

too much

Posted by rebdovid - 26 May 2011 20:46

Guys I fell again after being clean for a short time.

I need help, I am hoping to be clean for the next 24 hours.

I need some support. please help me.

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Re: too much

Posted by Kedusha - 26 May 2011 21:07

Start with the next 24 seconds, and then keep trying to double your previous achievement. Tip: No slipping or falling between milestones - it will just make things harder for you.

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Re: too much

Posted by musicman - 26 May 2011 22:02

if you stay on GYE for a few minutes every hour, you should be good. Go read the spouses stories. That'll shock you for a little bit, at least (kind find the link, atm).

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Re: too much

Posted by lamAdam - 26 May 2011 23:09

One thing that always helps me is to get out of my head. Try sharing your emotions with a close friend, family member or rabbi/teacher. If you're not comfortable with that (I'm usually not!) you can try writing them down in a journal or sharing them anonymously here on the forum. Keep us updated! I'm cheering for you.

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Re: too much

Posted by giboir - 26 May 2011 23:40

Hi All

The quote in my diary this week is:

'Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying "I will try again tomorrow"

I think it is very relevant. Let's keep trying, one day at a time. That is true courage and strength.

Giboir

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Re: too much

Posted by DesertLion - 27 May 2011 21:40

Hi RebD,

The main thing is not to take the 'first drink'. So start DON'T start touching yourself or looking for titillating pictures no matter what the YH tries to fool you with (curiosity, 'educational or work' purposes etc). Also, addicts all think alike, and sometimes I think to myself who cares I can take a risk, I'll just leave if it's dodgy. Problem is that's usually triggering. There are no half measures with this addiction.

Just try enjoying your weekend in other ways, so you'll minimise thoughts of wanting to act out. At the very least try and keep yourself busy with something productive.

Have a good on mate and KUTGW!

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Re: too much

Posted by Eye.nonymous - 28 May 2011 18:53

[rebdovid wrote on 26 May 2011 20:46:](#)

I need help, I am hoping to be clean for the next 24 hours.

Don't think so much about WHETHER OR NOT you are acting out.

Try to think about WHY you are acting out.

What are you doing the few minutes before? The hour before? Sometimes the week before. Look out for those negative feelings building up and, you'll probably find them. Try dealing with THOSE, because that's something that you can do. It's much easier than, once everthing has built up and you're about to act out, to, at that point, stop acting out.

That is what I have found to be true for myself in this struggle. Perhaps you will find it helpful, but maybe not.

--Eye.

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Re: too much

Posted by rebdovid - 29 May 2011 21:42

thank you guys. for the supporting words.

I am still clean just 3 days. but i feel much better already.

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Re: too much

Posted by Eye.nonymous - 30 May 2011 05:22

KUTGW!

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Re: too much

Posted by lamAdam - 30 May 2011 17:11

The title of this thread reminds me of something; I don't know it verbatim but I'll paraphrase:

One drink is TOO MUCH. One thousand are never enough.

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Re: too much

Posted by ontheedgeman - 01 Jun 2011 14:29

When you start to experience the urge, it means the pilot's light is on... something is wrong and you need to stop the plane right away and figure out what is broken. To be totally honest I am in this state right now... the light is on, the noise in the back of my head is saying "get ready to act out" and I'm trying to figure out why this is happening. I'm doing everything I can - meetings, exercise, eating right, etc - maybe I need to cut out the caffeine? Not sure. Anyhow, I too hope I last through this pilot light. If I think it through, I remember what it's like after acting out, the sadness, the loneliness, the alienation from my spiritual goals and the values I espouse... the 30 minutes of pleasure isn't worth the days and weeks of remorse, of feeling like all the rest of my good deeds and tefilos have a "stain" because of what I did. I need a hammer that has the words "SNAP OUT OF IT!!" stamped onto it... to smack myself on the head and wake myself up to the lunacy of this recurrent addiction.

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