

Kidushashem Today:

Posted by kidushashem - 07 Aug 2011 23:45

I am so depressed. I had a great, almost 6 month clean streak that ended a couple months ago and it's been a terrible down hill since then.

You would think that after such a long clean streak I would have strong mental barriers against viewing all the trash that I had viewed in the past. Instead, it takes only a few hours from the first fall for me to get right back to where I left off half a year earlier, doing the same stuff and much worse. My appetite isn't satiated any more through the old stuff and I need "bigger and better".

This is incredibly tough because I feel I haven't moved forward too much. Won't I ever recover that sensitivity that I had? It took about a year of masturbation for the YH to finally convince me to do legit porn.

In addition, the last 6 months do not seem to have given me more sensitivity to feel more ashamed and upset when I finally fell. To the contrary: I feel more comfortable that I ever felt with porn and I even feel completely comfortable with no fences in place. I don't want fences because I know that later I'm gonna want to view more garbage.

In the past, after every action I would feel terrible and set up some kind of fence to help for the future. Now I don't even care.

The reason I'm writing this post is because I care that I don't care. I'm sad that I'm not sad.

I want to finally break through and finish with this trash but I feel like I don't care enough right now. Like I should just continue with this trash until I care enough. But I want to care NOW! It's almost 9 Av and I'm in this disgusting situation. I feel like dirt.

Is there anyone out there who can identify and give me some unconditional love and chizuk?

That would be greatly appreciated!

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Re: I'm getting there!(AKA)Please give me Chizuk!(the post name will change as I do)

Posted by chazak - 10 Aug 2011 18:57

good after noon my brother i just wante to share with you again that i love you dearly unconditional love. You are my brother. and remember totty loves us to unconditional.

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Re: Please give me Chizuk!

Posted by bardichev - 10 Aug 2011 19:13

[kidushashem wrote on 10 Aug 2011 15:04:](#)

B"H, day 3 and I'm gaining strength every moment on here. I've been reading both handbooks, the book: "the first day of the rest of my life", and the 12 steps.

I don't want to overdose.

Does anyone have a suggestion about whether I should also make a list of the things that cause me to fall, or any other important things to do when you're first getting back up from a nasty, prolonged fall?

kiddush hashemm

listen to uncle bards

please do

there is no list

no looking back

my truck has many gears

the one gear that is missing is REVERSE

dont look back

there is no big or small fall

no long or short

we just gotta get uo

hisnarri mai-affar kumi

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Re: I'm getting there!(AKA)Please give me Chizuk!(the post name will change as I do)
Posted by chazak - 10 Aug 2011 22:20

bard is always right.

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Re: Please give me Chizuk!
Posted by kidushashem - 11 Aug 2011 09:50

[bardichev wrote on 10 Aug 2011 19:13:](#)

[kidushashem wrote on 10 Aug 2011 15:04:](#)

B"H, day 3 and I'm gaining strength every moment on here. I've been reading both handbooks, the book: "the first day of the rest of my life", and the 12 steps.

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Bards,

thanks for your reply but can you please clarify?

Many people on this forum suggest making a list of triggers that cause someone to fall so that they can be avoided. While I understand and agree with you about not looking back and focusing on the present, don't you think it's important to have the awareness of what causes one to fall? Can't those two work together?

Levi Yitzchak, AKA Kidushashem

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Re: I'm getting there!(AKA)Please give me Chizuk!(the post name will change as I do)
Posted by kidushashem - 11 Aug 2011 10:46

[chazak chazak wrote on 10 Aug 2011 18:57:](#)

good after noon my brother i just wante to share with you again that i love you dearly unconditional love. You are my brother. and remember totty loves us to unconditional.

Thank you dear Brother!

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Re: Building up the Fort!(the post name will change as I do)
Posted by kidushashem - 11 Aug 2011 22:05

Amazing! I just returned from a vort and saw a healthy Chosson and Kallah, so inspiring the way they are so ehrlich and Tahor. Such a simcha.

I'm looking forward to that relationship with my wife and with Hashem.

I'm so happy now, finishing day 4 with a geshmak:-)

Love to all,

Levi

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Re: Building up the Fort!(the post name will change as I do)
Posted by chazak - 11 Aug 2011 22:11

You are mamash a kidush hashem. so many seconds clean wow. love you brother. keep on trucking.

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Re: Building up the Fort!(the post name will change as I do)
Posted by kidushashem - 11 Aug 2011 22:21

[chazak chazak wrote on 11 Aug 2011 22:11:](#)

You are mamash a kidush hashem. so many seconds clean wow. love you brother. keep on trucking.

Thank you! You are giving me a lot of chizuk with all your replies and encouragement.

Good

shabbos!

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Re: Building up the Fort!(the post name will change as I do)
Posted by kidushashem - 11 Aug 2011 23:03

I just want to let everyone know that I am starting a new accountability group with Knasos.

For some reason that part of the forum is very shvach when it seems to me that it's an amazing tool. Anyone who's interested, please join. I started a new thread in that section.

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Re: Building up the Fort!(the post name will change as I do)
Posted by installed - 12 Aug 2011 10:20

Hey,

I don't want to discourage you in any way but from my experience, these groups start strong but fizzle out with time. Just as a suggestion, it may be a good idea for you guys to call each other or something along those lines to make it more personal. Having each other available for clling can be a great asset when one of you guys are feeling weak.

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Re: Building up the Fort!(the post name will change as I do)
Posted by chazak - 12 Aug 2011 15:32

i agree to that it had helped me in the past a lot. a lot of people here have google voice set up for this reason. enjoy life. a git shabbos.

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Re: Please give me Chizuk!
Posted by alexeliezer - 12 Aug 2011 16:30

[kidushashem wrote on 10 Aug 2011 15:04:](#)

B"H, day 3 and I'm gaining strength every moment on here. I've been reading both handbooks, the book: "the first day of the rest of my life", and the 12 steps.

Now you're cooking with gas!

This time will be very different.

Never stop working the steps. Never think you're cured enough to cheat even a sip.

If you do this, there's no reason to look back.

Hatzlocha and Good Shabbos!

Alex

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Re: Building up the Fort!(the post name will change as I do)
Posted by kidushashem - 13 Aug 2011 20:38

[chazak chazak wrote on 12 Aug 2011 15:32:](#)

i agree to that it had helped me in the past a lot. a lot of people here have google voice set up for this reason. enjoy life. a git shabbos.

Thank you Chazak and Installed!

I will definitely keep that in mind. Shavua Tov.

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Re: Please give me Chizuk!
Posted by kidushashem - 13 Aug 2011 20:43

[alexeliezer wrote on 12 Aug 2011 16:30:](#)

Now you're cooking with gas!

This time will be very different.

Never stop working the steps. Never think you're cured enough to cheat even a sip.

If you do this, there's no reason to look back.

Hatzlocha and Good Shabbos!

Alex

Alex! Thank you so much for that!! I was hoping someone would confirm that for me b/c it's hard to keep on telling yourself that this time will be different. But I know it will be because I'm approaching it better and stronger than ever before and if Hashem decides, this will be the most successful battle. All I can do is trust in him that he will help me. I can only Daven for a Yeshua and that is all that's expected of me.

Thanks!

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