

Journal of the hopeless

Posted by MosheF - 03 Nov 2010 13:16

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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. Statiscially, I fall about 5 times a week.

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Re: Journal of the hopeless  
Posted by Dov - 12 Nov 2010 15:43

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Not at all to be nasty, but when you are ready for the kind of help you really need, you'll reach for it. And it'll be there.

If you don't see it, then you'll keep looking for it till you trip over it.

If you are ready and *really* hopeless.

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Re: Journal of the hopeless  
Posted by Eye.nonymous - 13 Nov 2010 17:49

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[MosheF wrote on 12 Nov 2010 14:12:](#)

I should have called someone a few hours earlier but didn't have the guts or even who to call.

It's still a step in the right direction at least to be aware of this.

You don't necessarily have to call someone from GYE and tell them you're on the verge of m\*sturbating. It also helps to call your mom, your bro, or any old friend and say hello.

--Eye.

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Re: Journal of the hopeless

Posted by silentbattle - 14 Nov 2010 00:12

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[MosheF wrote on 10 Nov 2010 21:31:](#)

Reminds me of "there is no situation where acting out would make me feel better".

I believe the quote is closer to, "there is no situation that acting out can't make worse."

I would also point out something which took me a long time to realize - just because i feel the need to escape from life, doesn't mean I have to obey.

One day at a time. One minute at a time. And not just because that'll keep you clean forever. Stay clean one day at a time, because that's all you have. Right now, is the only time you have control over.

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Re: Journal of the hopeless

Posted by Dov - 14 Nov 2010 01:25

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[silentbattle wrote on 14 Nov 2010 00:12:](#)

[MosheF wrote on 10 Nov 2010 21:31:](#)

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Wow. *Wow*. Oh, and **wow!**

It's not about *holding our breath for one day (at a time)* - though everybody has those sort of days sometimes - but the recovery that I have been seeing in myself and in the people I hang around with is totally different.

And just 'staying clean' can't work for me, cuz that's negative sobriety - "*not* doing xy or z." It might work fine for lots of people. It's just gotta mean something to them to be successful, in my opinion. Rather than just "not doing" something.

Is that helpful or not?

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Re: Journal of the hopeless

Posted by silentbattle - 14 Nov 2010 05:02

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Now I feel kinda emabrassed - I got a "wow" from Dov, but then I'm not sure what he said... :-\ :-[

:D :D :D But thanks, Dov! :D :D :D

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Re: Journal of the hopeless

Posted by Dov - 14 Nov 2010 07:42

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[silentbattle wrote on 14 Nov 2010 00:12:](#)

1- there is no situation that acting out can't make worse.

2- just because i feel the need to escape from life, doesn't mean I have to obey.

3- Stay clean one day at a time, because that's all you have.

Those three lines are priceless. Really. How much would I have given to really know those things 20 years ago, instead of having to suffer for years until finally coming to believe them and be able to live that way a bit. Gevalt. You can't buy treasure that anywhere.

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Re: Journal of the hopeless

Posted by MosheF - 15 Nov 2010 15:59

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I was able to stay clean motzei shabbos and yesterday thanks to a kind member on this forum. This morning was going to be a good day, I went online to purchase something in and found myself browsing the lingerie section, why does it look so good.

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Re: Journal of the hopeless

Posted by Dov - 15 Nov 2010 23:45

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It looks so good because that's how we are programmed. Asking "why?," is just atzas hayetzer....OK, I don't really call it that, I just call it "stupid". *I have no business* looking at anything about lingerie or at any womens' magazines, or at anything that I know has "stupidity" in it.

Try this out for size:

"You have no business looking at anything like that, MosheF."

Does it bother you a bit reading me telling you that? Do you feel a voice inside saying "Up yours; and I **do** have the right to look at *anything* that I want to look at."

OK....well, if you do, that shows you something. It shows you what kind of an enemy MosheF is up against: a lunatic.

If you didn't feel any such hisnagdus, then it may be time for you to start saying that quietly and calmly to yourself when the opportunity for looking at a 'People' magazine (uchedomeh) is

feeling 'magnetic' to your fingers and eyeballs....I do that frequently, and it has been helpful.

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Re: Journal of the hopeless

Posted by Kedusha - 16 Nov 2010 00:00

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[MosheF wrote on 15 Nov 2010 15:59:](#)

Why does it look so good?

Repeat after me: "Baruch ata Hashem . . . She'lo asani Isha!"

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Re: Journal of the hopeless

Posted by Dov - 16 Nov 2010 00:05

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How about "shelo asani moron"?

It has a nice ring to it and that little chuckle it might produce in the seriousness and desperation of the 'People magazine-moment' may be refreshing!

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Re: Journal of the hopeless

Posted by MosheF - 16 Nov 2010 16:36

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[dov wrote on 15 Nov 2010 23:45:](#)

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I feel no hisnagdus and will try it.

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Re: Journal of the hopeless

Posted by 1daat - 16 Nov 2010 17:50

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What if he *did* make a moron? He wouldn't know to ask, "why". Waaaay to complicated. He only understands his choices in life are to turn right or turn left. Even a moron can turn to Hashem.

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Re: Journal of the hopeless

Posted by Dov - 17 Nov 2010 04:07

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Re: Journal of the hopeless

Posted by frumfiend - 17 Nov 2010 11:50

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I want to be a daat moron

tzadikim osen azmom kbehaima

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