

New member - Colin

Posted by ColinColin - 04 Nov 2015 22:50

Hi

Am here because I want to change and beat my Yetzer Horah.

Single man.

As for avoiding masturbation, nothing has worked for me longer than 10 weeks.

I started with teenage masturbation.

Pornographic magazines.

Then internet porn.

Prostitutes.

One night stands.

Swingers sites.

I want to be healthy and find a meaningful monogamous relationship and please G-D get married one day.

My trigger is very much a deep emotional loneliness, when I feel this, then nothing stands in the way of my Yetzer Harah.

I need closeness and need to avoid that inner pain.

So I seek respite from it in ways which are sinful.

=====
=====

Re: New member - Colin

Posted by ColinColin - 05 Jul 2016 00:43

Tonight I fell.

I made it to 243 days.

I have used the HALT system to help me to this point.

If any of these four triggers occur I try to step back and know there is danger of falling.

Hungry

Angry (Resentful)

Lonely

Tired

Tonight I was under attack from all four triggers at once.

It had been building for 24 hours and I was too wiped out to realise what was happening.

I was hungry and tired.

But I was also upset at not being able to find a lady.

and especially upset at being bullied by my boss.

I am actually looking for new job, such is the extent of his bullying.

I am unable to answer back though, as I need the cash, so until I find a new job I have to continue working.

So now begins Tikkun Klali.

The lesson learned this time is that prevention is the key.

I must not be hard on myself, I must allow myself space to breathe, to have some time every day that I enjoy.

Otherwise life is like a pressure cooker.

=====
=====

Re: New member - Colin
Posted by Markz - 05 Jul 2016 00:49

Ow ;-(That hurts

Brother have you been logging in with gye recently as I have?

Ive been here BH 11 months and noticed ALOT of sobriety tools, and no one mentioned TikunK

I wonder why

=====
=====

Re: New member - Colin
Posted by shmishachaim - 05 Jul 2016 01:34

Sounds tough. Know the feeling all to well (not the 243 part but the falling part).

wish you success on getting back on your feet and continuing!

=====
=====

Re: New member - Colin

Posted by cordnoy - 05 Jul 2016 02:34

[ColinColin wrote on 05 Jul 2016 00:43:](#)

Tonight I fell.

I made it to 243 days.

I have used the HALT system to help me to this point.

If any of these four triggers occur I try to step back and know there is danger of falling.

Hungry

Angry (Resentful)

Lonely

Tired

Tonight I was under attack from all four triggers at once.

It had been building for 24 hours and I was too wiped out to realise what was happening.

I was hungry and tired.

But I was also upset at not being able to find a lady.

and especially upset at being bullied by my boss.

I am actually looking for new job, such is the extent of his bullying.

I am unable to answer back though, as I need the cash, so until I find a new job I have to continue working.

So now begins Tikkun Klali.

The lesson learned this time is that prevention is the key.

I must not be hard on myself, I must allow myself space to breathe, to have some time every day that I enjoy.

Otherwise life is like a pressure cooker.

Not being able to find a lady?

=====
=====

Re: New member - Colin

Posted by ColinColin - 06 Jul 2016 00:13

Thanks Markz and Shmira.

I log in now and again.

If I am doing OK I tend not to log in as I am in a good place.

I recite Tikkun Klali after I fall as part of my Teshuva.

Cordnoy

Yes, Being single gets me down but for financial reasons I cannot date.

Sometimes being single gets me depressed and I fall.

I know a lot of people on here are married and their problem is looking at porn or acting out in spite of this.

But I am long term single.

When I have dated in the past, then I do not feel a need to act out or to look at porn.

=====
=====

Re: New member - Colin

Posted by shmiraachaim - 06 Jul 2016 16:43

Hey Colin hope you picked yourself up ok.

ill state the obvious that marriage isn't a fix. Since this whole thing started I always told myself "if only this would be different" then I wouldn't have this issue. It took me a while to just take the situation as is go from there.

HALT was a big thing for me as it was a way to realize the things that get me, and I had to train

my mind not to just act out when I had those feelings but live despite this feeling.

ill state the other obvious that I don't know much and you probably know more than me. Just saying what happened with me.

also curious.. You think counting that much helps? I see some guys do that and others stop.

=====
=====

Re: New member - Colin
Posted by ColinColin - 07 Jul 2016 00:41

Thanks Shmira

I guess we are all different.

I know for sure that if there is a woman around, and by that I mean even if there is one who I am chatting to, not having physical contact with, but at least opening a dialogue, then it keeps me from falling.

As for counting a clean streak, it was important to me in that in the four years leading up to that eight month clean streak, I could not keep clean for longer than one week.

So it showed positive progress.

=====
=====

Re: New member - Colin
Posted by ben durdayah - 14 Jul 2016 14:30

[ColinColin wrote on 06 Jul 2016 00:13:](#)

Thanks Markz and Shmira.

I log in now and again.

If I am doing OK I tend not to log in as I am in a good place.

Wow does that sound familiar...

Thank you so much for that!

=====
=====

Re: New member - Colin

Posted by ColinColin - 17 Jan 2017 23:31

I fell tonight.

I was

Hungry

Angry

Lonely

Tired

All four struck me at once.

Instead of what I did, I should have got home had a hot drink, and phoned a friend.

But in the grip of lust my mind was elsewhere.

Just have to learn that lesson, again.

=====
=====

Re: New member - Colin

Posted by Singularity - 18 Jan 2017 07:31

[ColinColin wrote on 17 Jan 2017 23:31:](#)

I fell tonight.

I was

Hungry

Angry

Lonely

Tired

All four struck me at once.

Instead of what I did, I should have got home had a hot drink, and phoned a friend.

But in the grip of lust my mind was elsewhere.

Just have to learn that lesson, again.

May you bounce back with alacrity!

Notice how similar this post is to the one you made on 05 July 2016. Now for me, I'm ALWAYS hungry angry lonely tired... but what I'm getting at is have you tried anything different in these last six months?

If I am doing OK I tend not to log in as I am in a good place.

This place isn't necessarily an insane asylum for degenerates who only come here for treatment and can't wait to leave. I am in the best place I've ever been in my life, BH, and I come here every day. It's about integration, being able to help, give of your own story. Think about it. Hope to see more of you.

=====
=====

Re: New member - Colin
Posted by Markz - 18 Jan 2017 13:52

ColinColin sing' was Callin your name on the previous post

You said you had

HALT

Do me a favor

H. You want me to order something for you?

A. Let it out on me - I'm the gye punching bag (watch out it sometime s bounces back)

L. Call one of your brothers here

T. You can use the punching bag as a pillow

After you're well fed, punched, socialized (Marx style), and rested, why not try share what's going on, on the forum once or twice a week - the good things and then not so good too

All the best

=====
=====

Re: New member - Colin

Posted by ColinColin - 24 Jan 2017 00:41

Thanks Singularity and Markz.

Fell again tonight.

Was very Angry and Tired.

But not Hungry or Lonely.

So six months clean then two falls one week apart.

Both in similar circumstances...got home after a long day, was cold, and a lot going on in my life.

Great uncertainty, choppy waters.

I know Hashem is looking out for me though.

But there is significant uncertainty and turbulence in my professional and personal life...and the

stress is causing me to seek relief from dopamine.

I honestly cannot think straight...it is like the only thought is to feel the release of the high.

Whilst this acting out is a sin, I am not even sure it is anything to do with the Yetzer Hara.

In my case...I think instead it is a chemical addiction to a substance produced by the brain rather than a narcotic addiction to an external substance.

My positive course of action is to see what else can be done when in the grips of this mania; if it is even possible to recognize what is happening to me whilst it is happening, and to therefore calm myself down and not act out.

=====
=====

Re: New member - Colin

Posted by Workingguy - 24 Jan 2017 01:55

[ColinColin wrote on 24 Jan 2017 00:41:](#)

Thanks Singularity and Markz.

Fell again tonight.

Was very Angry and Tired.

But not Hungry or Lonely.

So six months clean then two falls one week apart.

Both in similar circumstances...got home after a long day, was cold, and a lot going on in my life.

Great uncertainty, choppy waters.

I know Hashem is looking out for me though.

But there is significant uncertainty and turbulence in my professional and personal life...and the stress is causing me to seek relief from dopamine.

I honestly cannot think straight...it is like the only thought is to feel the release of the high.

Whilst this acting out is a sin, I am not even sure it is anything to do with the Yetzer Hara.

In my case...I think instead it is a chemical addiction to a substance produced by the brain rather than a narcotic addiction to an external substance.

My positive course of action is to see what else can be done when in the grips of this mania; if it is even possible to recognize what is happening to me whilst it is happening, and to therefore calm myself down and not act out.

Look at it as one fall where you didn't get back up yet. I always have that struggle; if I fall my YH says "May as well try to get one more in." And you're scaring me bc I'm clean six months now.

But you didn't lose it; there's definitely a cumulative aspect and you've learned from it.

=====
=====

Re: New member - Colin
Posted by Singularity - 24 Jan 2017 08:16

[ColinColin wrote on 24 Jan 2017 00:41:](#)

Thanks Singularity and Markz.

Fell again tonight.

Was very Angry and Tired.

But not Hungry or Lonely.

*One day you won't be **Hungry, Angry, Tired** or **Lonely** but you'll realise you still won't be able to **HALT** your actions. What then?*

So six months clean then two falls one week apart.

Both in similar circumstances...got home after a long day, was cold, and a lot going on in my life.

Great uncertainty, choppy waters.

I know Hashem is looking out for me though.

That's good. Keep on monster truckin' through the earthquakin' highway.

But there is significant uncertainty and turbulence in my professional and personal life...and the stress is causing me to seek relief from (through?) dopamine.

I honestly cannot think straight...it is like the only thought is to feel the release of the high.

Livin' in the bubble. The lust bubble

Whilst this acting out is a sin, I am not even sure it is anything to do with the Yetzer Hara.

a VERY sobering realisation. Yashar Koach!

In my case...I think instead it is a chemical addiction to a substance produced by the brain rather than a narcotic addiction to an external substance.

Say what you wish. An addiction is an addiction. Internal, external... don't be bogged down in specifics.

Re your sobering realisation: addiction is a disease. Have you read Dov's stuff? If not I'll paraphrase what I feel are the finest points.

see my comments in purple (thanks Markz)

Now for my bold suggestion.

And I don't want backlash from other members! I checked the guy out! And he admits he's an addict himself!

So. Here goes...

Have you considered live SA or SAA meetings? They check all the boxes for what will help an addict.

=====
====