

## Resetting Sobriety

Posted by lamAdam - 04 Oct 2011 02:17

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Hello all,

I've been pretty quiet on the forums lately; SA has been very helpful for me and I've been generally trying to stay away from the computer.

I just want to share here -- before I share it at an SA meeting tomorrow -- that I'm resetting my sobriety. I surfed with lustful intent multiple times over the course of the day and "stumbled on" some things that were "just" triggering and some that were downright pornographic. I did not touch myself, but I had zera levatalah multiple times and it included intention. (On a side note, that's an indication -- for me -- of decreased tolerance for lust, which I think is a good thing).

My sponsor told me that resetting my sobriety is not a defeat; calling myself sober when I haven't been would be a defeat. I wanted to share that here. It's interesting; I've been in awe of folks who come to meetings with 10+ years of sobriety, but I've also noticed that some people who have been in the program for well over a decade, but have less than one year of sobriety. They often introduce themselves with bottom lines that I've always thought sounded too stringent, but I'm taking a page from one of their books: I'd like to begin introducing myself with, "It is against the bottom line of my sobriety to surf the internet with lustful intent." It sounds wishy-washy and bendable, but I know when I'm getting on the computer for the wrong reasons, and I'll have to face it from now on.

I want to surrender that I'm feeling ashamed and depressed. "I had five months sober!" I keep telling myself, along with, "If you had to fall, at least you could have waited until after aseres yemei tshuvah." But I hope my lev nishbar v'nidkeh, along with concerted effort on reviewing the writing I've done for steps 1-3, will propel me to a positive sobriety, one day at a time.

One of the regulars in the SA meeting I go to struggles with entitlement. He keeps saying, "Sometimes I just feel like I have the right to have an easy life." I identify with that. I spoke with him after a meeting about it and shared something I had been reading by Rabbi Jonathan Sacks regarding rights and duties. He nodded and said, "I know that the only rights I really have are to praise God and love all people." Simple and sweet.

Gmar chasimah tovah, everybody.

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Re: Resetting Sobriety

Posted by alexeliezer - 04 Oct 2011 15:35

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[IamAdam wrote on 04 Oct 2011 02:17:](#)

"It is against the bottom line of my sobriety to surf the internet with lustful intent."

Absolutely! The goal is to give up lust / lusting. When you can truly give up lust, then you are free. Life will be better and easier.

Good to hear from you and thanks for sharing.

Gmar Chasima Tova!

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Re: Resetting Sobriety

Posted by gibbor120 - 04 Oct 2011 18:03

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Thanks for sharing, Adam!

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Re: Resetting Sobriety

Posted by blackbigday - 04 Oct 2011 18:45

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Thank you Adam - somehow hearing about others struggling gives strength.

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