

Posts that I found powerful

Posted by wilnevergiveup - 29 May 2021 19:38

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This is my spot for reposting some of the posts that really speak to me and maybe comment on them as well . Feel free to read along, or if you have no interest, you can move along on your merry way.

I would love to say that I have been able to implement everything that I have learned here into my life, but that is not the case.

Either way, here goes.

[AlexEliezer wrote on 27 Aug 2013 22:27:](#)

[cordnoy wrote:](#)

so what do you suggest?

no walkin the streets?

takin glasses off?

no computer?

I suggest you do whatever it takes to keep this monster starved.

I hold that looking at women is the single most powerful fuel that keeps this addiction going. (The other is entertaining fantasies). Conversely, vigilantly guarding our eyes is the most powerful tool in *our* hands to overcome it.

...My very sanity is being threatened if I take in her image. The only way I know is to avoid it. If I look because it's still habit to take a first look, I BOUNCE my eyes off her in an instant. This has

become a learned reflex. If I look long enough to enjoy her, or even discern her features, that's way too long. I haven't done it in 4-1/2 years, and coincidentally, have been sober the same time.

Stop listening to your addict.

Commit fully and live!

I found this post, as well as most of his other posts very powerful.

This fight is not about the numbers and the charts. It's not about streaks and promises. It's about starving lust to death (I love that line). It's about being honest and really living without lust, really changing and not just getting by.

I'm not there yet, not even close.

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Re: Posts that I found powerful

Posted by wilnevergiveup - 12 Aug 2022 05:51

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[AlexEliezer wrote on 10 Aug 2022 17:31:](#)

What's missing from your post is motivation.

You would like to stop, but there is nothing pressing.

Sometimes an addict needs to hit bottom before he is truly ready to grow.

I suppose if your wife came back from the doctor with a diagnosis of a sexually transmitted disease, things would shift in a big way.

But so far, so good.

I agree with frank.lee. We think we're all so smart and can fool everyone; make it seem like everything is OK. We're all great husbands, fathers and lovers.

Until we find out our wives are crying and dying inside from lack of connection with the man they committed their lives to.

For me, my motivation was that the dual life became intolerable.

And the struggle was miserable. You know the cycle -- sneaking hits of lust here and there, fighting the urge to go further, ultimately giving in, feeling duped and guilty, or just numb. Repeat.

It's much easier to fight this battle from outside the ring. I just need to stay out of the ring.

Once I'm dabbling in lust, I'm in the ring, it's exhausting and I'm going to get clobbered.

I was tired of being out of control. Of having a base desire control my life and my actions.

I wanted to be whole, to be real.

Fantasies are sweet. Like candy. But real food is so much better.

You did write:

"On the other hand my entire internal world is in decay. I feel disconnected, shameful, frustrated and depressed. I put on a happy face for my kids but inside I am dying slowly."

Real life isn't candy, but it can be very sweet.

None of us can give you motivation. I'm just sharing my own.

Maybe others can share also.

Maybe something will click for you.

Before something snaps.

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