

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

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This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar.d. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by serenity - 22 Mar 2015 01:51

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Awesome posts. Just to add that this addict gains tremendously from GYE in many ways. A lot of it is about the way we choose to look at things. SA is great and has helped me out tremendously. It is a suggested means of recovery and everyone's experience is different. For me GYE doesn't detract from my SA recovery in any way.

As a side note, I was listening to a GYE call one morning last week. I'm not sure whose call was, but one of the points was when you use the word "but" when partially agreeing with someone, it has the effect of rejecting everything that was previously said. So If I say "great comment but" I sound like I'm rejecting the comment. If I say, "I liked your comment and would just like to add that ....". So the call was saying use "and" instead of "but".

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Re: Back on the Site

Posted by TalmidChaim - 22 Mar 2015 01:57

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[serenity wrote:](#)

As a side note, I was listening to a GYE call one morning last week. I'm not sure whose call was, but one of the points was when you use the word "but" when partially agreeing with someone, it has the effect of rejecting everything that was previously said. So If I say "great comment but" I sound like I'm rejecting the comment. If I say, "I liked your comment and would just like to add that ....". So the call was saying use "and" instead of "but".

I have nothing to add to that tip; it's simply great!!!!

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Re: Back on the Site

Posted by cordnoy - 22 Mar 2015 02:53

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in DBT, they don't like the usage of the word "but."

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Re: Back on the Site

Posted by strugglingguy - 01 Apr 2015 19:49

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I have had a good week so far, Baruch Hashem.

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Re: Back on the Site

Posted by strugglingguy - 17 Apr 2015 14:57

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looked at porn last night and avoided the CE app so i wouldn't get caught

i had a few good weeks (due to Pesach)

i need to remember to turn the wifi off of my phone when at home

not much else to say

good shabbos

SG

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Re: Back on the Site

Posted by shomer bro - 17 Apr 2015 21:10

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Keep on chugging, you can do it.

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Re: Back on the Site

Posted by strugglingguy - 19 Apr 2015 19:10

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thx for your chizuk.

did it again today for about 15 mins.

deleted the app (espn radio) that got me to twitter.

now doing grad school work.

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Re: Back on the Site

Posted by strugglingguy - 19 Apr 2015 19:12

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I did it outside my apt. - meaning i didn't violate my rule about wifi at home; it was "something else".

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Re: Back on the Site

Posted by yiraishamaim - 20 Apr 2015 04:33

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The guys are wonderful and giving you chizuk

but c'mon now - what steps are you prepared to do(changes in your approach) to begin your journey of true sobriety?

Im Ain Ani Li Mee Li? Im lo Achshav Aimasai?

You can do it!

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Re: Back on the Site

Posted by strugglingguy - 23 Apr 2015 22:37

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Thanks YS. I need to do some soul-searching, you are right.

A few short moments ago I used my phone to look at p\*\*\* and then mstrbtd for first time in a while. I used a non covenant eyes app and accessed the web thru that. I forgot my rule about wif off in the house. (it does happen to be during nidda, but I will not focus on that).

I have now deleted all non-covenant eyes apps

do i sound pathetic? yes.

what will happen next? not sure.

i keep davening for help, keep informing my chaverim about my struggles.

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Re: Back on the Site

Posted by serenity - 24 Apr 2015 02:10

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Thanks for your honesty. Some addicts have found that we pray only for the knowledge of God's Will for us and the power to carry it out. (Obviously in addition to regular davening).

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Re: Back on the Site

Posted by TalmidChaim - 24 Apr 2015 13:17

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Dov has some particularly good insight about this pattern, which amounts to choosing temporary fixes (he likens to running ahead of a train) verses dealing with the foundational issue (which he likens to simply stepping off the tracks). I don't remember if it's in one of his emails, or from one of the threads, but it's definitely worth a read.

There are no universe filters, unfortunately, and ultimately, if you've decided to act out, and that's your goal, you have the ability to find a way to achieve that. The problem is the inability to really let go and let HaShem take control (which is by no means easy). But the degree of your success in recovery is the degree to which you're able to do this.

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Re: Back on the Site

Posted by strugglingguy - 27 Apr 2015 01:07

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Thanks. I will think about that. What exactly does one *do* in recovery, though ?

Today I anticipated that I would find myself at home alone so I texted a gye chaver and told him to check in with me. Turns out I stayed outside the apt. til my wife came back.

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Re: Back on the Site

Posted by serenity - 27 Apr 2015 01:42

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One thing you do in recovery is be honest which you have been. I wouldn't call that pathetic, I'd call that commendable. Also honesty goes beyond telling on myself when I act out. Honesty is when I look at my life and see how I'm causing the stress in it. Honesty is looking at the people I have hurt and making amends with them, expecting nothing in return from them. Honesty is when I make a list of my fears and seek a solution to them. Honesty is when I'm honest with other people.

Hatzlacha!

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