

Starting from scratch

Posted by roundabout - 10 Jun 2013 01:26

Hello all,

I am new to this site. been following for some time, but now I am ready to join. not sure what to say. I am mid 30s, been addicted since around age 12. had many streaks, particularly over four years ago. stayed clean for year and half, but had terrible fall, and for the past three years, I have been down down down.

Does anyone know of 12 steps program in Beit Shemesh area?

I know I have tried to look into it in the past, but not successful.

Anyway, I have lots to share. but the hour is late here in israel and I need to get some sleep. Just needed to jump into this. I had a terrible night with porn.

I am going to join the 90 day chart to keep me motivated.

Thanks chevra.

=====

Re: Starting from scratch

Posted by gibbor120 - 05 Jul 2013 17:42

[roundabout wrote:](#)

putting that aside, I think you missed the whole point there anyway.

[roundabout wrote:](#)

I will have to explain to you another time.

ok. Have a great Shabbos!

=====

Re: Starting from scratch

Posted by roundabout - 05 Jul 2013 18:49

we will resume next week. shabbos in a few minutes.

=====

Re: Starting from scratch

Posted by cordnoy - 05 Jul 2013 21:36

take care

hope things go well

good Shabbos

[im not getting the replies sent to email the last few days; is it only me?]

=====

Re: Starting from scratch

Posted by roundabout - 08 Jul 2013 01:20

7 days, and not counting. one day at a time.

It has not always been so easy. I keep getting these impulses and fantasy spurts...Trying to understand the true meaning of surrendering vs. struggling

finally called SA hotline...left a message, waiting for response.

I just finished reading a great article on this site:12-step-workshop-with-harvey:

guardyoureyes.com/the-12-steps/item/12-step-workshop-with-harvey

Very insightful.

I have lots of questions for the oylam, hopefully, I will have time to formulate some of them.

Thanks guys for all your support.

=====

Re: Starting from scratch

Posted by cordnoy - 08 Jul 2013 18:06

that is a nice article

thanks for sharing

looking forward to your questions, and the answers from this helige oilam

hatzlachah

=====

Re: Starting from scratch

Posted by roundabout - 10 Jul 2013 01:09

Thanks cordnoy.

I am really enjoying the automated 90 days chart. It helps me focus on that one day at a time thing. I look forward to pushing the "I am clean" button at the end of the day. This is my goal - to be able to really push that button.

But my sex drive is getting powerful. Trying to surrender, but its challenging.

gotta get some sleep.

=====
=====

Re: Starting from scratch

Posted by cordnoy - 10 Jul 2013 06:47

[roundabout wrote:](#)

Thanks cordnoy. But my sex drive is getting powerful. Trying to surrender, but its challenging.

tryin to surrender to what?

hope not to sex drive.

but based on the other thread, you are waitin a few days for right time

may Hashem be with you

=====
=====

Re: Starting from scratch

Posted by roundabout - 10 Jul 2013 10:09

[cordnoy wrote:](#)

tryin to surrender to what?

hope not to sex drive.

Good line!

Well, I am trying to surrender my lust, as they advised.

But the truth is this is one of my questions. i don't really understand what surrender means. From what I am gathering from the 12 steps experts, it is learning to rely on Hashem to remove the lust. This is not our business. But we still have to be the ones to make the decision not to act out.

I should really open a separate thread to clarify this point. This is fundamental to recovery.

And if I can get into 12 steps, it will hopefully be easier to understand these important yesodos.

=====

Re: Starting from scratch

Posted by roundabout - 11 Jul 2013 01:00

Anyone notice that the 90 day chart suddenly changed today?

I like the new look and feature set.

Update on SA - I called hotline, got through, the guy gave me the number of another guy. I called this guy who gave me number of another guy - but this guy's phone is off. I tried again

and again. OK, this is not easy as I thought.

But the good news is my chart shows I am day 10.

=====

Re: Starting from scratch

Posted by Pidaini - 11 Jul 2013 11:36

I like that it's in the same style as the new site.

But there is much more going on there, a little confusing. I'll probably get used to it though.

=====

Re: Starting from scratch

Posted by moish u.k. - 15 Jul 2013 19:09

[roundabout wrote:](#)

Update on SA - I called hotline, got through, the guy gave me the number of another guy. I called this guy who gave me number of another guy - but this guy's phone is off. I tried again and again. OK, this is not easy as I thought.

But the good news is my chart shows I am day 10.

If you still Haven't gotten through, i would sugget calling the hotline again.

(unless you live in the UK, in which case i can give you lots of contacts.)

=====

Re: Starting from scratch

Posted by roundabout - 17 Jul 2013 23:13

Thanks Moishe. I did tried and finally got through, but it seems to be wrong number. The guy

A forum member offered guidance privately. I will keep you all posted.

On a bad note, I fell on erev shabbos. Had wet dream accompanied by some crazy rated-x dream. I woke up in a panic. And all day, I was bombarded with bad thoughts. I just didn't know what to do with myself. I figured I will write on forum and let it out, but the forum was broken.

Oy, I am disappointed with myself.

asked me not to call this number again.

But the weird thing is that I sorta felt relieved. I know this is very dangerous.

Tisha B'Av was good. It really helped me focus on my priorities in life. A great day for introspection as we contemplate our destiny, and how little me is supposed to fit into the master plan.

=====

Re: Starting from scratch

Posted by skeptical - 17 Jul 2013 23:52

Keep moving forward!

=====

=====

Re: Starting from scratch

Posted by afreshstart39 - 18 Jul 2013 06:57

its a question i have sometimes,

why does hashem set up a situation that he knows i'll fall, for example the one time you needed the forum it was down and without chizuk its almost impossible to hold back,

sometimes i am bombarded with triggers, when i didnt even do anything to get them, He just lined them right up in my sights as i was turning to look before i cross, or he let my wife forget that one time to remember to lock the ipad at home, when she usually does a good job remembering, it just so happened that as she was leaving the baby started crying and her phone rang from the doctor and the ipad just happened to be upstairs and...

its almost like its not fair,

God, throw us a frickin bone here!!!

He knows how hard we are working!

anyone have any thoughts?

=====

=====