

Tried a lot of things but failing over and over

Posted by benblum - 19 Oct 2023 19:26

Hi, I have been member of GYE for many years now. At the beginning I was very active (logging every day), chatting, reading the forum, trying the tools. It worked for me. I started getting sober. I started understanding. I even reach 90 days. but after that, I started again with P&M like before. Then I discovered SA. I was active at the beginning. I thought I found the door to freedom from this insanity. Went to meetings (in person and zoom), made phone calls, was connected, was doing readings and all kind of inventory. At the beginning, it worked for me. I was getting some sense of sobriety, I was being honest and I was making real connections but then with time I went back to my usual me, my acting out. I do not run from the urge, I embrace it and each time I think to myself, I failed again. I like acting out, I cannot lie. I do not have painful consequences from it. Some tell me that until I have painful consequences, I will not stop. Other tells me that I need to make disclosure and destroy my life in order to have a chance to rebuild it, some tells me to go see a therapist...Every story is different and I am honestly lost. I acted out most of my life, always with myself and fantasies. I would like to change but I seems glued to my old habit, my old me. Lust is my best friend, my confident. It knows all my secrets. I know that I am the problem. I know that in order to get better, I have to change myself but I tried over and over again. I am praying to Hashem, I am making strategies, using tools and program, I am reaching to sponsors and friends but when the urge comes, everything goes out the window. "Just let me have it!" is the only thought that come to my mind. No good resolution, no good intentions seem to survive my urges. A part of me loves acting and the other part hates it. And one is much stronger than the other, much more powerful. Some tells me to stay from lust just for one and it sounds good and easy but the truth is that when it comes, my good intentions do not mean anything. I wish I could see progress, I wish I could say that I grew but I don't think I did. I learn much about this addiction, this disease, about its powerful mechanisms, how it affects the brain, about its real consequences, how it can destroy lives and hurt people...but unfortunately knowledge is not action. I know a lot but I keep acting out. I met along the road many friends, brave people that tried to help me, that were fighting too but sometimes I have the feeling that I am the only one that does not learn and I stay behind...If you have any suggestion, please let me know. I am really desperate. I think I was born with this challenge. Hashem is the only one who can help me and give me freedom from this but until now, my spiritual connection is probably way to weak and when the urge comes. I forget

So I decided to come back to GYE after being away for several years. This is the place when I once had some hope, when I saw tiny burst of light...GYE will not cure me. I will always be me. But maybe I can change, change from the inside...Start a new cycle where I can find help and somewhat change my way of thinking and my behaviors. Thank you for letting me share.

=====

====

Re: Tried a lot of things but failing over and over

Posted by Vehkam - 24 Oct 2023 02:02

Work on building yourself up and try hard not to dwell on the falls...

=====

=====

Re: Tried a lot of things but failing over and over
Posted by adam2014 - 24 Oct 2023 10:09

Falling in bunches.

I am starting to see a pattern forming in my attempts at stopping. I see that I am going alone ok (some days are harder than others)and something trips me up and I fall. Once the streak is broken (however long or short) I tend to fall again and again. It is almost like I am saying "My streak is over, let's play for awhile and then jump back on". I am not consciously saying that, but that tends to be my response to a fall.

Have any of you guys experienced that? Any suggestions for jumping back on the train quickly and not let one fall lead to others ?

Thanks

=====

=====

Re: Tried a lot of things but failing over and over
Posted by ainshumyeiush - 24 Oct 2023 13:17

I cant speak for everyone, but it seems like a common issue.

you have to catch yourself right away. In a way its harder than fighting the first urge.

but once you shift your mindset its easier to do.

reading the battle of the generation is how im going about changing my mindset. So keep reading it and stick around. I have yet to see someone who posts about completely beating this on their first round and never falling again

=====

====

Re: Tried a lot of things but failing over and over
Posted by benblum - 24 Oct 2023 14:47

I relate a lot to what Adam shared. Since my falls yesterday (x2), I am doing better. Yesterday night was really smooth and nice and today is a good start. Hashem gives me some relief but I know that lust will come back quickly and stronger. I have to keep hanging to this thread on a daily basis. I am progressing in reading the book...

=====

====

Re: Tried a lot of things but failing over and over
Posted by chancy - 24 Oct 2023 15:35

A git morgen Mr Benblum,

From your posts, i see that you are a bit of a loss as to what you should do in order to really start growing.

You seem to be very aware of your weaknesses but you lack the proper framework in your mind to kick yourself out of this rut.

If I'm correct in my assessment, I would highly recommend the F2F program, it helped me tremendously. I was in the same place for years until i started doing that course. it's much more powerful than a book because it forces you to take it slowly and to think about what you are reading and hearing, you also write down stuff. It's amazing. It will give you deep insight into why we struggle with these things and how to change our thinking patterns.

I promise you won't regret it.

If you want to talk more about this or anything else, you can reach out to me directly.

=====

====

Re: Tried a lot of things but failing over and over
Posted by chancy - 24 Oct 2023 15:55

My advice is to reframe your thinking. Really think about the following questions, and meditate on them.

1. Do 'I' really want to continue doing this? (Porn, Masturbation, etc.)

Yes, I enjoy it, **BUT** I know its wrong because I'm hurting my wife and kids and because Hashem doesn't want me to do it since he knows how much damage this behavior causes to our souls and the world. So a bigger part of me doesn't want to continue, otherwise, i wouldnt be here.

2. If "I" know already that "I" dont want to continue, Am I willing to do whatever it takes to win? and by winning I mean to never give up?

3. Now that I am already in this war and won some significant battles, now I lost one battle, why in the world wold I want to give in willingly now and just give myself to the enemy? This is war! You want to fight! you need to fight! so you lost one battle, so what? the war is not over until I win, so you can't and you don't want to raise the white flag ever!

My point is that some of us go into this without fully thinking this thru and we get scared away by the first or hundred fall, like this is some trophy and if we can get to 1,000,000 days at the first try that we would rather hve fun..... but if you really think into why we are in this fight, and you come to the realization that this is more important that anything else and every win is tremendously important and every fall is not something we want, than its becomes easier.

Good luck.

=====

Re: Tried a lot of things but failing over and over
Posted by adam2014 - 24 Oct 2023 17:40

I agree, the more. I'm on here, the better I feel.... I am so glad that I stopped just reading and started posting. Now they can't shut me up!! LOL

The F2F program is great and I am getting a lot out of it

=====

Re: Tried a lot of things but failing over and over

Posted by benblum - 26 Oct 2023 15:58

All my good intentions, my good resolutions are worthless again. I try not to beat myself up but I would like so much to see progress and result and I don't honestly. I have to keep reading the book and keep sharing...

=====

Hello All, acted out again last night
Re: Tried a lot of things but failing over and over
Posted by ainshumyeiush - 26 Oct 2023 16:05

I wouldn't say worthless. But i know how it feels. It sucks. But its trial and error to find the strategies and tools that work for you. (see the Churchill quote in my signature)

=====

Re: Tried a lot of things but failing over and over
Posted by Vehkam - 26 Oct 2023 17:52

it is frustrating. try to count the wins instead of focusing on the fails. also, watch today's vayimaen video regarding not setting your expectations to high....

=====

Re: Tried a lot of things but failing over and over
Posted by connected - 26 Oct 2023 19:02

[Vehkam wrote on 26 Oct 2023 17:52:](#)

it is frustrating. try to count the wins instead of focusing on the fails. also, watch today's vayimaen video regarding not setting your expectations to high....

I always struggled with the idea of counting wins in areas of "Sur Mera".

What am I counting?

A day without acting out? So, if I'm clean for 23 hours and 15 minutes and act out for 45 minutes (yeah, what?), is that considered a pass or fail?

Is it every time I say no to an urge? That'll be a full-time job.

I need a secretary.

Hold on, that might make things worse.

=====

Re: Tried a lot of things but failing over and over
Posted by Vehkam - 26 Oct 2023 23:11

there is a very simple answer to your question. it is actually a gemara in kiddushin,daf 39b-40a. if someone is challenged with an urge to an aveira and he controls himself, he is rewarded for every urge like someone who does a mitzvah. see the battle of the generation chapter 25.

=====

Re: Tried a lot of things but failing over and over
Posted by benblum - 27 Oct 2023 02:02

Sober today, back on track. But tomorrow is another day. Thank you for all your comments.

ainshumyeiush: Great quote from Churchill

Vehkam: where do I find the vayimaen video regarding not setting your expectations to high?

Who could tell me more about the F2F program?

I have to keep reading the book

=====

Re: Tried a lot of things but failing over and over

Posted by ainshumyeiush - 27 Oct 2023 02:11

What do you want to know about the f2f program? Im doing it right now

=====

=====