

Return from the schmutz!

Posted by nowornever - 19 Dec 2013 18:10

I am [again] attempting to return from the schmutz! In about June of 2012 I was on the 90-day wall with a few weeks of abstinence from online images and associated thoughts and actions. I was logging on as grace4me and received many encouraging words from others on the forum. I thank you all again. But anyway, I returned to the schmutz! Busy, stressed, excuse-making, many family stressors and work stressors. THAT IS NO EXCUSE! I NEED TO TAKE CARE OF ME. So I am back. I now log on as "nowornever" since I lost track of my previous login info. I was just on the 90 day wall at 19 days then fell again and stayed in schmutz for five days or so. Now starting over at day 1 and accepting grace from Hashem. As you can likely tell I am goy but I have been gaining so much admiration for Yidden and incredible Jewish history, teaching, and unbelievable wisdom. Thank you all for being here.

signed,

nowornever

=====
=====

Re: Return from the schmutz!

Posted by Gevura Shebyesod - 19 Dec 2013 18:54

Welcome back!!

=====
=====

Re: Return from the schmutz!

Posted by gibbor120 - 19 Dec 2013 21:14

Welcome! Do you have a game plan? Keep posting and let us know how you are doing.

=====
=====

Re: Return from the schmutz!

Posted by Pidaini - 19 Dec 2013 23:22

Welcome back NON!!!

Looking forward to getting to know you!!

As gibbor asked, what's the plan?

=====

Re: Return from the schmutz!

Posted by nowornever - 20 Dec 2013 20:27

Thank you all for welcoming me. Now for the question "What is your plan?"

I need to start every day with my own "quiet time" for prayer, reflection, and THOUGHTS OF GRATITUDE!

Review chizuk emails and forum postings for inspiration.

Read something from 12-step materials and other GYE tools.

Write something in my journal. I really have difficulty maintaining this one with consistency. But when I do it I find it really helps. Just a few sentences including words of gratitude for blessings and ending with the written words of prayer "G-d help me to know your will and to do your will TODAY!" Recovery is one day at a time. I know this from nearly four years involvement with 12-steps for overeating. 100 lbs. are gone but the schmutz still plagues me. Thank you all for being here on the forum.

NON

=====

Re: Return from the schmutz!

Posted by gibbor120 - 20 Dec 2013 21:53

From your years in OA, you must also know that interacting with others is a BIG help. Thinking, prayer, journaling are all good, but I know for myself, getting out of my own head and interacting with others does the most good.

=====

Re: Return from the schmutz!

Posted by Pidaini - 21 Dec 2013 23:12

Ditto to what gibbor wrote!

I had an awesome insight this week. I never understood why they say that one should have a different fellowship for each addiction, if the 12 steps take care of life, then shouldn't it help all around?

This week, when I thought about my "addiction" to not saying krias shma sheal hamitah, I realized that every thing that I have difficulty with, I need to be ready to surrender seperately. Just because I surrender lust, doesn't mean that I'm ready to surrender the other thing!!

So, it's back to square one, admitting that we have a problem and I have found that only to work by actually opening up to someone.

It is certainly ODAAT!!

So KOT!! Keep On Posting!!! KOMT!!!

=====

=====