

Charlie's change

Posted by mifatfait - 20 Jul 2012 12:17

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I used to be Mifatfait Biyitzro, now I'm Charlie. I changed my name, on this thread I explained why: [www.guardyoureyes.org/forum/index.php?topic=5489.0](http://www.guardyoureyes.org/forum/index.php?topic=5489.0)

(I don't really know how to hyperlink, I just did copy/paste and hopes it works).

My basic desire to change is that I'm realizing more and more that I simply have to change my outlook on this whole issue if I don't want to spend the next 20 years (or more) struggling to sometimes barely stay sober.

It's so obvious that I need to take on the 12 step attitude and feel powerlessness and start relying only on Hashem and work harder to avoid triggers and...., but somehow the Y"H manages to stop any effort after a short time. His most successfull tactic is convincing me that this is all the wrong haskofoh and I should stop all this monkey buisness and simply fight him head on until I win, of course all this starting right away after one last juicy acting out....

On of the biggest pro's here told me to just do powerlessness even when I don't feel it, little by little it'll sink in (like the mesilas yescharim says about zerizus and humility). I tried it several times and was blown away by the immediate effect, but somehow each time after a week or so I burnt out. I guess after several hard days of not feeling what I'm doing it maybe stopped working?

But now I'm determined to give it one last do or die shot. 8 days ago I decided that until Elul I'm doing powerlessness with no ifs ands or buts, even if I'll feel it's the worst thing in the world for me I don't care. Since then I've been perfectly clean, I beg Hashem every day to help me continue recoveing - one day at a time. After these 5-6 weeks are up I'll see if this works, maybe I'll need some additional help to get sober? Only Hashem knows.

I love all you fellow GYE chevra, thanks for all of your unbelievable help.

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Re: Charlie's change

Posted by E-Tek - 19 Sep 2012 18:19

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Heh. I fell this morning. I was plagued by major strong lust all Rosh Hashonah, and I didn't fall because (even though I felt silly doing so) I asked Hashem to help me stay sober ON ROSH HASHONAH!! I mean, it felt so stupid to me. I don't have enough motivation to stay sober then?!? But I said it anyway.

This morning, I didn't say it. And here I am, one fall more...

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Re: Charlie's change

Posted by mifatfait - 19 Sep 2012 20:44

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That's not silly to daven on Rosh Hashonoh for sobriety, I wished I had done it.

Ah, the Yomim Noraim blues.

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Re: Charlie's change

Posted by nederman - 20 Sep 2012 00:40

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Chaim, maybe I am weird but no matter how many times you fall I am always going to like you. Same with E-Tek.

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Re: Charlie's change

Posted by E-Tek - 20 Sep 2012 01:12

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Wow, thanks!

And that's the bottom line at GYE.

Hashem, are You watching? We need Mashiach.

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Re: Charlie's change

Posted by mifatfait - 20 Sep 2012 08:04

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I love you too, Nederman. Even though sometimes (or usually) you get my blood boiling.

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Re: Charlie's change

Posted by mifatfait - 22 Sep 2012 20:07

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I'm an addict. The definition of an addict I think is someone that can't think himself out of his addiction, cause if he can he won't be an addict.

Therefore I try not to think how I'm gonna get sober and recover, but rather I try for this minute to avoid lust, because I know that when confronted head on I'm powerless so I don't really have any specific tactic that'll save me. And I need lots of help, cause there are countless things that can trigger me big time every time I walk in the street.

Recovery seems to be "positive sobriety", that's a bit of an oxymoron, but the idea seems to be to actively live the real life that Hashem is giving me this present moment to the fullest extent I can. And when I feel like I want to look or fantasize, to daven right away for help. Nothing else I can do. But this is plenty.

Gut voch.

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Re: Charlie's change

Posted by hope613 - 24 Sep 2012 10:33

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I was lying in bed the other night and my thoughts were wondering, after a few seconds I realized that I was getting aroused after quite a while of being clean, Without a second of hesitation I closed my eyes and did as I read on this forum, begged H' to help and look after me and told him that I was to weak to fight this "Teyva" and he should fight it for me... and what a

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Re: Charlie's change

Posted by nederman - 25 Sep 2012 01:42  
wonderful CLEAN nights sleep did I have

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Yes, surrender works, because you finally accept the unthinkable, namely that you do have these desires that make you worthless. It's called a paradoxical technique, because instead of running away from the danger you head straight for it.

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Re: Charlie's change

Posted by mifatfait - 26 Sep 2012 19:44

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[hope613 wrote on 24 Sep 2012 10:33:](#)

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Nice. It's those types of moments that stand before Hashem on Yom Kippur and beg Him to remember us for good.

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Re: Charlie's change

Posted by mifatfait - 26 Sep 2012 19:54

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OK. On Erev Yom kippur I downloaded Joe and Charlie's big book discussion and listened to the first track. I must do more positive work for my recovery, the GYE calls don't work for technical reasons, I'm trying this instead to learn the 12 steps **and work them with the help of the guys I speak to**. I may need even more than this, but one step and day at a time.

I really like the wit and charm they use when giving over the stuff, it makes it come alive, which is I guess the point. They said that addiction is an physical allergy - once I start I crave for more and more with no end, together with a mental obsession - can't simply drop it, my mind will for sure fool me sometime that it's all right to lust just a bit. From there it's simple arithmetic: **Allergy** (body can't have it)+ **Obsession** (mind needs it) = **Powerless**.

Gut Yar, everyone.

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Re: Charlie's change

Posted by nederman - 27 Sep 2012 02:37

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Any hard evidence for these claims, or they just make you feel good?

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Re: Charlie's change

Posted by mifatfait - 27 Sep 2012 17:11

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No, it just makes me feel good. That means, it helps me and tens of millions of others from falling each and every day. I don't understand it cognitively or any other way for that matter, but I don't really care.

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Re: Charlie's change

Posted by nederman - 28 Sep 2012 00:37

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I figured.

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Re: Charlie's change

Posted by mifatfait - 28 Sep 2012 09:20

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Chevra,

Just wanted to say Gut Yom Tov to everyone. I think I'm gonna take a break from the forum for a while, I feel that it's holding back my recovery a bit. Don't know exactly how, but I find that I fall more after days of intense posting. Gotta chill. Live life simple. One day at a time. Something like that. I hope to be back sometime.

Love all of you guys,

Chaim

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