

A New Resolution

Posted by GoodSoul - 11 Oct 2016 12:01

I am making a few resolutions, bli neder, for the new year, and one of them is to make one post about my own journey and respond to one other post every day. I hope this will help keep me connected to sober thinking and help me to gradually wean myself off lust actions.

Shana Tova to all.

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Re: A New Resolution

Posted by Watson - 11 Oct 2016 12:50

A few resolutions? Try not to bit off more than you can chew. One of the yetzer hora's favourite tactics is to push us too far the other way.

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Re: A New Resolution

Posted by Markz - 11 Oct 2016 14:40

[GoodSoul wrote:](#)

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Shana Tova to all.

Welcome. As Watson said, go easy on the resolutions

But I commend you on your plan

Ive been doing similar thing and has been highly beneficial BH

KEEP ON TRUCKING

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Re: A New Resolution

Posted by GoodSoul - 13 Oct 2016 12:31

Lots and lots of lust since Yom Kippur ended. Feeling lonely, want to meet someone, chat rooms are tugging me and continue to be a problem. Once again toying with the idea of meeting someone from online. It's terrible...so insane, so destructive, been there before but I keep going back. I need sanity! At least I am posting about it now instead of hiding inside myself.

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Re: A New Resolution

Posted by Markz - 13 Oct 2016 13:05

Posting is a great start

Getting on the phone with Dov or Watson is going to get you where you really want! Some genuine great sobriety

You can also join a weekly call. There's recordings too of some calls but it's not the same as chatting with some nice gye's

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Re: A New Resolution

Posted by Mitgaber - 13 Oct 2016 15:30

Very good resolution. As far as the rest is concerned; the main thing is staying out of isolation that is what helps you keep your sanity. Try limiting internet use and see if you can do something outdoors. Possibly with a friend. Many times how we feel is also influenced by our chemical balance. Try to go jogging or working out. Keep with the handbook and know we are praying for you.

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Re: A New Resolution

Posted by Watson - 13 Oct 2016 23:09

[Markz wrote on 13 Oct 2016 13:05:](#)

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Markz, I'm very uncomfortable with being mentioned with Dov like that, as if we are at similar stages. You can't compare my sobriety to Dov's, he's sober longer than even my sponsor's sponsor's sponsor, and has a lot of wisdom to offer. I, on the other hand am barely sober at all.

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Re: A New Resolution

Posted by Markz - 14 Oct 2016 00:04

[Watson wrote on 13 Oct 2016 23:09:](#)

[Markz wrote on 13 Oct 2016 13:05:](#)

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I had a problem this past Yom Kippur - I couldn't find any misdeeds

I have one now for next year - Thanks

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Re: A New Resolution

Posted by GoodSoul - 14 Oct 2016 14:10

Quick update because I need to post before Shabbos. Had a lot of work-related stress today but thankfully did not go into any chat rooms, even though I thought about it and lusted after people I had recently chatted with. Instead went out for coffee with a relative. Thank God. Not a perfect day but a step forward.

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Re: A New Resolution

Posted by yomkippur5777 - 14 Oct 2016 14:11

Hey GoodSoul,

I'm not for great advice or one that is sober for long, but I think if you keep to this site it may help. Fill your time with DOING other things. Go out help someone, go for a jog, play ball.

Again,

I'm not very experienced, but keep talking about this, and don't give up.

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Re: A New Resolution

Posted by GoodSoul - 16 Oct 2016 13:20

Unfortunately I spent much of the last 24 hours in chat rooms. I appreciate all the suggestions but I've been through the mill for many years already, had sponsors, done the steps with SA, etc. and jogging or calling someone who has been sober a long time is not the magic solution for me. If I pretended to be someone else and wrote responses to my own posts I could do just as well with ideas and suggestions. I need something new, different, and better than the usual ideas that haven't worked for me, even though they may have worked for others.

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Re: A New Resolution

Posted by Markz - 16 Oct 2016 13:26

Great going brother - you're on the right track

I suggest you see the first "post of the year" [here](#). Does it talk to you?

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Re: A New Resolution

Posted by GoodSoul - 16 Oct 2016 13:37

If I am on the right track I'm afraid to think of what being on the wrong track looks like. Again, I appreciate the desire to give chizuk, but these are empty words.

I did SA for many many years and got very little out of it. Eventually I became increasingly disillusioned with it and stopped going. When I felt "guilty" I tried again for a little while and felt no connection to the people or the program other than that they described the problem very nicely. I could not relate to their solution. So I stopped going and don't feel guilty about it anymore. They say if you keep trying acting out long enough and it doesn't solve your problems, it's proof acting out doesn't work for you. I think I tried SA long enough to be able to say the same thing. What's fair is fair.

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Re: A New Resolution

Posted by Markz - 16 Oct 2016 13:48

Oh, you said 12 steps so I wasn't sure if you meant meetings. Thanks for clarifying

Have you considered therapy, as I do? It's a real game changer

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Re: A New Resolution

Posted by GoodSoul - 16 Oct 2016 13:55

Yes, I tried therapy, and it was a definite game changer for my bank account, little else. After a few thousand dollars the sessions devolved into basically trying to convince me to keep coming back for more therapy, at a cost of over \$3 a minute. If I had a good week, see, therapy is working, schedule another session! If I had a bad week, I obviously needed to schedule more therapy. It also didn't help when I bumped into my therapist at an SA meeting. Glad I broke out of that little game before I went completely broke.

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