

Getting sober

Posted by gye5770 - 31 Jul 2019 11:30

Hello

I am new here but have been doing the program for a while already, so i have a sponsor i speak to, and do the program, I just had a fall so i thought what i could do, and decided if i try to help others by sharing my story and day to day life as an addict maybe it will go deeper into my head to want to stay sober - because that is what its all about - only the mindset and a strong willingnes.

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Re: Getting sober

Posted by Dave M - 31 Jul 2019 13:07

Thats a great idea. I also found that posting on the forum helped me in my struggles.

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Re: Getting sober

Posted by gye5770 - 02 Aug 2019 09:00

Good Morning

One day at a time, if its going hard - I just say i am staying sober just for today, I ask God to help me overcome today - worry about tomorrow - tomorrow dont worry today about tomorrow. i am sitting by a computer which has a filter for many sites but Pictures it does not block because i need it for business, so before i sit down i pray to God to help me just today, It has a few positive effects, one is i stay sober from looking at Tuma and second is i have God on my mind in Business too - as he manages everything anyway - i might as well accept that it is not my doing.

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Re: Getting sober

Posted by Dave M - 02 Aug 2019 12:54

There is an extension that TAG developed that blocks out the skin. You can also turn it off for any sites you need. It can be downloaded here.

<https://chrome.google.com/webstore/detail/tag-image-filter/pjdabogckbepcemfdiigdkncfekikpki?hl=en>

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Re: Getting sober
Posted by Onceandforall - 02 Aug 2019 13:42

Thanks for posting. I'm pretty new too! I would love to hear more about your wins and losses. So helpful to hear what other ppl are going to and how they overcome (even if not always!)

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Re: Getting sober
Posted by gye5770 - 05 Aug 2019 11:31

At 0 again. Enough of stopping ist time to get serious. I was lusting too much outside and thought it wont affect me, who am i to think so? Sure it affects me and if i dont feel it right away then a few Hours later it will come unless i bring it to the light e.g. share with some Friends in the program or surrender to my higher power. And now i start thinking that i know it all - but that is for sure my Y.H. just trying to fool me, as i am just starting again on this journey - this time successfull - one day at a time. As i like getting presents - this is where i will live, the past has been the future is bright and the present is where i will try to live. I think that is also a big part of my work, not to fantasize or regret but take the present i am getting and use it to its fullest as every second is a new present i will never have enough of it.

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Re: Getting sober
Posted by gye5770 - 05 Aug 2019 11:35

Thank you - i will look into the TAG Filter

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Re: Getting sober
Posted by gye5770 - 05 Aug 2019 11:42

[Dave M wrote on 02 Aug 2019 12:54:](#)

There is an extension that TAG developed that blocks out the skin. You can also turn it off for any sites you need. It can be downloaded [here](#).

<https://chrome.google.com/webstore/detail/tag-image-filter/pjdabogckbepcemfdiigdkncfekikpki?hl=en>

I have to thank you again, this works great

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Re: Getting sober
Posted by gye5770 - 06 Aug 2019 10:00

Hello

It just helps me to share over here. Having a good day so far, have enough to do to keep me busy, so nothing new to share i guess.

Actually my Shmiras Enayim this morning was very good, i concentrated on the road and did not look around, this is what helps me and keeps me going.

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Re: Getting sober
Posted by gye5770 - 06 Aug 2019 12:55

One of the main reasons for falls by me are:

Stress situations or when i am bored in the office then i quickly try to find satisfaction in other

things like films or pictures, but now that i learned this i try to handle stress situations differently, i try to find out what stresses me and discuss it with the person that is the cause for it and try to analyze it, once done the stress usually goes away or at least get weaker.

Good luck to everyone in this struggle.

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Re: Getting sober
Posted by David26fr - 06 Aug 2019 18:13

I am glad that you succeeded to identify your triggers, it's a very big step to recovery....

Because, when the trigger is coming, you can identify it and make action, before you get on the addiction train and the autopilot takes control to lead you to the fall

Keep the good work !

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Re: Getting sober
Posted by gye5770 - 07 Aug 2019 09:45

Absolutely, thank you David26fr.

I am having a good day so far, although someone stressed me before - i discussed it already with someone so its out of my mind. Feeling good about myself is also very important for me and my struggle, so i find things to be thankful for and appreciate, for example: healthy kids, job, very supportive and good wife.

I would like to start a thank you list and write down each evening - i saw that helps some people here.

Have a good day everyone

Chazak Venitchazek

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Re: Getting sober
Posted by gye5770 - 09 Aug 2019 07:29

Hello

Today will be good as God will take me by my hand and lead the way to freedom from this slavery, One day at a time works great, i try to live in the present and not get stressed by that.

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Re: Getting sober
Posted by gye5770 - 12 Aug 2019 11:04

Day 8.

B.H. another day of sobriety. Yesterday was pretty hard due to the fast, but i prayed to God alot and he listened and guided me in the right direction - the direction of sobriety. What do i gain from it anyway when i look at another women on the street - besides a few seconds of lustfull satisfaction, i dont get anything - she is like me made of Blood, bones, Skin and she has a Neshome of her own that i have to respect and i cannot just judge her by her looks.

Today, when i go out i will Bli Neder think of something from the Tora, that way my mind is already full and has no place for lustful thinking.

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Re: Getting sober
Posted by Street - 12 Aug 2019 17:02

Great idea to think torah when you go outside. I read in the sefer v'hoer einenu that besides keeping our mind occupied is the antidote to the Yetzer hora so it has a double power.

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