

A new beginning

Posted by TheFighter99 - 20 Apr 2020 11:02

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Hi everyone!

I'm a married guy in my 30's who has been struggling with this for around 5 years. I've had some minor successes in this battle, but have not gotten the freedom I'm looking for as of yet. But today is a new beginning! I've signed up for GYE and am starting the 90 day chart today. Any tips and words of encouragement are appreciated, Thanks!

Kol Tuv,

TheFighter

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Re: A new beginning

Posted by Vetaher1 - 27 Apr 2020 16:41

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staying connected with others just like you're doing is the primary tool to help get rid of your struggles and come clean for the long run, here they call it social un-distancing.

hatzlocha - you're doing great

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Re: A new beginning

Posted by TheFighter99 - 28 Apr 2020 12:21

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survived day 8-barely. Had some emotional triggers yesterday. I'm out of work due to coronavirus lockdown and that stresses the heck out of me. I only hung on because of all of your support, but am still feeling triggered. In the past you could have bet good money that a relapse is on its way today, but I'm trying to reverse that trend. If I can get through today totally clean without going towards the edge that'll be a huge victory. Will check in tomorrow

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Re: A new beginning

Posted by #makelifegreatagain - 28 Apr 2020 15:21

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[TheFighter99 wrote on 28 Apr 2020 12:21:](#)

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You can do it! Even if you fail, we'll be here cheering for you so that next time you will be successful!

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Re: A new beginning

Posted by wilnevergiveup - 28 Apr 2020 17:58

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We are all rooting for you!

I like to say falling isn't failing, giving up is.

Hatzlacha!

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Re: A new beginning

Posted by TheFighter99 - 29 Apr 2020 11:35

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day 9 was much better thank God, got back on track. On to day #10.

Have a great day everyone

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Re: A new beginning  
Posted by strivingforbetter - 29 Apr 2020 16:37

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This thread is amazing! Really getting a lot of chizzuk seeing all of the posts here

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Re: A new beginning  
Posted by TheFighter99 - 30 Apr 2020 11:38

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I passed day 10, but would give myself a grade of C-, not as bad as day 8, but not a good follow up to day 9, which was awesome. On to day #11.

The yetzer hara is either a brilliant salesman, or I'm just super gullible. The way relapses happen over 90% of the time is that the yetzer hara says (using alcoholic analogies) "You had a stressful day, so just have a can of beer, and that's it. Just to take the edge off. Its not like you are gonna get drunk from one can of beer." If I take him up on his offer, Rarely does it stop at one beer. The problem is that I keep falling for this. Even when I do stop at one beer (like days 8 and 10) and don't have a relapse, flirting with danger is a bad strategy If I want to have the sobriety I'm looking for. Can anyone else relate to this?

In the past I've instituted negative consequences if I relapse (porn or masturbation), but I think that I need to place the negative consequence warning sign upstream, before looking at immodest pictures on social media, and the like, which usually leads me to porn and masturbation. Put the negative consequence before the beer can, not the bottle of scotch. My hope is that with the warning sign and consequence earlier in the process, I can prevent myself from "getting flushed down the toilet." Oh yeah, I almost forgot, my negative consequence is a week of 7 cold showers, one a day, and no sugar, creamer or other sweeteners in my coffee during the week. I'm really into my coffee so that's not trivial by me. Hopefully this will get me back on track.

Have a great day everyone, will be in touch tomorrow :-)

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Re: A new beginning  
Posted by wilnevergiveup - 30 Apr 2020 12:47

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If your Y"H is anything like mine then he is an expert salesman...

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Re: A new beginning  
Posted by AnonyJew - 30 Apr 2020 14:07

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I am in a *very?* similar situation to you. One thing that has been very helpful for me is that once I feel an urge from whatever trigger I turn on a timer on my phone for 20 minutes and I refuse to act out without waiting for the timer. In this way I don't have to have a fight with the *yetzer harah* of **never**. Instead I tell him **not now** and supposedly after 20 minutes the urge will have passed anyways. After 20 minutes I consider it a fresh start so if an urge arises again after the timer I set a new timer because this is a new urge. The more I've been doing this the easier it has become to deny the urge. I hope this helps. I'm on day 9 right now!

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Re: A new beginning  
Posted by wilnevergiveup - 30 Apr 2020 14:23

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[AnonyJew wrote on 30 Apr 2020 14:07:](#)

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Sounds great! If it works for you, keep it up!

Personally my Y"H usually out negotiates me. How do you get that timer on, the first time?

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Re: A new beginning  
Posted by TheFighter99 - 01 May 2020 11:05

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On to day #12.

First the bad news. I only give myself a grade of C for yesterday. Still passing and a teeny bit better than day #11, but not by much. I flirted with danger so I have to carry out the negative consequences that I stated yesterday. The **good news** is that I actually totally forgot about the fact that I shifted the placement of my negative consequences, so it doesn't mean that they didn't work. After carrying them out this time, I'm sure I won't forget they exist next time and so they will serve as the barrier they are supposed to be.

On a different note, I heard a great quote in a speech by Rabbi YY Jacobson which is relevant to our fight: "A recovered alcoholic said that we used to drink to drown our troubles, until we realized that our troubles can float." I think this is both kind of funny and spot on. Acting out doesn't solve any of my problems, it just numbs them for a few minutes until they come back with a vengeance. Gotta stay sane.

Have a great shabbos and stay stong everyone. I'll check back in on Sunday morning.

The Fighter99

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Re: A new beginning  
Posted by DavidT - 01 May 2020 14:42

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We need to remember that the acting out was really a solution to the addiction, but it's a bad solution. In order to solve the issue we need a higher power to help us fill the void that we were trying to fill by acting out.

(this is one of the basic concepts of the 12 step program)

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Re: A new beginning  
Posted by TheFighter99 - 03 May 2020 13:24

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@DavidT you are unquestionably correct. Unfortunately this is easier said then done.

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My addiction is largely due to the fact that I have a dysfunctional relationship with God. Years ago, when I was more inspired religiously, the thought of looking at inappropriate content never even crossed my mind, despite the fact that I had unfiltered internet access. This isn't the forum to discuss my religious issues, though. In the meantime, I'll keep searching for that elusive relationship with God and try to not numb the painful void with pornography

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Re: A new beginning  
Posted by Singularity - 03 May 2020 14:38

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Come on, lay out your religious issues! We won't bite! \*lowers stone\*

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