

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

This is really hard for me. I feel nervous and uncomfortable as I am posting this . I have been struggling for over twelve years. Twelve nightmarish long years. Some have been better and some have been worse. All have been painful. I have never reached out like this before. Its really hard for me, as I always convinced myself that I can do this alone. I was wrong. I hope that I can get what it seems like others on this website have. Strength. Simcha. Clarity. I don't have any more strength for this addiction, and I want to face the world around me with simcha and without feeling embarassed. Can you help?

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Re: I thought I can do this alone.

Posted by Shlomo24 - 25 Apr 2016 17:29

[inastruggle wrote on 25 Apr 2016 17:07:](#)

A few thoughts here.

1) If you ever read Dale Carnegie's how to win friends, he pushes the idea that everyone likes talking about themselves. It's a fact.

2) You may be talking about yourself less than before just noticing it more.

3) We all crave recognition. **Tooting our own horn is a bad way to get it, but it shows that you feel like you aren't getting enough credit.** It's good to realize that about ourselves.

That wasn't the situation in my case. A lot of my problems are results of my own attitudes.

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Re: I thought I can do this alone.

Posted by inastruggle - 25 Apr 2016 19:40

I completely agree.

If we have the right attitudes than the need for recognition wouldn't be too strong. I wasn't saying we really deserve the recognition. Just that the feeling is there and it's good to recognize that

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Re: I thought I can do this alone.

Posted by realsimcha - 25 Apr 2016 21:35

Shlomo and Ina,

Thanks for your thoughts. I dont think that I know myself exactly why I love talking about myself. Ina you might be right that its less and I am noticing it more. Either way it is starting to feel like it doesnt fit. Its like a suit that you put on and realize that its just not fitting right anymore. Its just not the person that I want t be anymore. Why do I crave it? I think that I have always felt insecure about myself and I love accentuating my successes. Thanks for listening.

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Re: I thought I can do this alone.

Posted by Yesod - 26 Apr 2016 02:54

[realsimcha wrote on 25 Apr 2016 21:35:](#)

Shlomo and Ina,

Thanks for your thoughts. I dont think that I know myself exactly why I love talking about myself. Ina you might be right that its less and I am noticing it more. Either way it is starting to feel like it doesnt fit. Its like a suit that you put on and realize that its just not fitting right anymore. Its just not the person that I want t be anymore. Why do I crave it? I think that I have always felt insecure about myself and I love accentuating my successes. Thanks for listening.

Sounds very familiar, as long as there is an internal dissatisfaction with myself, i will usually try to compensate by sharing what i percieve as positives about myself with others. That is until i am so obviously screwed up in my own eyes by something I've done that i will be humble and stay quiet, which is not an ideal solution.

I found through deep connection in davening and giving up to gd that i felt secure enough to be quiet and at peace, something i haven't felt for a while. But happy days are coming.

Keep up the great attitude and focus RS

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Re: I thought I can do this alone.

Posted by realsimcha - 26 Apr 2016 04:58

Apologize for sharing about me

Day 77: A thought about what we've been discussing just to make things a little more complicated. Now that I am focused on trying not to only talk about myself [except on this thread ...] I find myself unusually quiet. It seems that my talking in the past has been so "me" based that I never learned how to have conversations just because that is the nice thing to do. This is especially difficult on yom tov when family gets together more than the rest of the year. So not only do I have to try not to spend my conversations on my favorite subject: me, I also have to try to reach out to people for them and not for me. oh boy...

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Re: I thought I can do this alone.

Posted by Ecstatic - 26 Apr 2016 09:13

I don't believe that wanting to tout one's accomplishments is a rare phenomenon. I would think that quite the opposite is true. It might just be a question of degree

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Re: I thought I can do this alone.

Posted by realsimcha - 26 Apr 2016 16:35

Day 78: Busy day. Trips. Kids. Exhausted. Need to stay focused so tonight - after everyone is sleeping - I dont feel that I need to "reward" myself for today, the wrong way. I ask Hashem for his divine assistance.

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Re: I thought I can do this alone.

Posted by realsimcha - 28 Apr 2016 02:50

Day 79: Today I realized that its not going to stay this way. If I keep going this way, then I wont be sober in another few days. Sure, I will shlep along a little more But I wont be able to sustain it. The reason? Because even though I dont "hold of it" and I didnt raise my family this way, I watch much too much TV and movies. The only way for me to get to day 80, 90 and beyond, is by stopping the sister to sex addiction which is - in my case - TV and movie addiction. I have a close friend who recently turned his life around. He has encouraged me to start a new journey this evening. So, I am going to try it. Chevra, I am terrified. What will I do when I am anxious? Depressed? Angry? I would like - and I hope it wont be too tedious for you - to start posting two counts every day. So tom post would look something like this **Day 80 (No TV Day 1)** . The reason that I want to do that is because I am not sure that I will be able to do this without your support. And whether you comment or not, I think that just knowing that my good friends on GYE are watching and sharing my journey will give me koach. Ok, here goes ... Hashem please stay with me here

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Re: I thought I can do this alone.

Posted by markz - 28 Apr 2016 02:55

"No TV: Day 1... ... Just knowing that my good friends on GYE are watching"

Say what?

Kidding aside, Great plan!!

Whats the replacement outlet gonna be?

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Re: I thought I can do this alone.

Posted by thanks613 - 28 Apr 2016 03:00

[realsimcha wrote on 28 Apr 2016 02:50:](#)

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Wow. So great that you could realize this and put your finger on it so clearly. I see a lot of this for myself too. I'm maybe 3 weeks clean, and have been on a blackout from addictive TV/movie watching because it's the only way I know that could work. I like how you called this the sister addiction.

Looking forward to the 2-count! KUTGW KOMT Haiku (not sure what that last one means)

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Re: I thought I can do this alone.

Posted by realsimcha - 28 Apr 2016 03:46

[markz wrote on 28 Apr 2016 02:55:](#)

"No TV: Day 1... ... Just knowing that my good friends on GYE are watching"

Say what?

Kidding aside, Great plan!!

Whats the replacement outlet gonna be?

Workin' on that. There is so much to do.... and there is no point in finding replacement numbing.

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Re: I thought I can do this alone.

Posted by Shlomo24 - 28 Apr 2016 09:34

Good for you. You may find a lot of blessing from not watching TV. I watch TV a little bit, during the semester not so much, but when I have nothing to do I always veg out in front of the computer.

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Re: I thought I can do this alone.

Posted by shmiraashachaim - 28 Apr 2016 14:42

i'm with you on this one RS and definitely watching and sharing your journey. I have had a bad experience with TV and haven't watched in a few years (besides a couple of times when I used it specifically to act out) keep up the good work!

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Re: I thought I can do this alone.

Posted by inastruggle - 28 Apr 2016 14:50

I also quit entertaining myself with the internet at some point on my journey. I eventually ended back on it but those were good days.

Just a word of caution though. Make sure your two kabbalos don't get intertwined, otherwise watching a movie or tv show may wind up as a fall.

KUTGW!

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