

2date or not 2date

Posted by mr.clean - 19 Jan 2014 19:52

Here's the question, when can someone begin dating if he has this issue. I know I heard 6 months and I was all excited for that but now I'm down to three months and I'm scared out of my wits I can't stay clean! I only have 3 months till I can't push it off anymore. I have had a few good stretches 3 weeks once and 10 days here and there, but when does one know when they are ready or able rather?

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Re: 2date or not 2date

Posted by cordnoy - 06 Mar 2014 20:59

[mr.clean wrote:](#)

That's awesome that your able to hold out bec u love ur wife and respect her so much I hope I can do that one day.

You said it good it was just holding my breath but at least I was clean that is the main thing, but i kinda need to give it my own shot now, no taphsic or monetary obligations just hardcore using the tools I have learned and applying them and it sounds easy now but in two weeks (if I make it that far) I'm gonna be going crazy so I'm hoping this will work and keeping my fingers crossed .

don't hope

Don't cross your fingers

Don't think about two weeks

Instead, read what Pidiani wrote....make the right decision right now...that's all that's needed...it's really very simple...the decision is right now...for now...nothin' else.

b'hatzlachah

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Re: 2date or not 2date

Posted by gibbor120 - 06 Mar 2014 22:01

. I do

It's a combination. Taphsic can help, but it's not THE answer. There are many elements to staying clean.

Some are preventative, like using filters and other methods of avoiding triggers.

I wouldn't say it's because I love and respect my wife so much. It's more self-preservation

love and respect her, but that didn't stop me the first 12 years of marriage.

Some are external motivations, like not upsetting wife, not breaking taphsic. And sometimes it's a little white knuckling (which I still do sometimes).

Then there are times when we are clean because our life is full. We are busy with work, learning, family, friends... and we just don't even think about acting out much if at all. They are all elements.

If I spend most of my time white knuckling, I will fall after a short while. It's only a last resort. The more time we spend in recovery not even worrying about acting out, the better.

Use whatever tools work, but realize that some tools are a first choice, while others are a last resort. If you spend a lot of time on "the last resort" type, things will be very difficult.

One last thing, you are better off not crossing your fingers... make a Magen David with them

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Re: 2date or not 2date

Posted by cordnoy - 06 Mar 2014 22:11

Good stuff Gibbor!

Every single word in that post was precious!

b'hatzlachah

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