

Getting back to basics

Posted by Ash - 08 Jul 2012 16:50

Good morning/afternoon/night to all who read this. I am a young male struggling with this addiction. I have been living with this addiction for years and it has always masked itself with whatever resentment or negativity I had at the time at whoever it was directed towards. In short I had it but never said it like it was till last year about this time. It got to an out of control situation. It all blew up in my face and people got hurt emotionally as a result. That was a realization that something is wrong and that I had nothing in control and so healing began to take place. I have unloaded and processed a lot of negativity and past, forgave those who wronged me, and came to believe that a higher power exists and that even at the worst of my times he was still looking out for me. SA, meetings and the 12 step came about six months later when I did more research and decided I needed to take that next step. To get current I am grateful to god of the strides I have been able to take and owe people in my life so much gratitude (including some that got hurt) that I will never be able to pay back. I'm glad and grateful that I can say things as they are and not have to deny or rationalize this addiction, and I'm just grateful that I can be writing all the above today. My longest sobriety since last year has been 2 weeks and have made 7-10 days often enough when I am consistent and focused on working the steps. However with all this I have a long way to go. Lately I have been falling quite a bit . The falls arnt extreme compared to the past (last year and prior) however it sickens me every time again (a feeling that as hard as it is I'm grateful that I can feel as prior I would not or care not to) and again. I know something's that I should do but was never strong from the getgo. Those things are contacting others when I know I should, and having a consistent partner and even better a sponsor to help me through this. I will be touching base with this website more often now and using its tools. I am using some things alkyd such as the daily emails and have downloaded some of the books. Connecting on a more one on one bases is what I believe will be best for me so feel free to contact me via email or text first if you feel so. I am also on the 90 day chart. So here I am starting from the basics. I got nothing to lose but my lust and all to gain. Thanks for all those that will read this.g

=====

=====

Re: Getting back to basics

Posted by Ash - 28 Sep 2012 09:48

Good morning. To answer your question I still go to meetings. They also tend to be more honest especially after a fall. So I just kinda need to think out loud here. For the second time in a row with only a week apart my Internet filter completely disappeared on me. I fell not long after. The actuality that I fell does not bother me as much as the state of mind I went in to and the content saw that bugs me (this is not saying I want to enjoy and control it, I'm just not letting it bug me down). I'm asking the time old question of why. Why has god placed me in such a in my face type of test for the 3rd week in a row. I know my strength and weaknesses and getting over an initial hump of an unprotected device like that is not one of them (yet). It was slightly better this time around. When I say slightly I say it because I took a few minutes to trying make a good

effort to conjure up my higher power and will power. I am thankful for the progress thus far. I am able to be honest right after to myself and those around me and as this has happned for the second time in such a short period of time I have taken extra steps to repair the device. Ultimately if I am meant to come in to contact with such a test again no amount of security will prevent that but that's okay with me. These days the only way lust gets to me is with the passage of time. After 2 weeks which is my bodily norm I feel withdrawal symptoms and that when lust kicks in. Not much I can do about that. However stuff life challenges and past negativities are no longer something lust can use(and believe me it used to big time). After a fall I can get back on, faster, stronger, and with greater clarity and honesty. All I can say is im accepting gods terms no matter the turn out as I never really lose when I take it hat way. Sme of us reach sobriety faster some slower. I would categorize myself as slower (not that this is a race) but that's okay. I have direction and that's what sets me on the right tracks. Till next I write, God bless!!

=====

====