

Help!

Posted by mitzvaman613 - 06 Oct 2014 18:48

tried to break an addiction for 'acting out' many times. I bh no longer look at inappropriate material on the Internet, but my problem still continues.

Whenever I reach about 10 days clean it gets almost impossible to carry on.

Any stimulus throughout the day will send me over the edge, even the tiniest thought or feeling.

I feel that due to me having been clean for that long, my brain is constantly compensating with inappropriate thoughts.

How am I meant to carry on? I feel that if I stay clean any longer my whole day will be occupied by bad thoughts and blood rushes.

Surely it's better to act out for 5 mins a day rather than have thoughts 24 hours a day?

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Re: Help!

Posted by skeptical - 03 Nov 2014 03:00

Focus on making the right choices, every moment, as they come up.

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Re: Help!

Posted by Shlomo24 - 08 Nov 2014 22:47

don't focus on the future fays, focus on today. believe me it took a long time to realize this but it works, i am doing very well now and it is almost solely because i am taking it one moment at a time. don't even focus on how many days that you have "racked up", because then ur sole motivation is to accumulate numbers, and when ur in a rut, that logic does not help at all. the real reason why you want to stay sober is because you want to heal and improve yourself, not because you want to say how many days you have. the days are what happen after the fact, i don't feel that they should be your goal. to each their own though.

also when on a "high" i have found that i was irrationally positive, my highs were the same level

of irrationality as my lows. i didn't really gain from my highs so much, just what not to do. the best is if u are being rational and dealing with the ups and downs of everyday life without having too soothe yourself with lust. i have had many negative situations the past weeks but i tried dealing with them instead of soothing myself. the reason why we soothe ourselves is because we can not deal with the negatives, so dealing with the lows of life is a very central goal. when i was on "highs" then i wasn't really dealing with the hard times, i was kinda just flying through everything and ignoring it. that worked until i bottomed out like crazy and ended up going on a three day porn binge.

i may be different because i am a sex addict but i am just speaking from personal experience and others have resonated with me about this bit. hope this helps.

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Re: Help!

Posted by shomer bro - 12 Nov 2014 19:01

How are you doing? You gotta KOP!

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Re: Help!

Posted by mitzvaman613 - 16 Nov 2014 03:55

Thanks for encouraging me to post.

Had a long streak of 22 which I was really happy about. Had a couple of falls since then bit still feeling confident. My next goal is to get to a month.

I'm reading the handbook for chizuk.

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Re: Help!

Posted by cordnoy - 16 Nov 2014 06:12

Great to hear.

Perhaps your next goal should be today.

I know mine is.

b'hatzlachah

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