

AD's recovery path one day at a time

Posted by aryehdovid85 - 07 Mar 2018 17:34

Joined GYE in 2010, started going to live SA meetings in July 2010. MO's include online porn, phone sex chat lines (SSA) and compulsive masturbation.

I have been in chronic relapse since 2013 after reaching 90 days without masturbating.

Fast forward to 2018

BH I spoke last night, 3/6/2018, with a program brother who I met on the GYE chatroom with very solid sobriety who works an intensive recovery program in SA. He shared with me his experience strength and hope, and gave me the strength not to call phone sex. I committed to calling him on a daily basis.

Feeling much more hopeful now. Was able to "show-up" as a father and husband. to help my daughter with a pending "crisis" and to discuss other pending family problems. Thanks everyone for their support and encouragement. ***We need each other !***

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Re: AD's recovery path one day at a time

Posted by aryehdovid85 - 26 Mar 2018 22:22

a farewell letter to lust (written by me in 2013)

dear lust,

I have come to the realization that we can no longer continue our relationship.

I am fed up with u. I can no longer live with u because you are slowing

killing me.

when we are together i am spiritually dead. life with u is not living.

I am sick & tired of your empty promises & lies. Although it is

true, we have had some fleeting moments of fun together, **the pain which**

you have caused me has been much more intense and damaging. You have

robbed me of my will to live as a loving giving productive human

being.

**truth be told you are not my friend,you are my enemy & you are set on
destroying everything which is dear to me including my life.**You have
robbed me of hours upon hours,days upon days,weeks upon weeks year
after year of my life. You have taken so much from me without my even
realizing it. You have attempted to take away everything from me; my
job,my wife,my children.my self-respect as a human being.Most of all
you are taking away my will to live as a decent moral human being &
servant of Hashem.

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 28 Mar 2018 20:09

BH still going strong! Just saw just an extremely powerful PSA video posted by a Jewish organization which helps those struggling with addictions about the impact of a father's excess drinking on his wife and children!

Very powerful eye-opener for me as a sexaholic! Brought me to virtually to tears!

Imagine the devastated looks on the faces of his young children while they were waiting to start their Shabbos seudah, when the father was out drinking with his kiddush club buddies.

The vivid dramatization of the wife's intense wrath as she lashes out her frustration and resentment on her husband is a powerful reminder for me about the destruction and pain my past actions caused to my wife and children.

May Hashem shower all of us with his infinite rachamim and enlighten us with the wisdom to realize the

magnitude of our problems and courage to diligently pursue the needed solutions.

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 09 Apr 2018 16:43

BH just checking in. Very grateful for passing the 30 day milestone. It has been five years since i've been at this point the last time.

What has worked for me this time:

- 1) Daily Surrender (identified open "bottles" which include for me phone sex and computer porn and declare them off limits)
- 2) live face to face SA meetings
- 3) daily contact with my sponsor
- 4)reaching out to other GYE members & SA members both for their support and to support them
- 5) prayer (asking Hashem to remove from me the obsession with lust
- 6) Focusing on an attitude of gratitude
- 7)keeping my side of the street clean (when i am wrong promptly admit and apologize)
- 8) considering how my behavior has caused pain to my wife and children
- 9) reading from the AA Big Book a few pages on a regular basis

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Re: AD's recovery path one day at a time
Posted by grateful4life - 09 Apr 2018 16:48

What amazing growth!!

It really does work if you work it one day at a time!

Thanks for sharing and may Hashem bless you with another day of sobriety and recovery!!

KUTGW!!!

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 09 Apr 2018 16:57

[grateful4life wrote on 09 Apr 2018 16:48:](#)

What amazing growth!!

It really does work if you work it one day at a time!

Thanks for sharing and may Hashem bless you with another day of sobriety and recovery!!

KUTGW!!!

Dear Grateful:

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 03 May 2018 21:40

Just a quick check-in. BH approaching 60 days. Feeling liberated from lust. I continue to be in regular contact with my recovery "support network" which includes my sponsor and strugglers as well. I try getting to live SA meeting if only for a few minutes. The connection with other Lustaholics is very helpful for me. Of course step-work is the foundation for lasting recovery and I am committing to make regular time for it.

Sustained recovery requires time and effort. Not sure how I found time for all of the "acting-out", but it just "automatically took over my life".

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 01 Jun 2018 21:03
I am extremely grateful for all your encouragement and support!!!

AD is back on the rebound! Fully lost sobriety on 5/23/18 after several days of riding the edge. Looking at erotic images,reading lustful stuff ending up calling phone sex,looking a porn and masturbation.

Finally, surrendered lust today 6/1/18 one day at a time.Thanks to all who have been supportive and encouraging me to not let go of the recent 70+ days of "recovery".

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