

Help!! to many things to identify a trigger
Posted by chazak1234 - 13 Aug 2017 03:41

another day another fall every couple of days:(

I used to watch porn I stopped years ago...

However all of sudden I keep falling without it(masturbation)

I'm on psychiatric drugs mainly for a turbulent childhood, that would probably ruin anyone's life and changed doses around then

But as recently as a few 4 months ago I started this new trend

I'm not sure what to do anymore:(

If I'm not watching porn what can I do for myself

how

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Re: Help!! to many things to identify a trigger
Posted by dont give up - 13 Aug 2017 07:28

The Big Book says "we have to get down to causes and conditions"

looking at your record: why do you slip up every couple days/months?

do you only slip on a good day? A bad day? When the relationship is good? When it's bad?

or all of the above?

if the cause is always 'something out there' - then it's impossible to get sober, because there'll always be something that will send me flying.

my childhood is my childhood - never going to change - does that mean I'm doomed for life??
Definitely not!! But that's only if I could stay sober DESPITE my childhood.

but it'll only work once I get to the root cause.

if the root cause is truly only because of childhood - so get a good therapist, work it through and bingo, you'll be sober.

but if 'your childhood' is only a cover up, and the real cause is a internal condition that warps my thinking when it comes to lust, than im pretty much doomed thinking that dealing with my childhood will fix it - it's like a diabetic saying dealing with childhood will change his condition.

so basically, be honest with yourself: what is the real cause?

if it's something out there - than deal with it.

but if it's something in here - deal with it, and perhaps I'm too unhealthy that I can't change with my own resources...

Yes, there definitely is help that works. But i cant go to the dentist to fix my foot...

G-D bless and have a great day!

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Re: Help!! to many things to identify a trigger
Posted by getthere - 14 Aug 2017 13:00

What emotions do go through before a fall? Are you tired, stressed, relaxed or just bored? once you know that you are halfway through recovery.

good luck

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Re: Help!! to many things to identify a trigger
Posted by chazak1234 - 14 Aug 2017 15:42

depressed, and lonely:frowning:

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Re: Help!! to many things to identify a trigger
Posted by Markz - 14 Aug 2017 17:23

[chazak1234 wrote on 14 Aug 2017 15:42:](#)

depressed, and lonely:frowning:

NOW THAT YOU'RE HERE IT'S NOT LONELY ANYMORE AND DEPRESSION
DISSIPATES

If you stay here... Cos you'll feel the camaraderie and more...

If you choose to leave, you have sealed your fate

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