

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 TalmidChaim - 28 Apr 2015 16:01

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The term, "day by day," gets thrown around a lot here, and I think, has kind of lost its meaning. However, it's a very important principle, especially for those getting down on themselves about "sobriety streaks."

If you're having trouble racking up days, try shifting your focus away from the big count, and worry about staying clean for the day. Sure, use the 90-day application, but really keep it in the background as a data tool, something to look at every now and then. Success is measured in millions, but achieved penny by penny. If you're down about your streak, then not only is it not doing its intended function -- keeping you sober -- but it's also hurting your progress.

And if a day is too long a yard-stick, shorten it. The real victories here are intangible.

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Re: Back on the Site

Posted by aryehdavid85 - 28 Apr 2015 21:40

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ok I hear u. Luv to hear some more positive feedback. My EGO is very hungry.

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Re: Back on the Site

Posted by strugglingguy - 07 May 2015 19:21

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Thanks guys. Bli Ayin Hara - I have had some good days this weel. A couple times I was set on looking at stuff and it did not happen.

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Re: Back on the Site

Posted by strugglingguy - 15 May 2015 14:35

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i watched for 2 hours today - wife was out of house all day.

started with my phone - using an app to get to twitter

then i used my non filtered browser on my tablet.

most i have watched in a while.

i would be hypocrite to say now - i have to stop, etc. - bec. then i should have just stopped.

i am powerless when my yetzer/lust tempts me .. that i know.

if i would have gone to devaluing this could have been avoided - a nice first step anyway.

nothing else to do now - will daven...

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Re: Back on the Site

Posted by strugglingguy - 15 May 2015 14:39

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anyone know how to delete a) google search from an asus tablet and b) weather app from iPhone?

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Re: Back on the Site

Posted by strugglingguy - 15 May 2015 14:46

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installed quostdio on my tablet - will try to get on phone also

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Re: Back on the Site

Posted by Bigmoish - 15 May 2015 14:48

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Sounds like a good start. Keep it up.

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Re: Back on the Site

Posted by cordnoy - 15 May 2015 17:10

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[Bigmoish wrote:](#)

Sounds like a good start. Keep it up.

Yep; and it was good that you reached out in all different ways.

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Re: Back on the Site

Posted by strugglingguy - 27 May 2015 13:21

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had my phone last night in bathroom and knew i should not take to bed but i did anyway. looked at stuff and then m\*D.

unfortunately, i did it on the CE browser and didn't care about my one friend that still gets the reports.

... so today i asked two more ppl - a closer friend and the Rav of my shul if I can add them to the

report list

i also asked my friend to remind me to keep phone away when i go to sleep ...

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Re: Back on the Site

Posted by strugglingguy - 27 May 2015 13:25

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i also struggle with being involved with a shul where i obviously see a few young women.

( I dont mean to trigger anyone here - just putting it out there for myself)

obviously it is a nisayon as u can imagine ... i guess i should try to daven for them (like Dov says) instead of treating them like objects

only thing is it's harder than dov's examples 'cuz I dont even care abt the shiksa in the street - this situation is a little diff. ...

kul tuv everyone - off to the west coast for a couple days w my wife ...

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Re: Back on the Site

Posted by strugglingguy - 27 May 2015 13:28

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just to add two things - young women in shul

I am an intern at the shul so i l'm there pretty often, see the same people, and try to (am supposed to even) interact w everyone. it's not like i can just run home.

shiksa's - I don't care = i even look away from the peurto rico lady on the street - i am not attracted by that ...

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Re: Back on the Site

Posted by TalmidChaim - 27 May 2015 14:21

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This might be an overly obvious question, but one of the foundations of the recovery process is letting go and letting G-d take control. How are you doing in that area?

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Re: Back on the Site

Posted by aryehdovid85 - 29 May 2015 20:08

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yes most definitely let go and let G-d !! Prayer is a critical tool for recovery!

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Re: Back on the Site

Posted by strugglingguy - 10 Jun 2015 22:20

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i knew I would fall before i did ... i watched, read and acted out my fantasys for the past hour.

of course i come running here afterwards. i'm confused. im scared. im indifferent. many different thoughts right now....

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