

I had a Fall. Please help.

Posted by LearningNoahide - 13 Oct 2015 12:37

Hello everyone,

After 17 days of being clean I have had a fall. I feel terrible. I was caught off guard. This time I was on guard to the temptations to act out or watch filth. I wasn't on guard for an even worse temptation. I felt afraid that if I didn't choose the lesser evil so to speak, I would be in a lot worse trouble. This fall has taught me one clear lesson. I am not addicted to acting out watching filth. I am addicted to lust. The yetzer hara is growing smarter.

I am numb to the disappointment and guilt right now as I have experienced this so many times before. I feel giddy though and sick. I feel completely alone. I ask myself why did I stumble across that video when I was 14? Why didn't my parents take the time to tell me things that I should never have found out for myself? It was completely accident. I had no idea what any of it was or what it would do to my life. Why would G-d through that into my life at that age? Now I am miserable because of it. However I know deep down the blame is mine.

I know guilt is a tool of the yetzer hara so I will stop complaining and wallowing in self pity now. I will get back on the horse. But I ask of all those who have read this, please give me any advice you can. It would mean everything to me.

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Re: I had a Fall. Please help.

Posted by LearningNoahide - 14 Oct 2015 02:13

But again markz, I think you are so correct about 90 days being the only tool. I guess it is not so much a tool, anyone can count. It is more a measurement of how well I am using other tools. It is so true that the 90 days on their own mean nothing. Sm

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Re: I had a Fall. Please help.

Posted by eslaasos - 14 Oct 2015 03:16

[markz wrote:](#)

[eslaasos wrote:](#)

[markz wrote:](#)

My question is - is that the only tool you used?

Absolutely not the only tool - but it was still a help, not a hindrance.

My point was using it alone

Will someone that got to 90 days with no tool other than the 90 day chart please come forward and say hi

Sorry, I didn't understand that to be your point. You wrote:

Until you reach 90 days dump the chart, and only update periodically.

For today we will use other tools (check my signature)

This gave me the impression you were advocating to drop the 90 day even if it's being used together with other tools.

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Re: I had a Fall. Please help.

Posted by markz - 14 Oct 2015 03:39

I'm not sure.

According to my knowledge ameratzus, 90 days could be an incentive tool, but it's a goal not a plan at all as BigMoish said [HERE](#). I'd be quite sure I can find more ??????.

Let me ask you cos I think you like pointed questions, and I'll have to rely on your opinion cos all other truckers are~~have been for 24hr~~ sleeping.

Where would you be today regarding sobriety if you had never used the chart?

I'm not asking how many days you'd have been clean? People can be chained to be clean.

I'm asking internal cleanliness, and true lust relief. How much does the chart provide towards that?

After 90 days possibly as the handbook mentions scientific studies. But before 90 days??

The point I was making and I'll say in different words is

"We all want to pass 90 days, but the primary tools to arrive there is not via the 90 day chart"

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Re: I had a Fall. Please help.

Posted by eslaasos - 14 Oct 2015 12:16

Good point. I guess we are using different terms.

I agree that typically the 90 day chart is a goal, not a plan. However it can also be a useful motivational tool, as it was for me.

Would I have managed without it? I hope so, but probably only with the help of other tools.

Bottom line, I still wouldn't write it off, but the distinctions you raised are very relevant.

Thank you.

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Re: I had a Fall. Please help.
Posted by markz - 16 Oct 2015 12:58

Ok Eslaasos so I'll take it that our assumption about 90 days is correct, as no one beeped

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Re: I had a Fall. Please help.
Posted by Markz - 16 Oct 2015 12:59

Of course

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Re: I had a Fall. Please help.
Posted by eslaasos - 16 Oct 2015 14:30

[markz wrote:](#)

Ok Eslaasos so I'll take it that our assumption about 90 days is correct, as no one beeped

Which assumption?

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Re: I had a Fall. Please help.
Posted by eslaasos - 16 Oct 2015 14:31

[markz wrote:](#)

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Re: I had a Fall. Please help.

Posted by serenity - 16 Oct 2015 14:49

To me 90 days is a milestone and a time to recognize progress and analyze what has been working and what hasn't. It's a time to recommit. I consider day 91 to be day 1 of recovery. So it's a beginning, not an ending.

Seems like people wait til they fall to look at what they are doing wrong. Wouldn't it be better to use milestones of success to see what you are doing right and to start doing more?!

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Re: I had a Fall. Please help.

Posted by markz - 16 Oct 2015 15:52

Serenity 100% correct. After 90 days!

My point was until then

"We all want to pass 90 days, but the primary tools to arrive there is not via the 90 day chart"

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Re: I had a Fall. Please help.

Posted by serenity - 16 Oct 2015 16:16

It's one of the tools. It was very useful to me.

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