

ImGonnaWin's Log

Posted by ImGonnaWin - 04 Apr 2012 14:11

Hey everyone.

I'm new to this site, so if I break any protocols here, I apologize.

I have a lot to say by way of introduction, but I don't have the time. For now, I'll just post my specific feelings right now, and hopefully come back later to write a proper introduction

I started the 90 day thing a few weeks ago. I havent been able to crack 4 days. Sort of having some feelings of yeush here (nothing new for me in terms of dealing with this problem)

Lately, I've been doing terribly, actually. I sort of feel like I'm in a tail spin here. This morning I realized that I've missed tefila betzibur 3-4 times in the past 2 weeks because of my problem.

I have k9 filter set up, but I also have the password. I am too ashamed of asking any of my friends to take care of it. I would love to get in touch with that filter gabei, but I don't know how.

Any words of support and chizuk would be appreciated (as well as how to get in touch with that gabbai)

Thanks

-IGW

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 12 Apr 2012 18:28

testing 456

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Re: ImGonnaWin's Log

Posted by dev_7 - 12 Apr 2012 20:44

last msg

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Re: ImGonnaWin's Log
Posted by man - 14 Apr 2012 18:23

test 123

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Re: ImGonnaWin's Log
Posted by ImGonnaWin - 15 Apr 2012 16:10

I just don't want this nisayon. There's a gemara in brachos, hey amud beis: Rabi Chiya bar Aba is sick, and Rabi Yochanan goes to visit him. Rabi Yochanan asks him: chavivin alayich yisurin? Do you want these pains? Rabi Chiya bar aba responded: lo hen vlo scharan- I don't want the pains and I dont want the reward for getting through the pains.

SO many times I've davened pleading to just remove the yisurin of addiction. I don't want the schar. I don't care about the schar. I just want to be free. I remember once, on maariv of Yom Kippur, I just started weeping. Begging. Not for kapara. I deserve whatever punishment gets meted out. I want to just not have this addiction anymore. I just want to be normal. To be free. When I think about this, it sort of seems like really my point is that I don't want to work for it. That, essentially, was what Rabi Chiya bar Aba said. He wanted to bail out and not do the work. But, I guess, I don't have the option here. I don't have a rabi yochanan here to just release me. I need to work through this. There's no alternative. I can pretend that I will find an easy way out where I dont have to work. I will pretend that my filter is rabi yochanan. That once I've set it up, I can act as though I have no problems, and go onto the computer even when I know that Im feeling desires for p. I believe that I can scan the web for images or movies that are permissible with my filter but are inappropriate. But, this is all a lie.

The filter is not Rabi Yochanan. The filter cannot save me. As I have seen a few days ago, and then late last night-- I am an addict. No matter what external boundaries I put up, the fight begins and ends with me. With what's in my head.

I have to run to the airport now. Going back to my life that exists outside of pesach and vacation.

I pray (and ask you to also have in mind in your tefilos) that I should be able to internalize this. To realize that I need to step up to the plate and be responsible for protecting myself. That I cannot rely on filters or any other "easy ways out"

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Re: ImGonnaWin's Log
Posted by yehoshua - 16 Apr 2012 07:22

When you feel the pain, what do you do? What do you think you could do?

Forgive the direct question. You read my posts, my ups and downs, so you know who I am and
, but sometimes it doesn't :(). But i am still here, honestly.
And they can't take that away from me - as the song goes...

All the best to you on you journey to sobriety. Wellcome brother!!!

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Re: ImGonnaWin's Log
Posted by ImGonnaWin - 17 Apr 2012 01:50

Earlier today I was reading through some posts on the website here when a friend of mine
walked into the room. Instinctively, I quickly pressed cntl W, closing the window before he saw
what I do - and in most cases it work
my progress that I won't feel as ashamed. But for now, I think I'm still going to keep this as
as possible). When I realized what I had just done--closing the window before
he saw it-- I started laughing. The last time that he walked into the room and I closed the
window, it was because I was looking at "shmutz." Baruch Hashem that I have found this place,
and that I am spending time on the computer in ways that help me heal, as opposed to hurting
me.

Today is day 2. And hopefully, I'll be closing up shop in a few hours and securing another clean
day.
It's good for me to be back into a schedule (Albeit, a super busy one). I look forward to a busy,
efficient, and, most important, **clean** week.

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Re: ImGonnaWin's Log
Posted by Eye.nonymous - 17 Apr 2012 08:34

One day at a time.

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Re: ImGonnaWin's Log
Posted by alexeliezer - 17 Apr 2012 14:44

Counting with you bro

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Re: ImGonnaWin's Log
Posted by ImGonnaWin - 18 Apr 2012 16:43

Frustration is all I am feeling right now. Frustration with my will (or lack there of). Frustration with my self-awareness (again, lack there of). Frustration with my inability to even make it onto the 90 day chart.

Last night I allowed myself to enter into conditions that I should not have. I know that I shouldn't have. I know that it wasn't safe. And, I know that I deluded myself into believing that it was safe. I started to slip, and I tried getting to this site to post something, but, for whatever reason, the internet connection just wasn't letting me on. So, I continued looking around. By the rules, I think what I was dealing with at first was only a slip. But, I was not sure--I was voluntarily putting myself into situations where there was a good chance that pictures would come up, even if I closed the window as soon as I saw them.

Eventually, as with most slips, I just decided that this should turn into a fall. By no means was this the worst fall that I've ever had. I have gone much much lower than I did last night. So, I guess that's something to focus on-- some growth for me, at least. But, a fall is still a fall. So, I reset the count.

Last night, after the fall, during maariv amida, I spent some time daveing and reflecting on what I need to be doing. I did the same thing this morning at shacharit.

The first level of mesilas yesharim is zehirus. I need to work on that. My actions need to be calculated. I should be doing things (read: going on the internet) unless I have a clear and proper purpose to be doing so.

I have to run, but I'll likely be back later today to post again. Until then, here's to a new count, a new day, and a new opportunity to succeed

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Re: ImGonnaWin's Log

Posted by alexeliezer - 18 Apr 2012 18:05

Yes. An alarm needs to go off in your head whenever you catch yourself purposelessly surfing, or perusing a pop magazine, or looking at a television or a video case, or a newspaper. Your addict will be looking for his fix. Starve him.

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Re: ImGonnaWin's Log

Posted by 1daat - 20 Apr 2012 06:54

You are working hard. i beg you to stop worrying about what day number you are on. You are describing things you're learning that are such chizuk for me. Just keep at it. Each little insight will add to the next. Soon you will understand how deep down the INTENTION to be a clean eved has to really be, and that we have to see the truth of what our deepest intention really is with our own "eyes". Do I really intend to be clean before Hashem? Or do I really intend to keep making with the drama--fall, crawl; fall,crawl. Davening definitely shows the path to our deepest intentions. Last Shabbos people were talking about Rebbe encounters. Somebody made the point that when the Rebbe looked at you it felt like he was looking right through you, and you really wanted to be really clean.

Last week I was on a cruise control. After you get a little sobriety under your belt, you'll see it gets pretty easy to stay clean and figure you have the yetzer under control. It's a well-known trick of the yh, which for some reason I refuse to believe is happening to ME. So I just wasn't paying much attention to the yetzer. I got awakened really early by somebody, a neighbor, and I snapped something at him. I tried to make amends, but it didn't fly. It bothered me all day. I caught up with him at his house late that night and mended the fence.

Every day there's so much I refuse to learn, because I'm doing just great, and who needs any more of this recovery stuff. Oy!

You're doing great. Keep learning. The count will start adding up really fast. But just go one little piece at a time. maybe ask for help just till mid-day.

Keep On Truckin

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Re: ImGonnaWin's Log

Posted by obormottel - 20 Apr 2012 15:38

It looks like you're working at it and that's what really counts. Keep chipping away at this little shtikle at a time, and you will undoubtedly succeed.

Good shabbos,

Mottel

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Re: ImGonnaWin's Log
Posted by ImGonnaWin - 25 Apr 2012 22:29

I had a bad night on Saturday night. I was so happy with myself going into Shabbos, I just totally dropped my guard, I guess. It was a rather weird fall-- It wasn't really a pleasurable experience. I think that because of the filter, I wasn't able to get the *real* fix I wanted, you know? I just sort of had to take whatever I could find. A very frustrating experience for an addict.

Either way, I made a major decision for me after that fall. My wireless internet card is external to my computer. So, I unplugged the card and made a quasi-oath that I wasn't going to plug the card into my computer (or even have the card) while in my room until this coming Sunday. I've made this type of statement to myself before, but never for such an extended period of time, and I have hardly been successful at keeping it out of my room. However, this time, I looked at it as a type of taphsic shvuah. By considering it as such, I sort of elevated my decision to keep the card out of my room to something more serious.

So far, it has been going well. Baruch Hashem I have had enough self control to keep the card out of my room. I made this decision to last until this coming Sunday. My goal is to renew this decision for another week this coming Sunday. Me'at me'at, I hope to get somewhere.

Also, I joined the famous phone conferences this week. Shlomo's night meetings. Still the beginning, but I plan to put forth effort to really get something out of them.

It's a good feeling to know that I am taking major steps here. I pray that I continue to feel good, through my success in overcoming this yetzer harah.

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Re: ImGonnaWin's Log
Posted by alexeliezer - 26 Apr 2012 16:50

[ImGonnaWin wrote on 25 Apr 2012 22:29:](#)

It's a good feeling to know that I am taking major steps here.

Indeed!

Sounds like you're back in a good place.

Shteig on!

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