

Back Again, and Again and again...

Posted by plonialmoni11 - 27 Nov 2013 01:52

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I used to be here, I took a long break here's my little story of why I'm back.. Chizuk I could use..

"Surprise!" She exclaimed. "Its exactly what you need, aren't you happy?". I smiled at her, but inside I was turning. It was smooth and sleek - brand new. It glared up at me as if it was daring me to open it. With my sweet innocent's wife's eyes upon me I opened it and started it up. "It so fast and built in internet, You will always be connected" "now you can do your work without anyone bothering you" She said excitedly.

MY heart beat quicker I knew what this meant – oh boy did I know. There was no way I was going to refuse such a lovely gift, but I knew what this meant, oh boy did I know.

I promised myself I would install filters and blocks, "I would never stumble" I said to myself. I was lying and I knew it too. I knew it would be soon and it filled my heart with dread. I couldn't get it out of my head. I went along my merry life not failing – Not yet.

But I knew, I knew it would be soon and I dreaded it and wanted it at the same time. I wanted to fail – but I cried to gd "please don't let me". I thought I moved past this, but I knew I hadn't. IT would be any day now I felt it inside.

I started to stumble – nothing big, but news outlets are full of skimpy outfits.. Facebook and youtube they became standard. I started to open my eyes in the streets – everything was a trigger. I was still holding on, but barely. It would be only time I Knew, oh boy did I know. I was Motzi Zera – I felt like crap. I swore I wouldn't ever again – but I knew I was lying – oh boy did I know. In fact I did it again and again.

You see ever since I laid my eyes on that device – I wanted to fail – I wanted to fall – And I wanted to badly.

Then came the night my wife had to go out , I knew this is the one. My night of descent into hell, I woke up that morning knowing I would fail, I went to shul and I wanted to daven that I shouldn't fail – but I wanted to so badly that I couldn't even daven to save myself. I needed to fall – I had to.

I fell – I fell hard – I watched things that no one should watch. I was MZL twice, the second just to get the most from my fall – I surely didn't need it.

That was it. It was over I failed – I felt like crap, I went as low as I was ready to.

I quickly got up installed the filter and the accounting software. I don't have the password.

I feel better, the weight is off my chest. I feel like I can breath again. I look away twice today while in the street. I look my wife in the eyes today and mean it. I daven – I cry – “I'm still your child, gd”. I regret and I swear and I'll be okay – for now.

Because for me this disease, it never leaves – it goes dormant – at times for years, usually months, but it lives inside of me and controls me.

Yesterday I lost – today I won, but I feel sad and weak - knowing this battle rages on.

Chanukah is here and it reminds me of hope in a dark time – A light in the darkness – A shining candle of hope and I smile inside – I can be a macabbi and Gd does love me.

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Re: Back Again, and Again and again...

Posted by plonialmoni11 - 24 Dec 2013 17:34

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good question. I just went 11 days clean and fell without even a fight. maybe if I had someone to work it out with. maybe I just do 12 steps. I downloaded the handbook, honestly I don't know if it helped me, I've tried most of those things in the past... I gotta admit I'm pretty addcited everyday I'm getting closer to 12 steps. I just don't know if I can handle the commitment and the time to deal with it. we shall see.

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Re: Back Again, and Again and again...

Posted by Pidaini - 25 Dec 2013 00:05

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You are well worth the time and the commitment!!! It's not for the 12 steps, it's for **YOU!!!**

Have you been in touch with another person?

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Re: Back Again, and Again and again...

Posted by plonialmoni11 - 25 Dec 2013 01:46

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no, I'm not quite sure how or who to be in touch with.. Also I'm really busy and my wife cant no anything.. so my time is pretty much spoken for. What do you suggest?

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Re: Back Again, and Again and again...

Posted by Pidaini - 25 Dec 2013 08:31

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I guess start from the beginning....PM someone, chat, get to know people.

That way you can get to be comforatble with people, you'll know who you want to open up to (first), and you'll both find a time which is good for you!!

You're worth it brother, you're more than worth it!!!

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