

1 step forward, 1 step back

Posted by bahava - 22 Oct 2009 05:26

howdy gentlemen.

I've been lurking around this site for about a month now (thank you anonymous yid for emailing me!) and i figure its finally time i post a bit about my experiences.

i just made it to level 3 in the 90 day journey. i'm 14 days clean! a record for the past 12 months, yishtabach shemo ;D ;D ;D

my main problems seem to be the r"l standard P and M issues. i'm in my lower 20s, single, in college.

steps i've taken that are working great so far:

1. working through the 2 handbooks
2. stepping out of the room and praying for 10 seconds if inappropriate content appears on my screen, no matter how it got there.
3. daily emails
4. daily 5 minute seder in Esah Einai, a new sefer on shmiras enayim
5. prozac (been on for a year)
6. weekly appointment with therapist, discussing this among other issues
7. keeping the door open when web surfing in room by myself
8. internet filter
9. praying for help with these issues, for myself and klal yisroel
10. helping a friend work out his issues in these areas

11. reading through these forums and seeing holy jews in much worse situations break free!
what a geshmak to see how much hope there is!

12. keeping track on the 90 day program

13. trying to watch my eyes outside in general

ok. holy cow. thats a long list. this is really my number one priority right now. and its working!!!

here's where i can use some advice:

historically, i'd fall 1-2 times a week. getting to a week clean is a challenge. when i do get there once in a while, i tend to fall on that very day. sometimes i'll tell myself "wow! you've made it a whole week! and you're feeling totally in control!" and shortly after, i'll fall.

last Tishrei, i went a whole month clean (first time in over 5 years!!!!!!!!!!) and fell like on day 31.

i've come up with 2 possible explanations for this pattern of falling after milestones:

1. i feel like i'm in control, so i let down my guard, allowing the yetzer to strike.
2. i feel like i've accomplished something, so i 'reward' myself with pleasure

so how do i combat this pattern?

i've made it 2 weeks now pretty bump-free, yishtabach shemo. probably because of the constant chizuk i'm getting throughout the day (see list above).

here's my fear:

i'll hit 30 days, and fall back. c'v. or maybe even 90, and fall back.

how do i break this pattern? anyone with similar experience?

thank you so much. i love all of you. and i pray that you'll all break free.

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Re: 1 step forward, 1 step back

Posted by silentbattle - 03 Jan 2010 04:00

It might take some time, and the yetzer hora might hide it from you. Remember, though, that the simcha is there (in the deepest way - your neshama is b'simcha!), and you'll eventually feel it.

I hope you feel it soon, though - it's much easier to dance when you can hear the music!

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Re: 1 step forward, 1 step back

Posted by imtrying25 - 03 Jan 2010 22:21

Dude its woth faking the simcha. It may even help you be really besimcha. And that never hurt anyone, i promise. Keep it up. And hold your head up high. Cuz if your hear your saying you wanna be better. And thats enough of a reason to be besimcha. Hatzlacha.

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Re: 1 step forward, 1 step back

Posted by silentbattle - 04 Jan 2010 00:49

Hey, bro - how're you doing?

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Re: 1 step forward, 1 step back

Posted by bahava - 04 Jan 2010 01:15

Big test tomorrow I'm supposed to be studying for. Procrastinating.

My friend who helps me with my 'issues' is off to Israel.

Its a recipe for disaster.

But I'm holding on for now, thank God!

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Re: 1 step forward, 1 step back

Posted by silentbattle - 04 Jan 2010 01:26

Get back to studying - plan a break for later, plan something safe but relaxing - stay busy!

Can you stay in touch with your friend in israel?

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Re: 1 step forward, 1 step back

Posted by imtrying25 - 04 Jan 2010 22:57

[b'ahava wrote on 04 Jan 2010 01:15:](#)

Big test tomorrow I'm supposed to be studying for. Procrastinating.

My friend who helps me with my 'issues' is off to Israel.

Its a recipe for disaster.

But I'm holding on for now, thank God!

What does that mean?? Youve got so many friends right here willing and waiting to help you.
And with love!!!

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Re: 1 step forward, 1 step back

Posted by bahava - 05 Jan 2010 16:19

Shiv'a is over.

Test went well.

I'm taking a week off to catch my breath.

And I don't think I'm depressed anymore!

The hugs are coming in.

So, yeah. Things are looking good.

Yishtabach shemo!

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Re: 1 step forward, 1 step back

Posted by silentbattle - 05 Jan 2010 17:08

That's awesome - I'm glad to hear!

Keep yourself busy with things you enjoy, and be happy!

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Re: 1 step forward, 1 step back

Posted by imtrying25 - 05 Jan 2010 20:53

[b'ahava wrote on 05 Jan 2010 16:19:](#)

Shiv'a is over.

Test went well.

I'm taking a week off to catch my breath.

And I don't I'm depressed anymore!

The hugs are coming in.

So, yeah. Things are looking good.

Yishtabach shemo!

Look for the good my friend, it will find you!!

Keep it up!!

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Re: 1 step forward, 1 step back

Posted by bahava - 06 Jan 2010 19:38

My dear friends, come hear of the chasadim of HKB"H.

In one of my other lives, I'm a total gadget geek. I spend hours a day reading news and reviews of the latest gear, and I take pride in my collection of tech. (Whether or not this other part of my

life is a good thing is a discussion for another time.)

Naturally, I crave many of the smartphones released over the past couple of years.

And I've spent many many hours on the phone with the highest levels of Sprint customer service trying to explain to them why they should let me upgrade my 3-year-old piece-of-garbage flip phone. Its really quite a boosha for me to pull out my phone among the circles I role with. And it really doesn't make sense why Sprint is being so adamant in their refusal. I must have tried a dozen different s'varahs and pilpulim to convince them.

But no dice.

Last week, I fell with my iPod. As one of my responses, I gave the iPod to a friend to hold onto for a week, sort of putting me in "time out" until I could get my head together.

My friend actually commented that he sometimes wished he could give away his smartphone for a week, but couldn't because he needed it for calls and texting.

It doesn't make sense that a geek like me walks around making calls on a crappy flip phone.

It doesn't make sense that Sprint continually refuses to budge.

This is the chesed of Hashem! He knows what nisyonos I can handle, and what nisyonos I can't. And He won't let me test myself with a smartphone. Yishtabach shemo!

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Re: 1 step forward, 1 step back
Posted by Kollel Guy - 06 Jan 2010 20:56

Very cool.

When I was (12 was it?) ok somewhere around there, I discovered that the tv in my house had a bunch of trial channels, namely... and to my 12yr old mind - that was very thrilling.

So I used to start sneaking into the room and chapping a few minutes here and there.

Until a few days later - there is a storm, and a tree in front of my house falls down - right on the antenna.

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Re: 1 step forward, 1 step back
Posted by Dov - 06 Jan 2010 22:35

While you guys are it, I'll throw in my crazy true story and maybe we'll start a thread of "Weird (but very nice) Acts of G-d":

After I first got sober, I had nothing to do all night long (when I'd have been out messing my life up acting out, of course) and just couldn't get adjusted to actually sleeping at night.

We had a little TV "just for the olympics" at first, that my sister bought us. To make a long story short, I watched it for hours each night and switched addictions, basically....but at least I was sober!

Slowly it drove me crazy. I knew that it was a matter of time before I lost my sobriety over it...

One day, my wife calls me at work (no no no, she *calls* me "dov" all the time, I meant she called me *while I was at* work...ha...anyway...) and told me there was a whit powder all over everything in the house. I told her to call the fire dept. She chuckled and hung up.

She called me back (...no, not "back", oh forget it, I'll spare you.....) to tell me that the TV had caught fire just sitting there plugged in, and melted upon itself. It was dead.

We have not had a TV since...

Shomer p'so'im, Hashem, no?

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Re: 1 step forward, 1 step back

Posted by silentbattle - 07 Jan 2010 01:37

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Re: 1 step forward, 1 step back

Posted by bahava - 07 Jan 2010 05:51

Wow...almost makes you believe in a god, or something...

BTW -

What should my policy be regarding wet dreams?

I've been ignoring the issue and hoping it would take care of itself as I was more careful with my eyes and thoughts throughout the day. Not sure there's much else I can do.

Thoughts?

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