

**Safe House**Posted by kidushashem - 06 Feb 2012 04:24

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This is the first time I'm actually attempting to start a log. I didn't start a log when I first joined the forum and attempted 90 days. My habit has always been to start new subjects when I felt I needed help. I would start a subject detailing my problem and have some discussions with whoever posted replies.

I've decided to start my own log, now that I've reached 180 days. I called this log Safe House because that's what I want it to be; GYE has always been my safe house when I was feeling particularly vulnerable. I always found answers here. One of the biggest lessons I have learned throughout my journey has been that I am not ever safe, I always have to have fences up. Even after reaching 180 days, I am very vulnerable and I still have so much work to do. I want to keep a log of my progress and my feelings. I want to jot down my emotions. I think this will help me very much. I can do this in a private setting without anyone being able to read it but I want to benefit anyone who might be able to relate. I will also be happy to hear from anyone who has anything related to say.

I want this to be a Safe House for whoever needs one.

  

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Sunday, 12 Shvat

I had a pretty hard time over Shabbos. I was in quite a few circumstances where I came in contact with girls who are religious but don't dress too modestly. They were friendly and I was careful to be friendly back, without going overboard. It was hard to keep my thoughts clean and I wasn't too successful but I tried hard.

I did notice a couple big differences though between this time and the last time I was in a similar situation: I was much more calm. I was able to accept my predicament and not be so upset. I decided that I would do the best under the circumstances and if the results didn't look too pretty, that's ok. This helped so much in my success at curbing undesired results. In addition, my whole way of relating to women has changed for the better. I am so much more cool and able to hold a normal discussion. The female/human ratio has been improving a lot. I can now look at a woman and see the human being in her much more than before. (It is, however, a catch 22, because the cooler I am, the more girls like me, so it gets even harder to remain above the

se\*ual energy).

But the whole experience was still unnerving enough to cause today to be a kind of hard day. I had some nisyonos and B"H, I did alright. I wouldn't say 100%, but hey, I tried hard and that's what counts. What happened today is past, it's gone. Right Now, everything is perfect and peaceful. I have a full stomach, I am listening to some beautiful music, I am not cold, and I feel

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Re: Safe House

Posted by tehillimzugger - 15 Feb 2012 11:52

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fine. What more could I ask for?  
[Klaus Hashem wrote on 15 Feb 2012 04:50:](#)

Just got off my first full 12 steps phone call session. It was great to share and talk with other people who are dealing with this.

I have a strong desire to count days and figure out how many I've been clean but I don't really want to do that. I don't want to care anymore about how long I've been clean b/c it doesn't really matter how long. All that matters is this moment right now because that's all I ever have. That's all that life is. I don't want to approach the six months salivating. I don't want to throw parties for my hebrew and english 1 year sobriety anniversaries. I realize that all that stuff is just another way of feeding my ego and telling myself that I am good or special.

Well, actually, my sobriety is not due to me and if Hashem wanted, I would never be sober even for a moment. If He wanted, I would be miserable for the rest of my life. If I want to count days, count the days that Hashem has been kind to me and helped me when I didn't deserve it (every day of my life). Stop building up a fake "self" in your mind that consists of what you consider your achievements b/c you have none. You haven't ever achieved anything. Ironically, this mind frame is what achieves the most b/c when you show Hashem that the Koach he's channeling through you *humbles* you and you recognize it for what it is (*his* koach), He gives you even more of it b/c you know how to appreciate it properly and not abuse it.

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Re: Safe House

Posted by kidushashem - 20 Feb 2012 07:24

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shvua that if I fall (mstbrt, vw adlt sxl mtrl etc) and do 100 pushups with 10 minuts of the fall, \$50 to GYE. If didn't do 100 pups, \$500 to GYE.

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Re: Safe House

Posted by tehillimzugger - 01 Mar 2012 09:07

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hey Kiddush!

how bout sending some of the cash my way... ;D

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Re: Safe House

Posted by obormottel - 01 Mar 2012 16:59

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How's it going, KH?

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Re: Safe House

Posted by Gevura Shebyesod - 01 Mar 2012 20:49

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[TehillimZugger wrote on 01 Mar 2012 09:07:](#)

hey Kiddush!

how bout sending some of the cash my way... ;D

Take it easy, he hasn't told us that he owes any yet (and I hope he never does).

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Re: Safe House

Posted by kidushashem - 02 Mar 2012 00:45

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thanks for the concern guys. No, I don't owe anything B"H and I'm not doing all those crazy pushups.

I'm doing well, the Taphsic method is great for "forcing" some sobriety to get you back on your feet after a fall. I was only down twice, once for 2.5 days, once for 1 day. In the past, a fall meant a few weeks or months of down time.

But taphsic is only good for forcing recovery. It's not actually helping me grow, so I'm trying to be active in other areas like 12 step call, speaking with my sponsor and a new thing for me is working on giving. I learned from my sponsor that learning to do real giving (i.e. giving without getting) is so important in breaking the addictive mentality b/c as addicts, we're always taking. It's the most egotistical lifestyle there is. Real giving is a great way to break that.

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