

On the way... Again

Posted by Hopefulposek - 26 Jul 2023 16:54

Hi everyone,

I made it to 90 days once before and then had a fall shortly after. I have made several attempts since then but have not been successful. I'm hoping that starting this thread where I will post updates and insights throughout this journey will help me stay motivated and grounded. Any chizuk or advice in response to the updates my journey would help me on the way. Thanks everyone for being such a supportive community.

=====
=====

Re: On the way... Again

Posted by hopefulposek - 10 Mar 2025 19:37

I've been slipping and sliding a lot lately, went on a long run yesterday which was great but spent the whole time checking out all the women in the park. Today also found myself taking many drinks in the street. tried some of my old tried and true methods and they helped a bit, but I think the fight has gone out of me. It seems like it's time for renewed motivation and a clarity in what the struggle is, what is it costing me, what do I want to accomplish and what will bring me long term happiness.

An interesting thought I had today concerning some of the negative beliefs that come along with addiction: If someone doesn't understand my pain then they will not take care of me and support me. This is a strong belief I have and it morphs into more destructive ideas, such as: If they don't understand me they don't care about me, If they would know what I struggle with since they don't understand it they would think me strange and leave me. I can't trust you to give me the help and care that I need because you don't understand what I'm going through.

I used to think this was a bit strange, just because someone doesn't understand the pain I go through why does that mean they don't care for me and won't support me?

But today I had a nice mashul which helped me get clarity: If you go to a doctor and tell him your head hurts, and he thinks that you just have a headache, he will give you advil. But in reality you have a migraine caused by a tumor. So if the person you are turning to for help truly doesn't know what you mean when you are describing your pain, and they don't understand what is going on underneath the pain and the need to use, and they have no idea how to help even if they would understand, then it makes sense that they wouldn't be able to give you the care and support you need.

For me this is helpful to come to terms with going to SA and staying on the vaad. To get the support and care that I need as I go through troubled times and try to stay clean, I need people who understand the pain and struggle.

But it's also good to acknowledge that these beliefs are not %100 true, others can care and support me, although I may need additional support from "experienced members". And not everyone would abandon me if they knew the internal struggles I have, though I don't have much proof for this except for the fact that I've learnt about others' intense struggles and haven't abandoned them, so I hope the same is true of others.

A Freilichen Monday Everyone!

=====
=====

Re: On the way... Again
Posted by hopefulposek - 14 Mar 2025 01:41

Happy Birthday to me,

I feel so lonely,

Happy birthday dear Hopeful,

Finally a year clean.

=====
=====

Re: On the way... Again
Posted by trying1989 - 14 Mar 2025 01:57

Wow! Happy Birthday!!! What a way to celebrate your birthday!!! Why do you feel lonely?!
Everyone is celebrating your birthday!!!

Mazel Tov on a year clean!!!

Happy Purim!!!

=====
=====

Re: On the way... Again
Posted by lamaazavtuni - 16 Mar 2025 03:09

R hopeful MAZEL TOV. Your a real gem!! Keep it up.

=====
=====

Re: On the way... Again

Posted by hopefulposek - 18 Mar 2025 03:54

OK, I've spent most of my day lusting, and now I have a choice to make: either continue the lusting now that my wife has gone to sleep and stay up way too late, and then have a bad day again tomorrow probably consisting of more lusting, or write up some of what's been going on and then go to sleep (hopefully the alcohol which I'm consuming in copious amounts right now will help with that).

=====
=====

Re: On the way... Again

Posted by hopefulposek - 18 Mar 2025 04:09

Gratitude:

Thank you Hashem that:

- 1) I didn't Masturbate yet
- 2) I went to 2nd seder
- 3) My wife doesn't realize I'm spending hours a day trying to break through this damn filter
- 4) I have leftover wine to drink
- 5) I'm going to a meeting tomorrow
- 6) I have friends who reach out to me after reading my posts which basically say I'm half a step from masturbating for the first time in over 400 days
- 7) I don't feel like a total piece of garbage as bad as I used to
- 8) I have a happy and healthy family
- 9) I'm not dead broke and divorce
- 10) I didn't get caught yet

=====
=====

Re: On the way... Again
Posted by hopefulposek - 18 Mar 2025 14:41

To quote macklemore: "If I can be an example of getting sober, I can be an example of starting over."

To be totally honest, the past year has not been clean from lust, and especially the past few months and the last couple weeks have been very lustful. I don't think it was totally great that I finally fell, but I do feel that until now i was teetering on the edge trying to just hang on, now I fell and am ready to get back up and reapply myself to working on myself.

Please hashem help me in my struggle and help those who are still struggling both on GYE and off GYE

=====
=====

Re: On the way... Again
Posted by chosemyschem - 18 Mar 2025 15:57

Hurt to read this post. A fall doesn't negate the year of change that you lived. The determination that you're displaying to keep those changes progressing is inspirational and a real mchayiv.

But that doesn't take away from the sorrow and pain of being back in something that had been somewhat in the rearview mirror.

I don't really believe in the "Was struggling and now fell so now I can start over strong" feeling. That's just because in my own personal experience the fresh feeling of resolve lasts for somewhere between 30 minutes and 2 days and then it's back in the same struggle, except harder because of the post-fall feelings. YMMV. Not to put down your resolve to get back on your feet. That's an important resolve, and something you've been demonstrating with the steps you're taking. But to say that you can't count on that feeling lasting and you need to be on

guard.

I guess if we're still allowed to quote Macklemore: "Stand for something or fall for anything / I'm sick, but it's game time / Ayy / The world's on fire and we don't own the water y'all

Warning: Spoiler!

=====
=====

Re: On the way... Again

Posted by hopefulposek - 18 Mar 2025 16:59

I have a few minutes before the vaad to throw my thoughts onto the screen.

I have several theories about what caused me to fall. But honestly they're just theories, and some of them are really raw truths about myself that are sometimes too hard to face.

In the past year there were many times, weeks and months, where I did not struggle at all with using P and M, at all. I would get frustrated, I would be in pain, I would feel alone, but I wouldn't go back to using because it just wasn't something I did anymore. I hadn't used in so long that the relationship in my brain between porn and pain relief was almost completely removed. But I was turning to other things, some healthy, some not so healthy, and I was always struggling to cope with basic life and the feelings and emotions that were coming up for me. Then I started to take some drinks in the street, starting small, second looks glancing for a few seconds. but it got longer and longer until I spent an hour driving and walking around just looking for women to look at.

And i didn't feel so bad about it and label it as a problem because it wasn't porn.

And then it got back to the movies which I was trying so hard to move off of and which had in the past been my lust access and slippery slope to lust land.

And it was hours off watching trailer after trailer just searching for the next glimpse of something arousing.

And then it was a dirty movie.

And then it was a movie which was basically porn.

And then it was masturbating.

I could have stopped by the first steps, but it was too hard and I wasn't on top of myself and I needed something to help with the feelings I was having and lust was helping. But then I needed more and more, and then I couldn't stop.

There is more behind the scenes, insecurities which fuel this and certain actions which bring on feelings which need to be doused. But I'm not ready to face those truths yet.

Now it's time to just take some practical steps in the right direction and keep moving forward.

First things first: have my wife have the password to the computer so I can't just spend a whole day zoning out, and also it's easier to escape, just close the damn thing!

And last things last: One! Day! At! A! Time!

=====
=====

Re: On the way... Again
Posted by hopefulposek - 23 Mar 2025 00:46

Was a hard week, and just spent the day feeling depressed and alone, white knuckling to not drink or watch movies. It's hard to see the light in the future when things are rough. I'm feeling unfulfilled and not productive as well as losing hope that I'll ever get better and be able to function in society the way I would like to. I wish I could reclaim those feelings of being relaxed and free which I had six months ago.

=====
=====