

**Relapse Sucks**Posted by azivashacheit101 - 29 Apr 2025 18:59

---

I relapsed. I had 3 months of sobriety in SA, and the SA experience was & still is enlighting and amazing. Coming from a guy who couldn't make it 3 days without masterbation, 3 months is quite the accomplishment although it still absolutely sucks to relapse. My life in SA is exponentially better than it was before I joined. I am changing as a person and learning to live a functional, normal and serene life. I now have tools to deal with anxiety, panic attacks, OCD, perfectionisim and a whole slew of other issues that were making my life miserable. I still have a long way to go and a whole load of step work to do, but "it works if you work it" and life will only get better. I was so far able to get back up, start again, make it to meetings, make some phone calls, and do some step work. Life goes on and I have no other options but SA and the 12 Steps (unless I fancy dying a slow painful sexaholic death wheather physical emotional or spiritual.) Rabbi Twerski used to say about relapses "If you're driving from NY to California and you're car breaks down in Montana you don't tow it back to NY and start again, you fix it there and continue the journey." All good and true but relapse still sucks- just putting it out there!

=====

====