

I am on Day 2 right now.

Posted by JCL1990 - 19 Sep 2017 17:34

I will write a post on here every day. I do not want to look at this stuff anymore. I do not want to drain myself of precious energy anymore.

I want to elevate my life. I want to attract a girlfriend/wife.

I no longer want to be beat down because of my sexual errors.

Today I am starting Day 2. There is still hope for the future. There is hope.

=====

Re: I am on Day 2 right now.

Posted by gibbor120 - 19 Sep 2017 17:40

Posting may be a good idea, but it cannot be your only plan. Otherwise, it is just more hoping.

How are you going to change? What gedarim will you make? Have you read the handbook? If the change is on the surface, it won't last long. Taking actions that lead to real inner change are necessary for long-term success.

=====

Re: I am on Day 2 right now.

Posted by torah protects - 16 Oct 2017 02:56

I understand from your message that you are determined to change and are working hard on it. although I see you believe there is hope which is obviously true, I think it would be more helpful if you believe in yourself more that there will be a brighter future and not just hope. and you should act on this belief and strengthen it by listening to more chizuk and putting boundaries.

=====

Re: I am on Day 2 right now.

Posted by ItWorksIfYouWorkIt - 16 Oct 2017 09:21

"I no longer want to be beat down because of my sexual errors."

I just want to point out in a very gentle and caring manner that ***We are not bad people trying to be good we are sick people trying to get well.***

Sex/Porn addiction is ***not*** a character defect!!!!

You are not making any errors.

Your neural response to a very strong chemical called dopamine is what your "fixing" when you "use" porn to aid in it's production. Your literally getting high off your own drug supply.

Most of us ***"use"*** and ***"Relapse"*** when we are:

Lonely

Tired

Angry

Fearful

Resentful

Shamed

Guilt Ridden

Boredom

The above are **some** of the **TRIGGERS** we are **POWERLESS** over early in our recovery.(google trigger list)

Through the **TOOLS** of working our "**Program**" we **become empowered, joyous, happy and free from sexual obsession and compulsion.**

TOOLS (just a few of many):

Journal keeping

Being of service to others (Service Positions)

Attending meetings

Therapy

Outer Circle activities

Not isolating

Using Porn blockers

Accountability to a Sponsor

Going to Shul

That's a lot to chew on. I've been in recover for five years. I have gone through long stretches of **abstinence** where I wasn't **sober**. Abstinence without sobriety is not sustainable and will lead to a miserable life. Take your time, start with **Step one** . Reach out to me if you like. I'm here for

=====