

My addiction -tip

Posted by Jeff098 - 22 Oct 2023 01:32

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Hi all,

I've been involved with P, M and everything else you can think of. I started this at 12, and now I'm 24. I've tried many many things to stop for over 10 years, and nothing has worked.

I recently realized something massive in my life. I am an addict. I've never thought about it or looked at myself like that. but I've probably been an addict since a few months after doing all this stuff at the age of 12.

Why is this so important to me? well, this has changed my approach to dealing with this. I thought about an alcoholic and imagined, what if an alcoholic walked around with alcohol in his pocket, hand, or even had some in his bedroom. What are the chances he will fall?? I would think 1000%. There's no way an addict will have a drug in his hand and not consume it, if not today then tomorrow.

I've taken the same approach. I've looked into the mirror and acknowledged and said out loud that I am an addict. Every time I fall, I cut that item that made me fall out of my life completely. No matter the cost or the inconvenience. I'm an addict and I can't have the drug in my hand to win. I need it out of my life.

This is ?the first time in my life I feel free even though I still fall, I attack the fall, whatever the trigger is and I completely obliterate it. I destroy the battle for the future, so it never comes back to attack me in that way ever again.

I encourage you all to try this. every time you fall, ask yourself, what has caused me to fall? if it was a certain website, pic, magazine, your phone, the whole internet, completely block it and destroy it in a way that it is never accessible again, no matter the cost or inconvenience. As you continue your journey, you will realize that your battle will be much more tolerable because you don't have the drug in your hand.

I'm at a point in my life where my eyes are getting cleaned by removing any physical tests that come into my life. My challenge now is to clean my head. Even though the physical things have been destroyed and removed from my existence, I still can pull up images and memories of inappropriate things in my mind. I started dealing with this by keeping myself busy, whenever a thought comes to mind.

?I'm so happy that I've implemented this in my life. This is the first time I feel happy, confident, stress free, and not depressed since I've started with my addiction at the age of 12. I feel as happy as I was when I was a little boy!!!! I don't care about any of the inconvenience this has caused by blocking almost every website app or anything else that has caused me to fall in even the smallest way. Being sober is my goal and I will pay any price to be free!!!!

I hope this helps! Good luck to all! And may GD be with you!

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Re: My addiction -tip  
Posted by boca19 - 05 Dec 2023 15:58

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This takes such internal strength and fortitude.

You are amazing!!

Thanks for the Chizzuk!

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