

Need a sponsor or Partner

Posted by his8sm1 - 22 Jul 2013 23:13

I keep saying never again but keep falling after approximately 30 days

its the same each time, as im sure it is for alot of you

feel remorse first few days and take on to behave

by day 20 ive weakened despite reading alot and trying to do the 20 steps

by day 30, im struggling and so it starts over

why do i do it? bored? ocd? i stop feeling..... i have no idea like many of you why...what i do know is i used it to stop the pain of my OCD which i also struggle with.

In a way, the therapy is similar for both these problems, surrender and realise how futile the struggle is, one day at a time

I have read through material today and realise part of my problem is I have been trying to handle this alone, reading on my own, forgetting on my own.

There are no groups nearby and i am outside USA but I really want a sponsor and had one originally but he disappeared, i got to 45 days with him.. i have sent so many requests for sponsors and partners on the main site here, but no one replies

well i guess i will need to come to these forums then for chizuk

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Re: Need a sponsor or Partner

Posted by gibbor120 - 22 Jul 2013 23:19

WELCOME his8sm1,

It definitely helps to have a chevra! So, welcome to the chevra!

[his8sm1 wrote:](#)

by day 20 ive weakened despite reading alot and trying to do the 20 steps

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Re: Need a sponsor or Partner
Posted by his8sm1 - 22 Jul 2013 23:28

Yes I meant 12!

In a way I think it upsets me more that I look at stuff when I know it's wrong and provokes the
acting out
I'd recomment doing only 12 steps to avoid ba'al tosif

I have covenant eyes on this iPad and also my computer but its my smartphone that's the
problem

I added vena smarten but I found way around it which has been the problem

I don't think I've gone more than 40odd days ever without it

How do I start now

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Re: Need a sponsor or Partner
Posted by cordnoy - 22 Jul 2013 23:30

welcome

start with one day at a time (talkin to myself as well)

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Re: Need a sponsor or Partner

Posted by gibbor120 - 22 Jul 2013 23:33

[his8sm1 wrote:](#)

but its my smartphone that's the problem

I added vena smarten but but I found way around it which has been the problem

...

How do I start now

So, you can outsmart the smartphone? Well, first, there must be a way to get a better shmira for the smartphone. I'll let the techies chime in. I personally have a dumb phone, which i think is

.

Anyway, you mention the 12 steps. How have you been doing them? Do you attend SA? There are anonymous 12 step phone conferences you can call in.

Read the handbook. Post here. Join a phone conference. See what works for you. oh, and post

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Re: Need a sponsor or Partner

Posted by his8sm1 - 22 Jul 2013 23:41

I've just been thru a few frum 12 step books

I would like to be around chèvra with same problem so intend to join in

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Re: Need a sponsor or Partner
Posted by gibbor120 - 22 Jul 2013 23:45

have you checked this out yet?

guardyoureyes.com/tools/calls

There are lots of calls at different times.

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Re: Need a sponsor or Partner
Posted by his8sm1 - 22 Jul 2013 23:55

Is there anything via Skype being in Europe

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