

Introduction of myself

Posted by Joenoahi - 30 Jan 2013 18:20

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Hello Everyone,

I'm glad to be part of this website and this process of cleansing. First of all I was raised baptist but as a grew older I started asking questions and now I don't consider myself a Christian but rather a righteous gentile if you will, or another word is a follower of Noah's seven laws, which is one of the reasons I decided to live without addiction. I actually emigrated to USA with my family in my childhood years. Here's a little about me and my weird story...

I have been mast\*\*\*\*ing from like 10 to 17 but didn't really know it was hurting me or any idea what was happening. I was numb through out high school, until 11th grade. I'm 22 now and I'm able to go through like 2 weeks before I fall again. I guess I was a "dry drunk" for a long while I used to do it like 3 times a day for a while in my teens before I was like 17.5.

I feel like I've missed my whole childhood and obviously I won't get it back, I have been through child sex abuse by stepbrother who was 7 years older when I was like 9. Since I love being brutally honest, and because I'm anonymous and people don't know me, I would like to share what really happened to me. I was masturbated multiple times by while I was sleeping and having to pretend like nothing is happening. Somewhere in those days I started to masturb\*\* myself, not sure how often but I did. I was completely alone, nobody knew absolutely what was going on, not even my abuser, my parents had no clue.

One of my biggest guilt is my ability to keep a secret. I became a great actor, I know how to keep secrets for real, after all why would I not listen to my older brother who was supposed to be respected according to my parents. I could watch porn, and go to church and sing in chorus and talk to my leader and be an example to everyone, including my younger brothers. And nobody knew but me. I feel like I'm a dangerous person, and a liar at a very high level. And I feel like it was my own choice through out this. Its hard to learn otherwise.

I never even had a girlfriend because I am too ashamed. I was able to be free for like a half year, because I once read online that people who view porn have high chance of becoming criminals so it scared everything out of me. But after a while i found that others watch it too so than started watching pornography again and masturbating more and more often. I don't know what my life will be like, because I feel really bad that I missed so much time from my teenage years to pornography and masturbation. I don't feel normal. Anyway it feels better to share my issues with you guys and I greatly appreciate all the efforts done on this website.

It also made my character a weird, creepy, shy and quiet one. So I never really had any friends because I was always ashamed to tell the truth of what happened to me. I think the only way

possible for me to make friends is if I tell them the truth, I hate hiding the truth and I love to be honest, I am often to brutally honest and it gets me in trouble, but I'm sick of hiding so I try to share everything. I would love to be fully honest with you guys.

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Re: Introduction of myself

Posted by Joenoahi - 13 Jun 2014 09:02

In a way I worship truth, it gives the most freedom. So there it is..

A few things I learned from my recent fall of being clean on the 90 days challenge.

1. It seemed like I was a dry drunk for most of the part. (I shouldn't put my accomplishment down, but I feel like I had the wrong intentions throughout the 90 day challenge.)
2. I still haven't learned how to take one day at a time. I would like to learn because I feel like this way I'll have most understanding.
3. Even though I physically restrained from acting out, I didn't realize that my thoughts were of lust and I didn't really guard my eyes. I hope to work on this ability in the future.
4. I think it is equally important to focus on what do to instead of not to do.
5. Someone posted that "Opening up to real people is possibly the single most powerful step you can take towards recovery" so I guess I have to do that through phone.

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Re: Introduction of myself

Posted by Joenoahi - 16 Jun 2014 08:40

There are so many benefits to staying clean, it's almost hard to believe. Are any of you guys shocked at the results of sobriety? Life became like a lot better.

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Re: Introduction of myself

Posted by Joenoahi - 08 Jul 2014 07:51

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I fell again after 27 days. I need someone who I can contact daily that would help me stay clean

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for longest possible. Any takers? I'm a nice and honest person.

Re: Introduction of myself  
Posted by chesky - 08 Jul 2014 19:44

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Hi,

I have just read through your thread. I admire your resolute and determination.

Your introductory post is very interesting. It is very similar to Roe K's story in the White book of SA. He too describes how he lost his childhood to fantasy and masturbation, and grew up disconnected from reality and people.

In your posts you do not write what else you are doing for your sobriety but it seems that you must deal with those issues. Otherwise you will ultimately reach for your drug again.

May G-d grant us sobriety, sanity and serenity.

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Re: Introduction of myself

Posted by Joenoahi - 22 Jul 2014 21:38

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Just fell again and I feel like I'm going crazy.

1. I don't feel like labeling myself "an addict" because it just makes me feel so much worse about myself and who I am.

2. I listened to the 12 pm conference call and learned that in each present moment we have two choices, one to take and the other is to give. Once we start taking from G-d through lust and addictions we never get satisfied. The only way to live is to start giving, I guess, which makes our infinite soul satiated, so to speak. But what makes me angry is that everyone else is taking while I feel like I have to be the only one giving.

3. I realized that I don't feel as guilty when I didn't use por\* but still mast\*\*\*\*.

4. In the past I tried to really stay away from mas\*\*\*\* and por\* but I never really tried to push away lustful thoughts when they came to me. And, I didn't try to watch my eyes as much because I figured that "looking" at girls won't make a difference in how I act but I guess all the tension added up.

5. I didn't try to not flirt with girls. I still flirted because I didn't think it would make my ability to stay clean harder.

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Re: Introduction of myself  
Posted by Joenoahi - 04 Aug 2014 09:01

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Eating a stake is not taking from God obviously. You're talking apples and oranges here. Food is necessary but self-absorption is not necessary.

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Re: Introduction of myself  
Posted by Joenoahi - 04 Aug 2014 09:03

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I realize that sobriety is forever and not for 90 days. Its a lifestyle of energy and connection to society and to the world. I'd like to work on connecting to friends so I won't have to find myself depressed, alone and down.

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Re: Introduction of myself

Posted by truthornott - 04 Aug 2014 14:34

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Re: Introduction of myself  
Posted by Joenoahi - 06 Aug 2014 07:24

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I feel like I have benefited greatly from being clean. My ultimate goal is to be clean for life or at least that's what I'd like. I do agree that it's more important to take one moment at a time but I like the results from long term sobriety. I've realized that the most important thing is to not be bothered by a fall or two, but take each moment after that to live to the fullest.

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Re: Introduction of myself  
Posted by unanumun - 06 Aug 2014 17:55

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Life is made up of many one moments at a time.

Keep up the good work

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Re: Introduction of myself  
Posted by Joenoahi - 15 Aug 2014 02:22

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The benefits of being clean are awesome. Everyone needs to know about the tools that are out  
The more I am clean the more I feel confident.

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Re: Introduction of myself  
Posted by Joenoahi - 18 Aug 2014 21:12

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I am on another streak of 27 days clean and I honestly love and an I'm very exited about it. My life seems to be in order again because my confidence grew tremendously and I go out with friends way more. I feel more alive and involved in my relationships and in daily life. My goal is to take one day at a time to be clean for life. But one thing goes through my mind is regret that I didn't start being sober while in high school it could have been so much more of a good time.

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Anyway I hope to keep living one day and one moment at a time through out this.