

Returning

Posted by ToAdd - 18 Jul 2013 11:23

Hi all

Well, here's the short story: I'm a mess.

I've been away from this site for a long time (over a year now), but I need to get back on the right path.

I've slipped, I've fallen, I've run out of energy to care anymore.

There's just a little bit left to reach out my hand and say "hey, I can't do this anymore. I can't do this alone."

I'm looking at things I shouldn't almost daily now. It's costing me sleep, work and sanity.

I'm wasting my time, and that's the only thing in life we can never get back.

The part of me that wants to get better is shrinking and the part that couldn't care less about anything is growing.

I need a friend that knows what this is like, that can help me get going again.

ToAdd

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Re: Returning

Posted by ToAdd - 23 Jul 2013 10:38

Thanks all.

I'm still trying to get out of the cycle. I haven't been to any porn sites in the last few days, but have found my way to some lighter stuff.

I big desire to go to there today, but I came here instead.

chulentking: That strikes a chord. I could do with some chulent too.

Overall, I am starting to win.

Lets move on...

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Re: Returning

Posted by chesky - 23 Jul 2013 10:56

Sounds like you are doing good.

Just try not to think in terms of winning. For me in the long run, that never helped. In fact today, the more I remember that i am a loser and that without the help of my Abba I have no chance of staying sane without acting out, that is how a am granted sobriety for another day.

Barditchev who used to post on the forum usedto write "winning means staying in the game".

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Re: Returning

Posted by ToAdd - 23 Jul 2013 13:49

I'm still in the game. Our Abba must have a lot of faith in me to keep me here.

I made it through the morning, I'm winning.

The Soton failed (or perhaps was restrained), but I'm sure he'll be back.

Thanks Abba for you help and for having these wonderful people here to help me.

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Re: Returning
Posted by ToAdd - 23 Jul 2013 13:52

All these new forums buttons.

Thank you's and smites.

challenge accepted! - I'll make a plan to use each one.

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Re: Returning
Posted by chesky - 23 Jul 2013 14:02

Well done. Sounds like you won this morning. How long do you feel you can keep up the fight?
Are you prepared for the next round?

For years I took on the fight head - on, each time convinced that if i won this time, I could win the next..... It took me long time to come to terms with the fact, that eventually I would always lose.

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Re: Returning
Posted by ToAdd - 23 Jul 2013 14:44

The plan isn't to live fighting.

But sometimes the fight picks you.

A healthy routine is the long term plan.

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Re: Returning

Posted by chesky - 23 Jul 2013 15:00

The problem is the the fight picks you when the routine is not so healthy.

i am not trying to be difficult, just to say that I have been down that road and it never worked for me. And from your first post it sounded like you have tried a lot too. So what will make it different this time?

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Re: Returning

Posted by ToAdd - 23 Jul 2013 15:08

I don't have an answer.

I don't know how to just make it all go away.

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Re: Returning

Posted by startingrecovery - 23 Jul 2013 15:44

[ToAdd wrote:](#)

The plan isn't to live fighting.

But sometimes the fight picks you.

could you elaborate? u mean focusing on living now, rather than fighting?

p.s. hatzlocha!! the first big step is coming back! everyone deserves a second chance at living on this forum!

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Re: Returning

Posted by chulentking - 23 Jul 2013 16:22

[ToAdd wrote:](#)

Thanks all.

chulentking: That strikes a chord. I could do with some chulent too.

Yup, I love a good chulent, as you may have guessed.

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Re: Returning

Posted by ToAdd - 23 Jul 2013 16:47

[startingrecovery wrote:](#)

[ToAdd wrote:](#)

The plan isn't to live fighting.

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could you elaborate? u mean focusing on living now, rather than fighting?

p.s. hatzlocha!! the first big step is coming back! everyone deserves a second chance at living

on this forum!

What I'm trying to say is that life shouldn't be a fight. I don't want to, nor have the energy to fight every single day.

It's like when I decided to become kosher. It was hard at first and I desired foods that I was not allowed to eat. After being kosher for a while, it was no longer an issue - I simply do not desire non-kosher food. I might see food I can't have, but that's no longer in my domain and I ignore it. My friends may eat pork, but I am just not bothered with it.

If I avoid non-kosher restaurants, only shop in the kosher isle, the temptation is greatly reduced.

Once I'm in the habit of avoiding non-kosher food, and see how bad it is, it loses its desire.

That's the plan. Get out of unhealthy patterns and replace them with new healthy ones.

Live the solution as if that's the only way to live.

To extend that thinking:

It is not good to let myself starve when pork is the only food around.

Fighting, thinking about the fight, is like starving yourself as part of your diet. It is not sustainable.

PS, being around a good chulent is always good.

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Re: Returning

Posted by chesky - 23 Jul 2013 17:57

what you wrote about keeping kosher is what a Y"H is. You have a temptation but you have a choice whether to do it or not. But 1. there **is** a choice and 2. there is no **obsession** about it. It

is just a question of logic over emotion. (An over simplified definition of Bechira)

Guess what! There are people who masturbate for pleasure, and they do have control. (I am not speaking about the Aveira aspect), just as there are people that enjoy a drink of alcohol without being addicted.

But for me, the second i have the opportunity to lust i am sozzled. I don't stand a chance. That is not having a Y"H with a bechira! That is something way more powerful.

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Re: Returning

Posted by ToAdd - 24 Jul 2013 10:50

Kosher food and kosher eyes are in two different leagues.

I can easily tell myself "I am not *that* hungry" and I can easily find a kosher snack.

Lust can not be postponed by snacking.

I'm not sure if that message sinks in all the way though. last night, I was thinking "I shouldn't do this but just one little..." and we all know how that ends.

My urge at night is still strong, and that probably leaves me waking up with it too.

A snack here, a snack there.

For this to work, I need to cut down on snacks. Even a little poison is too much!

My willpower is low at night, at the end of a long day, when everything goes quiet and I have a chance to relax.

I think that means the trigger is not the normal ones - it's more like "after a busy day, I need to relax..."

I guess I've also conditioned myself to thinking that only if it goes all the way is it bad. But the reality is that the one snowball causes an avalanche.

I'm not strict enough with myself.

That's where I think I am.

Stern replies welcome

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Re: Returning

Posted by chesky - 24 Jul 2013 11:43

People are addicted to food just as others are addicted to lust (OA). And believe it or not, most normal people are NOT addicted to lust. Most people CAN see a provocative movie or billboard etc, they might get excited over it, but it won't blow their mind away, the way it does with us addicts.

I can just say that all the things you describe, I tried too, over and over again; identifying triggers, going easy on myself, going hard on myself.... Ultimately nothing worked long term. The addiction was just too powerful for me to control.

May G-d be with you

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