

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 - 08 Sep 2014 08:21

I feel like screaming on the top of my lungs out of frustration...

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Re: Reclaiming my life

Posted by Bigmoish - 08 Sep 2014 08:35

[tzudreiter wrote:](#)

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?

My short experience here tells me that the most dangerous times are when we think we are moving "past" the lust. Don't wonder if the "porn days" will ever be behind you. They are most certainly not. Even for a "non-addict" as myself, I realize from seeing how many people can stay clean for extended periods of time, just to end it with a terrible fall, or binge, that the urge for lust will always return. It never goes away - "???? ???? ??" - the YH (or whatever it is) is waiting for us to slip so it can jump in to kill us.

However, as discussed elsewhere, don't dwell on this most depressing thought. Focus on

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staying clean and enjoying life **today** - that is much easier to concentrate on. Repeat daily.

Re: Reclaiming my life

Posted by lavi - 08 Sep 2014 08:43

[cordnoy wrote:](#)

[unanumun wrote:](#)

[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

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

b'hatzlachah

hmmm, there is a difference between thinking and worrying. and wondering depends, sometimes it can be wonderful.

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Re: Reclaiming my life

Posted by lavi - 08 Sep 2014 08:51

[tzudreiter wrote:](#)

I feel like screaming on the top of my lungs out of frustration...

maybe you should do that scream.

anyway i feel sorry about your frustration, but the fact you opened up to someone real, i think shows a tremendous, enormous, gigantic, massive, etc.... step on your part. just for the record, when i was your age and there was something fishy going on in class, i could not work up the courage to tell my rebbe, and it wasn't even about myself really.

chazak v'nischazek. look at it, like a necessary step

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Re: Reclaiming my life

Posted by reallygettingthere - 08 Sep 2014 23:07

[tzudreiter wrote:](#)

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

Behind you as in, "they wont be a problem as they've been in the past?"

No. Sorry.

The experts on habit formation claim that once the habit neuro whatchamacallits are created, they will always be there. Even if you succeed in beating your addiction/habit, the moment you reengage your habit your will go right back to where you were. You will not have to go through the process of recreating the habit.

I have come to the conclusion that there are things that I will never be able to do because of my addiction. I will never be able to run a marathon (I would love to) because many of the participants are female and are dressed in a way that will get my lust monsters going if I spend 4 hours (or 4 minutes) next to them. Other people might be ok in that situation but not me. It will be a disaster.

So, if you are an addict, you can deal with the reality and avoid and deal with triggers or you can make believe that your situation is really better adn deal with the consequences.

(the above is said with the utmost respect and love)

Eli

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Re: Reclaiming my life

Posted by tzudreiter - 09 Sep 2014 22:19

I am "avalanching", rolling down hill. I need to break the cycle...

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Re: Reclaiming my life

Posted by cordnoy - 09 Sep 2014 22:33

by me today, keepin' busy and reachin' out in a real way has so far kept me outta trouble, and

off the hill.

b'hatzlachah

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Re: Reclaiming my life

Posted by reallygettingthere - 09 Sep 2014 22:37

What are you usually doing before your "point of no return" (where ever that point might be)?

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Re: Reclaiming my life

Posted by dms1234 - 09 Sep 2014 22:53

Break the cycle by concentrating only on today! What can you do today for recovery?

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Re: Reclaiming my life

Posted by tzudreiter - 11 Sep 2014 23:26

BH had a couple good days. along with a nice talk with Dov.

Hope all you guys are doing well.

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Re: Reclaiming my life

Posted by tzudreiter - 12 Sep 2014 11:22

An observation i made about my insanity:

Even at those times when i mustered the strength not to check out the upcoming girl, I would instinctively look at someone else who was checking her out. Somehow participating in his pleasure...

Anyone identify with this?

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Re: Reclaiming my life

Posted by newaction - 12 Sep 2014 13:32

i relate with that. it means that : not-to-check-out . It does not mean looking at somebody else checking her out , or did she turned at the corner or which building she entered to or is she following me or she likes tulips . . . if you are interested in all of the above , you have not checked her out yet.

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Re: Reclaiming my life

Posted by newaction - 12 Sep 2014 13:42

i meant to say , you are STILL checking her out. i am sorry for all the struggles you are having in this matter, i think you are much more stronger than what you think you are. I pray for your Hatzlacha . Grab your life in your hands and continue the fight . in the gym they say "no pain, no gain". in our case its the same . Just that BE"H one day the pain will feel sweet like honey. HATZLACHA !

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Re: Reclaiming my life

Posted by Pidaini - 14 Sep 2014 20:36

I can relate.

What helps me is to surrender. When I do that, to let go of my right to indulge at all in lusting. I *can* go on with life exactly as before the urge came without giving it any credence. I need to ask Hashem for help to do so, and then just continue, just keep on truckin' through life.

Keep on posting, it's not as good as talking or meeting face to face, but it is better than nothing, much better than nothing!!

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