

Reclaiming my life

Posted by tzudreiter - 02 Jun 2014 08:50

My journey back to the living

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Re: Reclaiming my life

Posted by tzudreiter - 31 Aug 2014 04:53

Its my second day feeling irritated, the whole shabbos i was edgy. i cant think of anything bothering me. until thursday i felt really comfortable and honest, i'm not sure what changed.

could it be something like a withdrawal?

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Re: Reclaiming my life

Posted by kilochalu - 31 Aug 2014 05:19

could very well be, but the same way it came it can go away, talk to someone about it, talk to Hashem about it, take a deep breath, learn a geshmakke shtikel torah, read a good book, do some excercise and KOT and KOP

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Re: Reclaiming my life

Posted by dd - 31 Aug 2014 23:46

hey there tzudreiter!!!

YOUR DOING GREAT!!!

KEEP ON MONSTER TRUCKING!!!!

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Re: Reclaiming my life

Posted by tzudreiter - 01 Sep 2014 07:52

How do i make sure that i am not just postponing the inevitable? the inner R.I.D. is still present making me need the relief that porn etc. offers. i am afraid that sooner than later i will explode...

Maybe i am just "White-knuckling"?

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Re: Reclaiming my life

Posted by Pidaini - 01 Sep 2014 18:59

Dear t,

I truly feel you, I completely relate. The feel of the need is not fake, it is a true pull, and a strong one too. I personally cannot "tackle" it myself, as Dov writes "the mind that is asking for it can't be expected to be the one to reject it" (I changed the words a little, but that's the gist of it).

This is exactly where having understanding friends, whom I am not afraid of calling, comes in. I need to be able to express my feelings to someone outside of myself, once it is out there I can look at it more objectively and it is easier to surrender.

After each conversation with a friend, what usually ends up happening is that I realize that I have a choice, I can either be upset about the situation, whatever it may be, or I can accept it, surrender my expectations or rights, and be at peace with it.

Feel free to PM me if you would like to be in touch, or at least start chatting with any of the safe guys in the chat bar on the bottom, and if you haven't signed up for it yet, go for it!!

It's one day at a time, one decision at a time! Don't take more than you can handle, or rather only take what you need to handle, leave the rest for when the time comes for them!

KOMT bro!!

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Re: Reclaiming my life

Posted by lavi - 01 Sep 2014 19:54

[tzudreiter wrote:](#)

How do i make sure that i am not just postponing the inevitable? the inner R.I.D. is still present making me need the relief that porn etc. offers. i am afraid that sooner than later i will explode...

Maybe i am just "White-knuckling"?

i relate very much to p'daini's approach, and besides that, i think that even if you find yourself white-knuckling, and you really want something more solid, until you find it, commend yourself on whiteknuckling,(because it shows that you really want to stay clean) and if the one day approach doesn't work for you, maybe set yourself a goal of one week.

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Re: Reclaiming my life

Posted by unanumun - 01 Sep 2014 22:37

[tzudreiter wrote:](#)

How do i make sure that i am not just postponing the inevitable?

Time will tell, whether you become sure of it or not by that point.

If today you stayed clean, then today it wasn't inevitable. And if that happens, pick yourself up and start again for the next day.

Wondering or worrying won't help. Doing the right things will help

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Re: Reclaiming my life

Posted by cordnoy - 03 Sep 2014 15:33

[unanumun wrote:](#)

[tzudreiter wrote:](#)

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Sounds like someone is joinin' the 'non-thinkin' - take action' club. We welcome you unamunum with open arms!

b'hatzlachah

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Re: Reclaiming my life

Posted by unanumun - 03 Sep 2014 18:08

[cordnoy wrote:](#)

Sounds like someone is joinin' the 'non-thinkin' - take action' club. We welcome you unamunum with open arms!

b'hatzlachah

I guess some things really are inevitable.

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Re: Reclaiming my life

Posted by tzudreiter - 08 Sep 2014 04:59

I fell...

I feel like crap...

And here i was, thinking that i made the move of my life, opening up to someone, finally moving past the roller-coaster days.

And here i am in "Der erd" again...

Makes me think: will the "porn days" ever be behind me?

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Re: Reclaiming my life

Posted by tzudreiter - 08 Sep 2014 05:01

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past the roller-coaster days. And here i am in "Der erd" again...

Really frustrating.

Makes me think will the "porn days" ever be behind me...

Obviously i need to pick up and continue, but i feel like a thousand pounds heavy.

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Re: Reclaiming my life

Posted by tzudreiter - 08 Sep 2014 05:02

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Re: Reclaiming my life

Posted by cordnoy - 08 Sep 2014 07:01

We all have setbacks.

some worse than others.

Now, at least, you can discuss the fall openly to another real person.

What was the trigger?

What caused it?

How can it be prevented in the future.

and always remember:

Warning: Spoiler!

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