by Singularity - 28 Mar 2017 09:14

sadly though there's only one way to go from there...

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Re: The Road To Being Honest With Myself (and others:)
Posted by MayanHamisgaber - 28 Mar 2017 10:24

[Singularity wrote on 28 Mar 2017 09:14:](#)

sadly though there's only one way to go from there...

FLUSH

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Re: The Road To Being Honest With Myself (and others:)
Posted by GrowStrong - 28 Mar 2017 12:17

[MayanHamisgaber wrote on 28 Mar 2017 10:24:](#)

[Singularity wrote on 28 Mar 2017 09:14:](#)

sadly though there's only one way to go from there...

FLUSH

lol

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 28 Mar 2017 14:03

[Singularity wrote on 28 Mar 2017 09:14:](#)

sadly though there's only one way to go from there...

Hey, today with plastic surgery you never know, maybe they can turn a pickle back into a cucumber. But who would want to eat a plastic cucumber?

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 28 Mar 2017 14:09

[MayanHamisgaber wrote on 28 Mar 2017 10:24:](#)

[Singularity wrote on 28 Mar 2017 09:14:](#)

sadly though there's only one way to go from there...

FLUSH

Warning: Spoiler!

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 30 Mar 2017 04:11

[Dov wrote on 20 Feb 2017 17:02:](#)

I think Shlomo24 said it all when he wrote that *change requires change*.

And Shteeble said the truth when he wrote that *if it's important to you then spend time on it*.

And I agree w Tiger who wrote that *opening up to a safe person* who understands is the way to go.

All that stuff says to me that if I look at how I conduct myself during the years of acting out, I will learn how to do things right...by basically doing the opposite.

SO I have learned a lot in the last 30 something days and I just looked back at my forum and came across this gem, but first a story from today.

So I'm driving on a bridge and out of the corner of my I I notice a boat stopped with 2 people on it (you may guess I live in a warmer climate) of course I noticed they were women, so for a half a second I thought about double checking that they are indeed women (even though with my periphery vision, I knew that anyway) but then I stopped myself (similar to my flight story). Not just because I was listening to a shiur, because I usually listen to shiurim in my car and it never stopped me from looking, rather I think it has to do with powerlessness. Or at least the way I understand it for me.

Basically I have come to the realization that I am powerless to the lust train once it starts rolling, I used to think, sure I can check out these women (or check out what I shouldn't check out:) Or yah I can look at this news story I won't be affected by the images on the side... I can watch that youtube video, so what the picture depicting the video shows someone improperly dressed that's not why I'm watching it right? Or even in the moments of "truth" when I realized I was looking at these things to see the attractive women - or in worse cases, when I would look at porn, but I would tell myself, I'm Strong I'm in control the main thing is that I don't MZ"L. Well I

have come to realize that the moment I give into lust a little bit, it may not happen today or tomorrow , but eventually I will be run over.

So as DOV said, look at what you used to do and do the opposite - so now when I see something triggering I right away tell myself NO - I AM POWERLESS - I CANNOT DEAL WITH THIS... Now back to the Shiur (or whatever else I may have been doing at the moment)...

This also prevents a whole nasty fight with the YH, when I think I can look and fight, well then It's a fight and sometimes I even would congratulate myself - hey I looked at this and I didn't sin
But now it takes humility, I tell the YH, yah you WOULD win so...
I just won't start, I'm not playing this game.

Sorry for the rant but as MARKZ told me KOR.

P.s MARKZ where are you haven't seen you on my thread in a while?

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hashem Help Me - 30 Mar 2017 05:31

(yet). How arrogant I was

Very well written.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Singularity - 30 Mar 2017 08:17

Well done.

KOT! KOR!

But evidently, DO NOT KOB!!!

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

Posted by Markz - 30 Mar 2017 12:55

I visit your thread and also get all emails and follow your Truck closely

So even if I, or others don't comment, you gotta keep posting and inspiring

There's much to learn from you!

Success is not determined by days of sobriety, rather by determination, so keep it up with the help of Hashem

And hey, how do you pull off so many dov posts on your thread

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