

Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 18 Aug 2017 00:10

First round of 90 days.

First week I was busy plus I came here 2 or 3 times to stop myself and change the subject

Today I tried to come here but I just quickly rushed to porn....

when you try to post that you blew it asked for why and what are you going to do about it.

as if I know.

That is why I am here.

so,

why did I do it.

A) Stressed Out,

B) No Sleep

C) Just wanted to stop stopping.

D) Taivas Nashim

E) Escape real life

F) there is more but its not coming to me now that I calmed down

it went so fast. I wanted to come here first but YH said just check Drudge for a second first, just on the way, then entertainment news, then seeya straight into the toilet.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Mesayin - 04 Sep 2017 22:03

Hmmmm

Why don't you just open a blog and put all of your ramblings there?

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 04 Sep 2017 22:06

[Mesayin wrote on 04 Sep 2017 22:03:](#)

Hmmmm

Why don't you just open a blog and put all of your ramblings there?

wow.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by dms1234 - 04 Sep 2017 22:10

I go to SA meetings and there are a lot of people in the rooms that havent slept around, including me, and have problems with masturbation, porn etc.

I cant speak for SLAA (I heard that its a pretty loose definition where one gets to pick their sobriety definition). SA's is pretty tight: No sex with self or others other than your spouse.

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Re: Round 1, Blew it in 7.5 Blah!

really feeling the love
Posted by Mesayin - 04 Sep 2017 22:26

[Needtoclearmyhead wrote on 04 Sep 2017 22:06:](#)

[Mesayin wrote on 04 Sep 2017 22:03:](#)

Hmmmm

Why don't you just open a blog and put all of your ramblings there?

WOW.

really feeling the love.

Well, I thought you were cynical, no mushy love or chizzuk on this thread.

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Needtoclearmyhead - 04 Sep 2017 22:32

[dms1234 wrote on 04 Sep 2017 22:10:](#)

I go to SA meetings and there are a lot of people in the rooms that havent slept around, including me, and have problems with masturbation, porn etc.

I cant speak for SLAA (I heard that its a pretty loose definition where one gets to pick their sobriety definition). SA's is pretty tight: No sex with self or others other than your spouse.

Thank you

it was only two meetings and only some shared so not exactly an official statement from SLAA.

Just my initial observation

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 04 Sep 2017 22:34

Please just go away.

Many other Threads to post on.

Thank you

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 04 Sep 2017 22:36

[Mesayin wrote on 04 Sep 2017 22:26:](#)

[Needtoclearmyhead wrote on 04 Sep 2017 22:06:](#)

[Mesayin wrote on 04 Sep 2017 22:03:](#)

Hmmmm

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WOW.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Gevura Shebyesod - 05 Sep 2017 00:06

Mesayin, you forgot to put it in green.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by GrowStrong - 05 Sep 2017 12:45

Hey

I am still waiting for your email, please reach out to me

growstrong613@gmail.com

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Mesayin - 05 Sep 2017 14:43

[Gevura Shebyesod wrote on 05 Sep 2017 00:06:](#)

Mesayin, you forgot to put it in green.

I wasn't kidding.

[Needtoclearmyhead wrote on 04 Sep 2017 22:36:](#)

[Mesayin wrote on 04 Sep 2017 22:26:](#)

[Needtoclearmyhead wrote on 04 Sep 2017 22:06:](#)

[Mesayin wrote on 04 Sep 2017 22:03:](#)

Hmmmm

Why don't you just open a blog and put all of your ramblings there?

wow.

Well, I thought you were cynical, no mushy love or chizzuk on this thread.

Please go away.

Many other threads to post on.

My point is, this place is not a place tell people how awful life is and how much you hate your life and yourself, for that we can listen to a news radio station.

You need to get serious about recovery and that means using the tools on this site all the way (ask Markz for help in direction for this site).

If you hate yourself then you wouldn't want to invest any effort into yourself, why would you want to invest into someone you hate.

Now quit your job at CNN and get onto a truck.

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Re: Round 1, Blew it in 7.5 Blah!
Posted by dms1234 - 06 Sep 2017 22:52

In my experience, i try not to tell people how to run their recovery. Its their life. They are responsible for their own recovery.

I think, at least, we shouldn't hijack his thread

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Markz - 06 Sep 2017 23:49

[mesayin wrote:](#)

this place is not a place tell people how awful life is and how much you hate your life and yourself

I didn't see much of that on this thread, and I disagree

The more a person opens up, the more it can help

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Hakolhevel - 24 Dec 2018 05:23

Hey NTCMH it looks like you found some help. Please share what worked for you. Thanks.

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