

I'm at the top headed downward

Posted by trying123 - 15 Feb 2010 04:21

Hi I'm new...

Joining because I was never addicted to sex I used lethal force to control myself...

In therapy I am loosening my control over myself, it's helping me in many areas...

But I am also ending up with real and difficult challenges. I have to kind of learn how to avoid things that would make me feel guilty but do it in a healthy way...

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Re: I'm at the top headed downward

Posted by the.guard - 24 Feb 2010 22:36

[Eye.nonymous wrote on 23 Feb 2010 12:30:](#)

According to Rabbi Twersky, if p** pops up on your screen, you have 3 tenths of a second (.3) to look away. In .4 of a second, you can become an addict.

(LINK, ANYONE?)

www.guardureyes.com/GUE/RTwerski/Internet%20Addiction.MP3

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Re: I'm at the top headed downward

Posted by Eye.nonymous - 26 Feb 2010 08:08

Hey, where'd everybody go?

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Re: I'm at the top headed downward
Posted by trying123 - 26 Feb 2010 14:29

Hi Guys I'm still around....

Gotta say that after joining this forum (What, 2 weeks ago? Feels like ages ago....) I haven't Ma****ed... Because of what you guys have been telling me, I decided to never Ma****. Hope I can do it...

I did fall once re. watching P**n, I Got the password from a friend to give to the Filter Gabai, and started thinking that if I'm gonna never watch P**n again, maybe I should catch in just once... (What can I say? WARPED THINKING...)

Was on it for about 1 and half- 2hrs.

I Realized how utterly empty and meaningless it is... It got me disgusted....

I think I'm safe now....

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Re: I'm at the top headed downward
Posted by silentbattle - 26 Feb 2010 20:08

I think that AA would call that stinkin thinkin ;D We've all done that kinda thing.

We're never safe - really, no guy (or girl, I guess) ever is, since these desires are deep rooted in us.

But I'm glad to hear that you're moving forward, and you plan on never being involved with this stuff again - and you're doing something about it!

You rock!

Have a great shabbos, and an awesome, happy purim!

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Re: I'm at the top headed downward
Posted by Eye.nonymous - 01 Mar 2010 16:32

[trying123 wrote on 26 Feb 2010 14:29:](#)

I think I'm safe now....

...then you're probably in danger.

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Re: I'm at the top headed downward
Posted by trying123 - 01 Mar 2010 21:36

Why do I feel like I'm posting to a dial tone? :(

Did you guys all give up on me....? :'(

I was told that no one's too far gone... ??? :-[:-\ :-\

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Re: I'm at the top headed downward
Posted by shemirateinayim - 01 Mar 2010 23:44

I tried talking to my dialtone, but all it said was, "eeeeee eieieie eueueueue If you would like to make a call please hang up and try again". And then the darn thing had the nerve to hang-up on me!

But how are you?

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Re: I'm at the top headed downward
Posted by silentbattle - 02 Mar 2010 04:19

Not a chance, bro! I just didn't see you posting anything...I mean, if you want, i can ramble on

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Re: I'm at the top headed downward
Posted by trying123 - 02 Mar 2010 05:10

This past Shabbos I had no one to be with, I ended up going to some random person... Didn't work out quiet well...

I didn't go to shul Purim morning, and felt bad... I felt like a I couldn't do the rest of the Mitzvas Hayom...

Also for the seuda I'd have to travel for an hr. and a half to get to the person that invited me... I wanted to give up...

I basically told G-d: "I am not up to it, but I'm doing this for you, You'd better do the same for me when I need it..."

I ended up going to the seuda and did the rest of the Mitzvas Hayom (missed one doesn't mean U gotta miss the rest..)

Bottom line is that I basically left my own family, but I'm somewhat inhibited and don't make friends easily... So I live very much alone, which makes me so prone to be addicted...

I am trying to plunge forward...

I'm not sure how long I can continue with all this....

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Re: I'm at the top headed downward
Posted by trying123 - 02 Mar 2010 05:16

To SB:

(Just don't take me to the N'H stuff)

To Eye.nonymous:

Is it really that terrible to feel some safety with a filter, no password, reading the GYE material,

and keeping up with the forum, etc.?

To ShemiratHaeinaim:

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Re: I'm at the top headed downward
Posted by silentbattle - 02 Mar 2010 05:21

Ur leaving soon, no? It's great to get some last links
Wow - it sounds like you overcame a lot of emotions and y"h to do what you felt was right. That feels good, right?!

I think that Eye meant that although we all feel good when we're in GYE, and among friends, and we feel chizuk...feeling "safe" has an implication of letting down our guard. Relaxing, thinking we're good. Like we can trust ourselves.

When you say that "I'm not sure how long I can continue with all this...." What do you mean?

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Re: I'm at the top headed downward
Posted by trying123 - 02 Mar 2010 05:52

[silentbattle wrote on 02 Mar 2010 05:21:](#)

When you say that "I'm not sure how long I can continue with all this...." What do you mean?

Answer:

Doing what's right... Trying to be constructive... Trying to find solutions.... Trying to move forward... Trying to become less isolated... Trying to become more comfortable around other people... Feeling that there is hope... Avoiding Depression...

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Re: I'm at the top headed downward
Posted by Eye.nonymous - 02 Mar 2010 12:27

[silentbattle wrote on 02 Mar 2010 05:21:](#)

I think that Eye meant that although we all feel good when we're in GYE, and among friends, and we feel chizuk...feeling "safe" has an implication of letting down our guard. Relaxing, thinking we're good. Like we can trust ourselves.

Right.

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Re: I'm at the top headed downward
Posted by silentbattle - 02 Mar 2010 14:16

I think that it can be very difficult to make long-term plans of moving forward when things look bleak sometimes. But for today, you can move forward. And the next today, and the next.

And slowly, things will start looking a bit less bleak. You'll see the hope. You'll see how amazing and valuable you are, and you'll realize more and more that other people see it, too.

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