

Journal of the hopeless

Posted by MosheF - 03 Nov 2010 13:16

I call this journal of the hopeless because that's basically what I am. Tried almost everything but don't seem to have the ability to commit to anything or open up to anyone. It's probably a physiological disuse but I can't help it.

I am locked in a vicious cycle of good, bad and ugly days. Every time a few good days pass, I get the good feeling and forget about my effort of recovery even though I know it won't last. Fact is I can't stop acting out and can't help myself.

I'm bothered when I read posts on GYE because most of them focus on positive recovery, as they should. Maybe because misery loves company, I want to see some other miserable addicts like me. It seems that GYE and the chizuk emails are full of people who were addicted, bumped into GYE or SA one day and stayed (almost) sober ever since. There is very little hopelessness here, there have got to be more people like me who feel so hopeless and don't just recover with the first thing they do. Years ago, I thought I was the only guy in the world with this problem until I found out that many suffer with this addiction, but today I believe I'm the only guy in the world who cannot recover.

On the optimistic side, I've been actively trying to stop my 15 year addiction for more than 4 or 5 years and through the work I've done over the last few years (SA, phone conferences, GYE and therapy), I am way more in touch with my feelings, I see the very clear link between my fears of facing daily life/disconnection to life and my acting out. I clearly see that I run to porn as a drug to make myself feel better and that acting out is my drug. I am afraid of so many things that don't even make sense. A few years ago, I didn't believe any of that, it was all just a yetzer hora.

I am also having some more up time, meaning that although I act out on a regular basis, the hours of living life have increased dramatically and the hours spent in isolation are decreasing slowly.

I have a very hard time posting on GYE, every time I want to post, I find another excuse why not to or why to wait or what people will think etc.

For one week bli neder, I am going to post twice a day on this thread, I don't care who reads it (I do care). I am going to post about what is going on at that time and admit when I fall, and fall I will. Statistically, I fall about 5 times a week.

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Re: Journal of the hopeless

Posted by frumfiend - 05 Nov 2010 20:14

Bards

Your making me cry again. Cant you stop it already. Quit the nagging and let me forget about how im messing up my kids lifes.

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Re: Journal of the hopeless

Posted by the.guard - 06 Nov 2010 17:34

Moshe, what do you say to "Kedusha's idea"?

Also, maybe web-chaver or eBlaster would help... K9 alone is pretty useless if you know how to find loopholes...

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Re: Journal of the hopeless

Posted by Eye.nonymous - 06 Nov 2010 18:43

[guardureyes wrote on 03 Nov 2010 20:25:](#)

"I am mekabel upon myself bi'neder that if I act out without calling someone first, I will need to give \$100 to GYE".

And I think if you make that \$5k, you can be zoche to a personal visit from Reb Guard.

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Re: Journal of the hopeless

Posted by Eye.nonymous - 06 Nov 2010 18:48

[MosheF wrote on 05 Nov 2010 13:13:](#)

What was wrong at home, nothing! putting my kids to sleep should be the nicest thing I can do but I got so nervous when my son delayed me from leaving the house for 10 minutes. Anyway, went to my office till 11pm, acted out twice.

I don't know about you, but bedtime in our house is HELL. It's "supposed" to be nice. But, it's HELL.

Perhaps, this is something that's hindered your progress. Get all those FEARS and RESENTMENTS onto the table.

Yes, I know, I'm not supposed to resent my wife; I'm supposed to appreciate her.

But, to be honest with myself, I had more resentments towards her than towards anyone else.

And, it was only after I could be PAINFULLY HONEST with myself that I my recovery went into

high gear. I had to ignore how things are "supposed" to be, and just relate to how I honestly feel towards them.

--Eye.

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Re: Journal of the hopeless

Posted by silentbattle - 06 Nov 2010 19:10

Sounds like you're starting to realize just how bad things are - which is very important! And it's great, even if it doesn't *feel* great.

Now, what are you going to do about it? That's the question you need to ask yourself.

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Re: Journal of the hopeless

Posted by jewinpain - 07 Nov 2010 02:53

Reb moshe, I just noticed ur thread , sorry for coming in so late, but I'll try to share my 2 cents with u, I know exactly what u go through cuz I've been there for a VERY long time of being clean and than getting worse than getting better closing all bad accounts just to find out worse places and than start all over again, so feel comfortable with me I am a addict just like u and we can talk eye to eye, 1st of all can u stop beating urself up, u r a precious yid and u have a sickness so why be harsh with urself, believe me this tactic never helped and never will, just go with positive,I clearly see in ur post a huge progress u are bringing out some very clear points that only a addict in recovery can say, and u r not supposed to be perfect, as I said a few times already from Rabbi Twerski (heard 1st hand from his wife) that we can't expect to be in recovery any less than we were addicted, so if u have been addicted for 15 years than for the next 15 years u will be in recovery, this should not discourage u, cuz life in recovery is all a yid needs to be and its wonderful,

is there is a reason why u don't have a strong filter on ur computer and the password by the gabai, I tried for years to stop but as long as the filth is just a click away this is not gana happen moshe sorry to be so straight but that's a proven fact

Ur isolating is also very normal for a addict but this will not stop as long as u don't actively

working a program to recover its a vicious cycle u will get tensed from every little thing at home, but if u start living with an awareness that u r powerless and hashem needs to help u & u will bed him for help and of course make a tiny move towards him , he will let u in his circle of friends, I'm begging u for the sake of ur precious kids, do something about that, I too used to get tensed at home cuz I needed to run into office to catch my buddies to chat with , but now I am enjoying the time I can spend with my family, whenever u feel weak or the urges start creeping up, stop a moment and 1st thing say this simple line "hashem help me" than reach out there are many wonderful guys here who are available to help, sorry if my words were not in place, just feel so bad for u and I wanted to share with u my story

Good week, hatzlucha in ur journey

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Re: Journal of the hopeless

Posted by aryehtahor - 07 Nov 2010 03:22

About isolation, I've found that it's the result of projecting my views of myself onto other people. So when I feel like a loser, I assume everyone else thinks the same, so when I pass people I vaguely know, I stare at the ground and they don't talk to me, so I have no spontaneous social interaction, so I feel alienated, so I get more isolated so I think I'm even more or a loser, etc. etc. This means that to break the cycle, I need to change my attitude about my life and then the isolation will sort itself out. It's amazing how other people are able to sense a person's self-perception.

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Re: Journal of the hopeless

Posted by MosheF - 08 Nov 2010 13:58

Good morning all, been sober all weekend and have a meeting in 2 minutes so I can't post much, will post this afternoon again bl'n.

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Re: Journal of the hopeless

Posted by frumfiend - 08 Nov 2010 14:32

Im so happy for you

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Re: Journal of the hopeless
Posted by Kedusha - 08 Nov 2010 15:23

[MosheF wrote on 08 Nov 2010 13:58:](#)

Good morning all, been sober all weekend and have a meeting in 2 minutes so I can't post much, will post this afternoon again bl'n.

Yashar Koach - KUTGW!

An SA meeting or a work-related meeting?

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Re: Journal of the hopeless
Posted by ZemirosShabbos - 08 Nov 2010 15:51

MosheF, that's great!

tell us how it feels to be sober. don't you feel like a million dollars?

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Re: Journal of the hopeless
Posted by jewinpain - 08 Nov 2010 17:00

Zammy, don't u see he's not even talking to us after being clean for the weekend, it sure feels like a million \$\$, just kidding:) good luck with ur meeting and keep us posted moshe, we want u in our holy army

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Re: Journal of the hopeless
Posted by ur-a-jew - 08 Nov 2010 17:33

[MosheF wrote on 08 Nov 2010 13:58:](#)

Good morning all, been sober all weekend and have a meeting in 2 minutes so I can't post much, will post this afternoon again bl'n.

Journal of the ex-hopeless.

Journal of the hopeless-not.

Journal of hope

Journal of the hopeful and less **acting out**

Moshe you're doing great. Keep up the daily posting no matter what. You'll see it will make a difference.

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Re: Journal of the hopeless
Posted by ZemirosShabbos - 08 Nov 2010 18:24

[jewinpain wrote on 08 Nov 2010 17:00:](#)

Zammy, don't u see he's not even talking to us after being clean for the weekend, it sure feels like a million \$\$, just kidding:) good luck with ur meeting and keep us posted moshe, we want u in our holy army

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