

Resuming addiction after 1 year break

Posted by binyamin43 - 09 Apr 2013 07:00

hi...

thanks to gye i managed to stop acting out for 1 year with 2 or 3 slips only

but this week, i did 5 slips!!!! i don't know what is happening

i m going thru a very stressed situation at work but still...

i really want to stay clean and away from p**n

Please whoever faced this scenario and managed to be back on track, i need your help!!

Gd bless you

Bin

=====
=====

Re: Resuming addiction after 1 year break

Posted by needshelp22 - 09 Apr 2013 10:42

Hey Binyamin,

I did have a similar situation, i was completely clean for over 7 months then fell several times in quick succession. The main thing for you is not to feel that all the work you put in the previous year was for nothing, on the contrary since you managed it before you can do it again.

Also, don't feel that there's no point trying again since you only going to fall again, you have to ensure that this remains a blip, and doesn't spiral out of control. Just pick up where you left off, you are not resuming addiction! you just stumbled momentarily. also well done are your success your'e obviously very strong and i'm sure you'll be able to resume.

=====
=====

Re: Resuming addiction after 1 year break

Posted by fightaddiction2 - 09 Apr 2013 14:57

I also had a slip after a year. The response below from needshelp22 was really great, because it puts things into perspective. I've felt like you, like it's starting over from scratch, which is a mistake. It's really more like running the hurdles in a track and field contest - if you trip up after 80m, you don't need to start over from the beginning, you continue from where you've arrived. Take pride in how far you've gotten!

One thing I find inspiring in this regard is how we say that every day, G' renews the work of creation. It's like another chance is granted, a clean slate.

=====

Re: Resuming addiction after 1 year break
Posted by gibbor120 - 09 Apr 2013 17:44

Dear Binyamin,

One year is quite an accomplishment! But as you see, no gurantee of the future. Whatever you have been doing util now to keep sober - keep doing it.

The stress is definitely a trigger and is hopefully temporary. Knowing that it will pass can help.

Accepting that Hashem is in control and focusing on that should reduce the stress. You are not in control anyway, why get stressed?

May Hashem give you chizzuk!

=====

Re: Resuming addiction after 1 year break
Posted by alexeliezer - 09 Apr 2013 23:23

I'm actually finding myself struggling more than usual lately, after 4 consecutive years of recovery.

Dov once mentioned that the longer we're sober, the more sensitive we can be to triggers and stimuli. So we need to keep just as clean when we're further out as we did when we were first starting out.

Personally, I'm continuing to use the tools that worked to get me sober in the first place. I've been using them all along.

Although I didn't begin posting here on GYE until I was sober for 2 years, I do find that coming here, reading about other's struggles, and giving chizuk is helpful for me. So whenever I feel)

Since you've been doing well for a year, maybe stick around and share what works for you to help others who are just trying to get started.

As always, keep taking it one day at a time.

Alex

=====
=====

myself wanting to lust, I come here and post. (You may notice I've been posting a lot lately