

why is it worse since i joined

Posted by his8sm - 08 May 2012 20:08

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Hi

I wanted some chizuk, why is this problem and the desire worsened since i made the conscious effort to join here

I got to 45 days then after that a few weeks but now i feel despite reading the material and exercising, i am feeling worse than ever and like a walking disaster waiting to happen, i can get to 7 days but they arent 7 good days, they r just delaying the inevitable... i have read everything, 12 steps, the books and deep down i think its just a huge emotional character flaw and masking a kind of boredom and emotional immaturity....i know why its happening but now how i can change it, yes i go through good periods, i know its wrong i listen to stuff but i cant get into the right zone consistently.

Also, I am looking for a sponsor and havent found one via the new link, my first sponsor disappeared and now no one is accepting my requests...id really like to speak to a sponsor once a day or every few days via email as i am getting nowhere at the moment

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Re: why is it worse since i joined

Posted by alexeliezer - 10 May 2012 16:20

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[newstart wrote on 08 May 2012 20:08:](#)

despite reading the material and exercising... i have read everything, 12 steps, the books

To know,  
and to not do,  
is not to know.

It's great that you want to be free of this. You've put the time in reading, and expect to see results. I don't know why things are worse. Perhaps it's because although you've read the material, you haven't taken enough action.

Sobriety requires ongoing action. Lifelong, but one day at a time. What actions have you committed to?

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Re: why is it worse since i joined  
Posted by his8sm - 10 May 2012 20:43

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well, actually have had my best 2 days since then because ive decided i need to jump into it whole heartedly  
listen to the audio on this site, a shiur on way to work and back again and at lunch time, trying desparately not to look in the street.

It is so bad for me at moment that i must try so hard to avoid any trigger- when I was driving I caught a glimpse of a womans cheek, i didnt even see her whole face and that almost set me off,  
I have also read properly more of the Guard Your eyes stuff and written a list of why i dont want to sin to read every day.  
plus, i made a neder for first time ever to fine myself the sum of 18 if i am ayver again  
I will tell you my biggest problem, its the same as most people, wanting everything and wanting it now- its an emotional immaturity I have to seek pleasure if I am bored or frustrated to "change" the picture in my head.

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Re: why is it worse since i joined  
Posted by geshertzarmeod - 16 May 2012 13:43

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I know what you're talking about

I had the same difficulty. I wrote it off as the yetzer hara trying to break my resolve by re-doubling his efforts.

It's not easy. Just take it one day at a time - they say.

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