

don't slip, it hurts -

Posted by serenity - 03 Dec 2014 09:09

Alert: Possible triggers in this post.

Sunday morning, after leaving an AA meeting and dropping a friend off at a sober house, I began to drive home. At the end of his street one can go straight or turn right to get on the highway. I see two women jogging to the right and I immediately decide to go straight and not in the direction that they are in. Then I decide to take a second look and then I start thinking, I could legitimately go right to the highway. And so I go right. Here, I had immediately made the sane decision and then my thinking went haywire! As I was watching them. I was thinking ah they are probably two middle aged hags that will give me a look of scorn for looking at them, so don't bother looking at their faces. Of course at this point I was in the middle of insanity and I looked anyway and it was a huge trigger for me. My mind went totally insane and I can only account for making it through this ordeal okay by acknowledging an intervention from my Higher Power. I thought about my sobriety til now and how I didn't want to break it, I thought about GYE, I wanted to call a chaver but I didn't have my phone with me. (It is extremely unusual for me not to have my phone on me by the way!!! I'd forget my pants before I'd forget my phone.) I said a prayer and asked Hashem to get me through this and to take away my lustful thoughts and to guide me home. I made it home and immediately got my phone and made calls. The rest of the day was very difficult. I got myself out for a hike and to my regular Sunday AA afternoon and evening meetings. When I got home later at night I was fine. Actually, I was elated and felt great.

Anyway, being that things have been going really well and the obsession has been quiet for . I realized that I had started becoming complacent and allowing my ego to become inflated and I was stealing quick glances here and there. It's crazy, like if I don't take that glance something will be missing from my life. I also had a stressful weekend and was allowing the stress and resentments to fester and I was acting like a jerk to my family Shabboss afternoon and motzei Shabboss. So the combination of my growing lack of shmiras anayim and not practicing the steps over the weekend lead to almost falling and a huge amount of stress and pain that I really don't need in my life anymore.

. There is a lot of work to do .

I'm grateful for the opportunity to post in this forum.

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Re: don't slip, it hurts -
Posted by serenity - 01 Jun 2015 03:16

How to avoid a slip?
Warning: Spoiler!

Someone asked me what the key to staying clean is. I said if I had that key, I'd be rich. During my first few days of abstinence, I would get these crazy thoughts and also physical feelings that I felt had to be quelled with a release. I held back and just laughed at myself and the insanity. I recently discovered that I wasn't as insane as I thought I was. I also discovered that those physical feelings were real and not just a result of my craziness. I didn't realize that when I look at women in the stores or on the streets, I am causing myself a physical arousal. It may be a miniscule additional flow of blood, to my lower regions, that I previously would have never thought of as an arousal, but it's there and it's real. It's just a sensation or a tingle, but an arousal nonetheless. The point is that I don't have room for any lust and even a small amount of lust has a physical effect on me. I may not even notice it, but it's there day after day if I take in lust, until the point comes where I can't control myself anymore. So if I don't want to slip up later, I have to act now.

Hatzlacha!

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