

I Give Up

Posted by Strugglingtomakeit - 26 Oct 2016 04:08

I have tried so hard(not doing it, ive read books, listen to lectures) so much to stop, but it doesn't seem to help, over the last few months I have been on hiatus, a break, i had a lot of stress, I picked up mass overtime at work, my head just wasnt with it. Then came Rosh hashanna and yom kippur, i thought maybe just maybe i would have a good start to the new year but no, that cant happen, the motzei rosh I fell, but it wasnt just a fall, I fell hard, then 2 days later and another 2 days, then Yom kippur, motzei i was good, but the next night, the nxt night i fell again, no matter how much i try it always ends in faliure. I'm tired of all my attempts and hard work, ending in faliure. So, It cant end in faliure if I'm not trying. So I'm quitting on trying to stop. yes it is something that has taken over my life but everytime i fall, I get really depressed, and i cant have it, I fall, and an immediate flood of guilt rushes over me so much, I've punched a bunch of walls, my knuckles are kind of sore. I figure if I don't care anymore there wont be any guilt associated with it.

So, I Struggling Give Up.

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Re: I Give Up

Posted by cordnoy - 28 Oct 2016 20:37

Let us know eventually how that works out.

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Re: I Give Up

Posted by serenity - 30 Oct 2016 10:29

How much time do you spend acting out? Are you watching porn and masturbating? Where are you doing it? Are you acting out with live people? Seems like you have the time and place to act out, but you don't have the time to get recovery?

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Re: I Give Up

Posted by Strugglingtomakeit - 31 Oct 2016 17:35

[serenity wrote on 30 Oct 2016 10:29:](#)

How much time do you spend acting out? Are you watching porn and masturbating? Where are you doing it? Are you acting out with live people? Seems like you have the time and place to act out, but you don't have the time to get recovery?

The actual Acting out is about 10 min, of porn and masturbation when it happens, the rest is the lead up. I act out myself no one else. i do it in my house, bathroom. BUT im glad to see you know my schedule. tell me how is it you think you know so much about my work, school, and volunteer schedule. Although I highly doubt you really know my schedule, cuz if you did you would know i only have about a half hour of free time, which maybe a cause, so much stress, after masturbation there are chemical releases, that make you feel good, and relaxed, sometimes when i have trouble sleeping i masturbate cuz it relaxes me enough to fall asleep.

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Re: I Give Up

Posted by Bigmoish - 31 Oct 2016 18:20

[Strugglingtomakeit wrote on 31 Oct 2016 17:35:](#)

[serenity wrote on 30 Oct 2016 10:29:](#)

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Chill. He meant no harm. Just trying to help.

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Re: I Give Up

Posted by Shlomo24 - 31 Oct 2016 20:20

[Strugglingtomakeit wrote on 31 Oct 2016 17:35:](#)

[serenity wrote on 30 Oct 2016 10:29:](#)

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I don't know you're schedule, but I am taking 5 classes. I'm a coordinator for the largest region of a big organization, I work every other Shabbos, I mentor kids twice a week, and I work with a client 3 times a week. All of my jobs and college are a significant drive, besides for the coordinator job which is done remotely and I'm constantly being contacted and contacting other people. Yet I still go to 3 meetings a week, I make 3 calls a day at least, and I do stepwork. I'm the busiest person I know and I have time. If you want time, you'll find time.

Hatzlacha.

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Re: I Give Up

Posted by Watson - 31 Oct 2016 20:46

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Re: I Give Up
Everything happens in God's time
Posted by Yaffrom Monsey - 31 Oct 2016 23:52

[Shlomo24 wrote on 31 Oct 2016 20:20:](#)

[Strugglingtomakeit wrote on 31 Oct 2016 17:35:](#)

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Re: I Give Up
Posted by Moudmack - 01 Nov 2016 18:45

It's all about priorities, if spiritual life is as important as physical life to you then you will make

time for it. I don't think you would say "I don't have time to cure myself" If chasve shalom you would be diagnosed with a fatal illness. You should try to use other's advice, you might think you don't need it but before you try you don't know if it's for you. Good luck

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Re: I Give Up

Posted by Watson - 01 Nov 2016 19:29

Guys, please chill and try to remember what it felt like to feel so stuck in the addictive cycle.

For me it felt like being trapped inside a dark cloud without hope of escape. STMI, if there can be hope for me, there can be hope for you too. The only thing is not to give up.

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Re: I Give Up

Posted by serenity - 02 Nov 2016 02:14

In your first comment you said it is taking over your life. That seems to imply you are spending a lot of time with it. I guess if your only spending 10 minutes, it's not so bad. I mean the averira aside, ten minutes here and there isn't ruining your life. How much time is the lead up? What is the lead up? For me the lead up was hours. Actually the lead up was a big part of the acting out for me.

I used to work 90 hours a week and still spend hours and hours acting out. A busy schedule doesn't prevent an addict like me from acting out.

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Re: I Give Up

Posted by Strugglingletomakeit - 02 Nov 2016 02:33

[serenity wrote on 02 Nov 2016 02:14:](#)

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true i said that, and true i said 10 min, but the lead up or build up is what kills me. ill be in bed trying to sleep and all of a sudden, all i can think about, no matter how much i try is fantasy. it can happen because of something ive seen or heard. lead up can be minutes to hours. another factor for acting for me is stress.

you know, you are easy to talk to all these guys here are attacking, trying to insight guilt, you have time to act out, but not recover, they THINK they are helping but they are not. I don't react that way to their attacking words. someone to talk to is good, relating with one another.

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Re: I Give Up

Posted by Shlomo24 - 02 Nov 2016 03:10

My intention wasn't to attack. It was to be straightforward. The very last thing I want to do is make someone feel guilty. I like to think I'm pretty honest, but maybe this time I was more brutal with my honest opinion. I have had 2 very good sponsors, both support me but also call me out on my BS.

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Re: I Give Up

Posted by Meier - 02 Nov 2016 03:42

Hey struggling

im writing from my own experiences here.

I think you are taking everybody's comments out of context and as a smack in the face.

As far as out of context is concerned

the comments are made by people that have gone and are going through similar struggles.it looks like they are writing things that either worked for them or they wish somebody would have told them when they were struggling really hard.

So please.read and accept.DON'T TAKE IT PERSONAL.

As as to taking everything as a smack in the face

When I was (and please hashem give me the koach and sechel to never again) watching and acting out.EVERY time anyone,be it my wife my siblings even my kids would suggest that I lighten up chill out and not take everything as a personal attack I would get very defensive.

That attitude is a direct result of acting out.because if when we're alone and we get stressed we deal with it by acting out.

The only option we have when we're amongst people and we get stressed is to shoot back scream etc.and not use our brains to respond calmly or in most cases accept deserved criticism with a smile and sometimes laugh along to what was intended as a joke!!!

This garbage owns and operates you and your moods,words,actions,evrything.and until you realize that you will take alot of good advice that is written by people who take the time to try to help and view it as a personal attack.I know your going through a rough time now but please before reading the forum close your eyes put on your favorite music and RELAX.

maybe the things that you read will sound better

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I agree with most of this. Before I got sober I didn't know how to deal with criticism or critique. It was always personal. (The next thing I'm about to say is not meant as a dig at anyone). Reason being, is because I was very selfish, everything was about me. So if I got a critique it meant it was personal, even positive comments I took to the next level and inflated my ego.

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