

Documenting My Journey

Posted by withgdthereshope - 16 Dec 2020 19:24

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On to day three here. It's been tough but in a different sort of way.

I haven't slept much the past two nights - just feeling jittery and uptight.

One of the things that I have learned through all this is that it's generally not the urge that makes abstaining so difficult. Instead, it's the living without what the addiction gave me that is so difficult.

In the past, the addiction gave me the answer for when I was upset, felt down, guilty, and even for feeling bored. The addiction gave me the ability to not deal with all those difficult feelings. I have to learn to be able to be okay with difficult feelings and not fall apart because I no longer have that pacifier.

Self-control is something addicts often struggle with. I think it's a mix of nature and nurture. Many of us can look back at our lives and realized that we never did well accepting ourselves (for whatever reason) and this addiction became our means to allow us to live without accepting ourselves because we were able to escape through the addiction - instead of dealing with it.

That's definitely is the case for me.

As a therapist, this whole thing is eye opening. However much I have been blessed to help others I am so blinded when looking at myself. This experience (even over these few short couple days) is eye opening and so very humbling.

I think I need to really work on accepting myself and being okay with difficult emotions and guilt in order to be able to succeed.

Chazal teach us that Ilmulei Hakadosh Baruch Hu OZro Eino Yuchol Lo. I pray that I succeed

together with all of us here.

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Re: Documenting My Journey

Posted by withgdthereshope - 30 Dec 2020 01:45

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I finally realized that I have never allowed myself to feel discomfort and used everything at my disposal to make sure I'll never have to feel it. This addiction was one of my strongest tools. This realization has changed my life over the past two weeks.

I think we really have to get to the bottom of what we are escaping and recognize how to deal with that because it can change everything.

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Re: Documenting My Journey

Posted by withgdthereshope - 30 Dec 2020 01:54

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[withgdthereshope wrote on 30 Dec 2020 01:45:](#)

I finally realized that I have never allowed myself to feel discomfort and used everything at my disposal to make sure I'll never have to feel it. This addiction was one of my strongest tools. This realization has changed my life over the past two weeks.

I think we really have to get to the bottom of what we are escaping and recognize how to deal with that because it can change everything.

And I'm the therapist lol. Just comes to show how different it is viewing myself compared to others. But even without this idea I've been to years of therapy and this is the first time this point has really been addressed.

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Re: Documenting My Journey

Posted by OivedElokim - 13 Apr 2021 18:52

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How are you doing lately? Looks like your doing well judging from your clean days count...

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