

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.

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

Posted by benblum - 06 Nov 2023 01:51

Sober. Sunday night is here with the temptation. Various emotions and tiredness (busy and productive day)...I can feel the temptation coming...the YR trying to play on the triggers that I encounter today and some of them were not small triggers. Sunday night + Monday morning VERY slippery zone for me...I will need Hashem strength to get through it

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Re: Tried a lot of things but failing over and over
Posted by ainshumyeiush - 06 Nov 2023 02:13

you got this!! We believe in you!! Keep us posted

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Re: Tried a lot of things but failing over and over
Posted by iwannalivereal - 06 Nov 2023 02:17

Dear Ben

We're all here rooting for you and are hoping for good news from you. You're part of the family of guys here and we know how you feel. Begin in a slippery place is never fun but just imagine that feeling tomorrow when the slippery situation is over and you come out victorious! That'll be sure to put a smile on your face that'll never leave! To make it through a tough one is super hard and the victory is therefore so much greater! keep us posted!

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Re: Tried a lot of things but failing over and over
Posted by benblum - 06 Nov 2023 18:58

Just reading your comments now. Thank you. I acted out again. Back to zero. Coming back up again and re-starting...

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Re: Tried a lot of things but failing over and over
Posted by ainshumyeiush - 06 Nov 2023 19:04

On the other hand, you now have a full week to figure out a plan for next Sunday night/Monday morning. Maybe consider having to text someone or a few people, at different points over this time period next week. I feel that it helps make the battle easier knowing that i have to text someone every morning and someone else every night

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Re: Tried a lot of things but failing over and over
Posted by chancy - 06 Nov 2023 23:37

[benblum wrote on 06 Nov 2023 18:58:](#)

Just reading your comments now. Thank you. I acted out again. Back to zero. Coming back up again and re-starting...

Please explain what led to your fall, it's important to keep track so that you will know to avoid it, we can help you.

do you have easy access to unfiltered internet? Or is it just Masturbation? With others? Where are you holding?

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Re: Tried a lot of things but failing over and over
Posted by benblum - 07 Nov 2023 02:54

What led to my fall: alone at work with a computer, laziness and looking for an escape...I have an accountability software installed + a filter but I know how to by pass both...I manage to uninstall the software and I know the password to the filter...Then I use triggering social media that usually lead to p..n and to masturbation....

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Re: Tried a lot of things but failing over and over
Posted by benblum - 07 Nov 2023 13:36

Hi everyone, back to update. I had a clean night, sober this morning. Working on day 1. Need to decide a real strategy/plan otherwise I stand 0 chance to succeed. I need to have a daily plan of action. My goal today is to make one and maybe share it in the forum later

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Re: Tried a lot of things but failing over and over
Posted by chancy - 07 Nov 2023 15:31

[benblum wrote on 07 Nov 2023 13:36:](#)

Hi everyone, back to update. I had a clean night, sober this morning. Working on day 1. Need to decide a real strategy/plan otherwise I stand 0 chance to succeed. I need to have a daily plan of action. My goal today is to make one and maybe share it in the forum later

I will say it till im blue in my face, the first stratagy is to get a strong filter that CANNOT be removed! I hear that you know how to get around some filters, but there are some very strong filters that you CANT remove or it ruins your whole computer. Also a good webchaver cannot be removed. Without this first step i dont see how its possible to get started

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Re: Tried a lot of things but failing over and over
Posted by true_self - 07 Nov 2023 20:51

[benblum wrote on 06 Nov 2023 18:58:](#)

Just reading your comments now. Thank you. I acted out again. Back to zero. Coming back up again and re-starting...

Disagree with this one, you are not back to zero at all! If you don't learn a lesson from this fall you might be -1, if you do, than this is another step on the ladder of your journey towards greatness and victory! Now is time for action! The fall doesn't define you, the reaction does!

Make a plan as you already started to, also create a goal in order to get you motivated.

Kol hakavod for your honesty! I love it.

All the best

True self

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Re: Tried a lot of things but failing over and over
Posted by benblum - 08 Nov 2023 05:02

Thank you for your encouragement True_self. It is encouraging.

chancy I agree with you. However, I managed to remove webchaver (covenant eyes) way to easily each time I want to act out unfortunately. I have a filter called qustodio but I am managing it so it is basically not a fair fight. I cannot administer my own filter for obvious reasons. So I am looking for someone to take over the control of my filter. I should hurry in this search. It is night time and the yetser hara is trying to push me to just take a quick look. Not p...n but social media, not 3 hours, just 30 sec...The usual tricks for which I fall all the time...Guess what I am sending this message and I am going...TO SLEEP! more tomorrow morning...Thank you all!

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Re: Tried a lot of things but failing over and over
Posted by benblum - 08 Nov 2023 14:42

Good morning Everyone, I did exactly what I wrote yesterday. Closed the computer and went to sleep. It felt SO good and this morning I am filled with enthusiasm and good energy. Won one small battle yesterday night and I have to give the credit to Hashem and to you guys. Before I wrote the message on the forum, I was about to give in. After, it was a totally different situation. Amazing the way it works. I have to calm down my enthusiasm though. The yetser can build on that to make me fall and lose the little bit of sobriety I have...

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Re: Tried a lot of things but failing over and over
Posted by benblum - 08 Nov 2023 16:03

I am suddenly alone at work. Definitely a test from Hashem to calm down my enthusiasm. Ok. I am a little tempted. I want to commit to this group that if I were to give in, I would first make one phone call and go for a walk outside before giving in. Only after that I can give in. That's my commitment. Thank you for being there for me.

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Re: Tried a lot of things but failing over and over
Posted by ainshumyeiush - 08 Nov 2023 18:23

We're all eagerly awaiting the good news at the end of the day. Do you have someone you can text/email/message throughout the day? Maybe every hour on the hour. It might make it easier by focusing one hour at a time

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