

A little bit of my story

Posted by battle.for.taharah - 21 Nov 2017 23:23

Hi all,

My unfortunate story in this area started when I was ~11 years old, before I even had the da'as to know what I was doing. Now I am 44 and I have to undo 33 years of "habits." At first I was skeptical about this group, because I felt that my problem was not only shemiras ainayim but a deeper urge that happened whether I looked at inappropriate images/videos or not. So, even if I had a filter in place, I would just find another "outlet." Then after I watched some of the videos on porn addiction, I realized that the urges that I had were really an addiction and that there was much more to it than filters.

Now, I am 27 days sober. At about 2 weeks in, I had a very strong urge to the point that I "had" to do something about it. I was almost in tears. The video on Urge Surfing really carried me through that moment. Knowing that the urges come in waves and trying to observe myself helped me through that day. On the flip side, getting through that day gave me chizuk that I can push through those times, even if they are very intense.

After listening to The Shmuz "The Fight" series, I decided that it would not be wise to continue alone, so I finally got around to setting up an account.

I look forward to being part of a group rather than being alone. My driving vision is that at 120 I can hold up a 76 year sober medal before passing on.

Hatzlachah.

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Re: A little bit of my story

Posted by Markz - 21 Nov 2017 23:42

Welcome

May you find your medal if you're a non addict

If you're an addict I wish you a ODAAT medal ;-)

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Re: A little bit of my story

Posted by Hashem Help Me - 22 Nov 2017 07:36

Welcome. You came to a great place. Iyh you will succeed in receiving your medal!

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Re: A little bit of my story

Posted by gibbor120 - 22 Nov 2017 19:06

Welcome! You will find that living in a way that you don't have urges that come that often, and don't have such intense urges is the only way to long-term sobriety. Finding what your triggers are (lonliness, anger, resentment....) and dealing with them. White knuckling is sometimes necessary, but it cannot be a way of life. It is much too painful and difficult. You can find happiness and leave the acting out behind.

Stick around and learn some things. Check out the dov quotes link in my signature. The Dr. Sorotzkin article on the Psychological Factors in Acting out is also a good one. I have a link to his website in my signature as well.

Hatzlacha Rabbah!

Keep posting!

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Re: A little bit of my story

Posted by Hakolhevel - 23 Nov 2017 01:49

[battle.for.taharah wrote on 21 Nov 2017 23:23:](#)

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Hatzlac

Welcome. Amazing that you got past the first step and opened up by coming here. May this be a stepping stone for greater things to come.

Check out the beginning of my thread, and how I resisted opening up beyond the forum but... Now I have. Hatzlacha on your journey.

P.S the medals here are made in China and have been run over by a truck. What you can get living life lust free is much greater than a medal - It's called life.

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/306108-The-Road-To-Being-Honest-With-Myself-%28and-others%29

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Re: A little bit of my story

Posted by Phill Up - 03 Dec 2017 04:41

What you're doing is very inspiring. Keep on trusting the process. You're in a great place and I wish you Hatzlacha Rabbah!

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