

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?

=====

=====

Re: I thought I can do this alone.

Posted by realsimcha - 15 May 2016 17:19

Feels like giving up a pacifier. Probably the right thing but not sure I am ready for that.

=====

=====

Re: I thought I can do this alone.

Posted by shmiraashachaim - 16 May 2016 03:39

Happy belated 90 days RS... Followed up on your thread mostly. Inspired as always.

=====

=====

Re: I thought I can do this alone.

Posted by realsimcha - 16 May 2016 18:13

[shmiraashachaim wrote on 16 May 2016 03:39:](#)

Happy belated 90 days RS... Followed up on your thread mostly. Inspired as always.

Been thinking about you ... I hope you are doing well. Please fill us in!

=====

=====

Re: I thought I can do this alone.

Posted by realsimcha - 16 May 2016 18:39

Day 8: I have mentioned before that I am finding myself to be much calmer when things go wrong than I ever was when I was acting out. At first I thought that it was one of the gifts of sobriety. Today it occurred to me that it may be much simpler. and much uglier. When I was acting out I was subconsciously looking for "excuses" to act out. My wife is mad at me ... so what do you expect - of course I have to act out. I am out of money ... so what do you want from me -- of course I have to check out the ladies online. [Yes, this made sense to me. I know. Unbelievable.] So I think that I was overreacting and getting frustrated because it gave me the green light to act out. I had an excuse. But now that I wont act out either way, there is no point in getting upset. I pray that I will continue to have the clarity not to act out.

Btw, I did develop a counterattack on this process. Now, when I get frustrated I vent it out to you. [Nope, its not the same :(]

=====

=====

Re: I thought I can do this alone.

Posted by realsimcha - 17 May 2016 03:39

Its late and I need to get to sleep. I have a crazy day tom [and it didn't even start yet!]. I started roaming around the computer where I shouldn't tonight. No falls but playing a bit on the edge. Not good. Started thinking: Whats eating away at me?

Two things:

1. I always get down at the end of a day, when I see my list still long, I didn't get to my personal list of things I wanted to get done. Now its the end of a day. I am too tired to move. Another day of just not getting the job done. Feeling low. Unaccomplished. Too tired to do anything. And too stupid to admit defeat and just get to sleep. So I am left sitting here ... frustrated and angry with myself. Yuck.

2. As so many of you predicted its starting to be not so cool to be sober. I used to be able to tell myself "As long as you are going to sleep clean, you had a good day." Not working that great anymore.

Thanks for listening. I am getting up now to go to sleep before sleep turns into slip....

=====

====

Re: I thought I can do this alone.

Posted by mggsbms - 17 May 2016 14:28

[realsimcha wrote on 17 May 2016 03:39:](#)

Its late and I need to get to sleep. I have a crazy day tom [and it didn't even start yet!]. I started roaming around the computer where I shouldn't tonight. No falls but playing a bit on the edge. Not good. Started thinking: Whats eating away at me?

Two things:

1. I always get down at the end of a day, when I see my list still long, I didn't get to my personal list of things I wanted to get done. Now its the end of a day. I am too tired to move. Another day of just not getting the job done. Feeling low. Unaccomplished. Too tired to do anything. And too stupid to admit defeat and just get to sleep. So I am left sitting here ... frustrated and angry with myself. Yuck.

2. As so many of you predicted its starting to be not so cool to be sober. I used to be able to tell myself "As long as you are going to sleep clean, you had a good day." Not working that great anymore.

Thanks for listening. I am getting up now to go to sleep before sleep turns into slip....

I struggle immensely with your first point and it also gets me down a lot. There are some techniques I use to get over it. Try to make a list of the things you did accomplish today, even things that seem trivial when put down on paper together with allot of other things they could fill a whole different picture. It's the focusing on the lulls of the day that cause problems.

On the same note. Feeling accomplished is a fictitious invention of the mind. It's all feelings based on automatic thoughts that we have trained our selves through years of abusive thinking. So to realize that for what it is is also helpful.

Another point. just making a gratitude list of all the awesome things in life that I was zoche to have today also fills a void when my mind tries to tell me that I didn't accomplish enough.

=====
====

Re: I thought I can do this alone.
Posted by cordnoy - 17 May 2016 14:50

Agree on the gratitude list.

Works wonders.

Wonder why.

Answer: bridges a connection to God.

=====

Re: I thought I can do this alone.
Posted by mggsbms - 17 May 2016 15:16

Btw there's a web site 1000awesomethings.com that I bumped into written by a guy named Neil Parsicha where he lists all the awesome things one encounters in a day. There is also a Ted talk from him worth listening to.

=====

Re: I thought I can do this alone.
Posted by realsimcha - 17 May 2016 18:47

[cordnoy wrote on 17 May 2016 14:50:](#)

Agree on the gratitude list.

Works wonders.

Wonder why.

Answer: bridges a connection to God.

I will do that. But what do you mean that it bridges a connection to God?

=====

=====

Re: I thought I can do this alone.

Posted by realsimcha - 17 May 2016 18:51

Day 9: I am getting advice to focus on gratitude. So I will make a "cords style" list today and see where that takes me

I am grateful that:

1. I woke up in time.
2. Wife made me a cup of coffee.
3. enjoyed sharing those moments with her.
4. Got to davening on time
5. Stayed a little more focused than in the past.
6. Learned a little after davening.
7. Wife left to work in a good mood.
8. Was able to reach out and help several friends in need.
9. One of my kids were traveling and reached his destination safely.
10. Its a really beautiful day.

This is really something. I should do this more often. I though I would feel childish. I don't.

=====

Re: I thought I can do this alone.

Posted by cordnoy - 17 May 2016 18:58

[realsimcha wrote on 17 May 2016 18:47:](#)

[cordnoy wrote on 17 May 2016 14:50:](#)

Agree on the gratitude list.

Works wonders.

Wonder why.

Answer: bridges a connection to God.

I will do that. But what do you mean that it bridges a connection to God?

It forces you to think of all that He does for you.

=====

Re: I thought I can do this alone.

Posted by realsimcha - 18 May 2016 12:31

Day 10: I am in so much pain. Ironically it's because I am doing well. I hear this voice [not literally, take it easy :)] inside me screaming, "What the h took you 20 years to get here?! Look how much time you lost! Look at how much you could have accomplished !?!?" The regret is physically painful. I am hurting.

=====

Re: I thought I can do this alone.

Posted by mggsbms - 18 May 2016 23:45

It might of taken you twenty years to get to where you are now. It takes a long time to realize that we can't manage life on our own. lust is not the problem it's the solution, trying to control life is the problem, realizing that is a life struggle.

=====

Re: I thought I can do this alone.

Posted by realsimcha - 19 May 2016 13:00

Day 11: I want to learn how to laugh. How to just let go and laugh. I want to take my tensions and anxieties and regrets and fears and worries and everything else. I want to walk up to Hashem and place it all in front of him. I want to take the three steps back from His presence and feel how light my shoulders are. I want to take deep breaths and breathe in the morning air. Then I want to laugh. I want to feel alive and "real" I want to stop being so d serious. I want to look forward to what the next moment will bring without fear and apprehension. I want to look with anticipation and excitement and joy. The next moment. Yes! Can't wait to see what is in store in this vibrant life that Hashem has given us.

Forgive my ramblings. Today I will try to find the joy - and even the humor - in life.

=====

=====