

My days (even more then 90)

Posted by needtoquit - 10 Jan 2013 09:02

---

I have been working on the Wall of Honor for 6 months now. On my first try I reached 90 days, but then over Succos I fell (hard as is always the case) a number of times. I have since been trying to regain my ground but been having a hard time. I made it to 5 weeks again and then about a month ago I fell again and have been staggering around since. See [here](#) for more of my story.

I have finally started up again strong at the very end of December and am now on day 17. One idea which I saw and liked was the \$90 for 90 days. So I am doing it with a twist. If I don't finish the 90 days I will give a dollar for each day which I stayed clean to a "tzedaka" which I really don't support. (It is a valid tzedaka just one whose mission I disagree with.) I have been starting to have a hard time the last few days and thought that posting was in order. So, I decided to make a real log of my journey. But not just 90 days clean but Biezas Hashem for many more.

Thanks for reading and Hatzlacha to you all.

=====

Re: My days (even more then 90)

Posted by MBJ - 07 Oct 2013 14:04

---

The anxiety and depression induced by watching the Giants this year would make anyone fall.

Maybe you better stay away. It is not like you are missing anything but ineptitude.

=====

Re: My days (even more then 90)

Posted by Pidaini - 07 Oct 2013 14:58

---

At least the packers are playing well (are they?)

=====

=====

Re: My days (even more then 90)

Posted by needtoquit - 20 Oct 2013 07:18

---

**Warning: Spoiler!**

I have bad news to share. Don't look if you are easily depressed.

=====

Re: My days (even more then 90)

Posted by cordnoy - 20 Oct 2013 09:01

---

KOT!

Youre an inspiration to all of us!

=====

Re: My days (even more then 90)

Posted by Machshovo Tova - 20 Oct 2013 17:46

---

Sorry to hear that. I can relate. A logical next step would be to avoid such potential triggers. Otherwise, nothing will change if nothing changes. Right?

Hatzlacha

MT

=====  
=====

Re: My days (even more then 90)  
Posted by MBJ - 20 Oct 2013 22:36

---

first of all congratulations on stringing together 172 one days. That is amazing and you should be very proud and thankful that you where able to do that.

Now with those 6 months behind you, and all the clarity that stretch brought, why did you ultimately fall, and what will you change to keep yourself from going back to that place?

Good Luck

Eli

=====  
=====

Re: My days (even more then 90)  
Posted by Dr.Watson - 22 Oct 2013 02:16

---

Can I just point out that there's no real difference between day 1 and day 173. The only difference is in the mind, a figment of imagination, a fantasy, another tool of the yetzer hora.

=====  
=====

Re: My days (even more then 90)

Posted by skeptical - 22 Oct 2013 03:09

---

Keep on moving forward. Don't look back except to learn from it.

Hatzlacha!

=====

=====

Re: My days (even more then 90)

Posted by needtoquit - 24 Oct 2013 04:51

---

[MBJ wrote:](#)

First of all congratulations on stringing together 172 one days. That is amazing and you should be very proud and thankful that you where able to do that.

Now with those 6 months behind you, and all the clarity that stretch brought, why did you ultimately fall, and what will you change to keep yourself from going back to that place?

Good Luck

Eli

Thanks for the sentiment. One of the main contributing factors is my watching of TV/movies/Youtube. So, how to change that? It's not easy. Is it harder than quitting lusting and masturbation? I'm not sure, but definitely it's definitely hard.

[Dr.Watson wrote:](#)

Can I just point out that there's no real difference between day 1 and day 173. The only difference is in the mind, a figment of imagination, a fantasy, another tool of the yetzer hora.

While I believe in one day at a time, to the extent that I understand it, I was originally very insulted. But then I realized that it was just **my gayvah** talking, telling me how great I am because I made it to 172. And I realized that you said "between **day 1** and **day 173**" not "between **1 day** and **173 days**." The difference is huge, it means that 173 days are great but not (necessarily) because they were consecutive. It was great because for 172 days I actually had a life not controlled by my lust. I had (some) clarity about life and how to actually live it. I realized just how unmanageable my life had become.

So, Dr. Watson, thanks for the thought. And thank you to everyone else also for their thoughts.

*Hatzlacha,*

NeedToQuit

=====  
=====

Re: My days (even more then 90)  
Posted by Dr.Watson - 24 Oct 2013 20:00

---

I'm sorry that I caused any insult. All I meant was that yesterday doesn't affect today, whether you fell yesterday or you were sober yesterday does not affect today. In either case all we can do is try to live today the right way.

=====  
=====

Re: My days (even more then 90)  
Posted by needtoquit - 25 Oct 2013 05:52

---

[Dr.Watson wrote:](#)

I'm sorry that I caused any insult. All I meant was that yesterday doesn't affect today, whether you fell yesterday or you were sober yesterday does not affect today. In either case all we can do is try to live today the right way.

Not a problem. As I said, I realized afterward that it was just my gayvah causing me to misunderstand what you wrote. And you are definitely correct that yesterday's status doesn't

help nor hinder today.

*Hatzlacha,*

NeedToQuit

=====

Re: My days (even more then 90)

Posted by needtoquit - 11 May 2014 09:16

---

Hi everyone and future me,

Just a quick update so that I will be able to look back at how I've been doing. Since my last post, I made it to 65 days which ended in January. Then I had the worst 4 months in my recallable history. In that time, I totaled probably less than 15 days sober. Most of the time I wasn't even trying. Right now I'm just trying to figure out how to want to try but it's not going well.

I'm so depressed, that I just don't care if I'm sober or not. I just don't care if I go to minyan, learn, do chessed etc. And as long as that remains the case, there is nothing that I or anyone else can do for me. I haven't been to Shacharis in a week, even missing Shacharis on Shabbos.

Tonight by Ma'ariv I realized that I do recall a time, which feels like ages ago, when I was happy  
I just wouldn't have to worry about  
*living* if I wasn't alive.) I started reading back through my posts to see what I sounded like back then. Is it worth my trying to attain that feeling again?

I called into Shlomo's night call last week one day, but it didn't really help much. But again it's because I'm not really trying.

I was listening to some of The Shmuz the last 2 weeks. I spoke with Positivity on the phone and he recommended [#222- Dealing with Failure](#). Like always it was great. However, I'm still not sure how to balance the conflicting parts. (Sorry for not being more specific, but I can't really

distill a 45 minute Shmuz to fit even into one of my massive posts. But feel free to listen to it [here](#).) Then last week I listened to [#176 - Tshuvah Shmuz 5769 - A Diamond with a Flaw](#). I've heard that one before but it finally began to sink in what he means. He was talking to me. I've let this thing grow into the only part of my life that matters, to the point that because I've been acting out, I've dropped my chavrussas, Shacharis with a minyan, keeping up with Daf Yomi, etc. I've let this be the thing which makes or breaks my life and that is not good. While I can/should spend lots of time working on it, if I fail, I must realize that I can't let it ruin my spirit, which is exactly what I've let it do.

So, now what? I don't know. Last night I sat in Shul after the Seuda and I almost even managed to cry. For years now I've said that I don't have any tears left, but last night I almost proved myself wrong. I asked Hashem, "Where to do I go from here? What do I do?". I didn't hear an answer right away but I hope to listen more closely now and IY"H I will hear one.

One last thought. Friday afternoon I was reading some old threads that I haven't been keeping up on down here in my ditch. I came across a really nice post that I wrote and had completely forgotten about. You can read the whole thing [there](#) but here is my favorite part which I think is very relevant to us all:

[needtoquit wrote](#):

...

My addiction provided the "perfect answer", "Just lust a little and watch porn and masturbate once and all will be well." We all know that it doesn't help but it sounds so good when we hear it, to again remind myself why I shouldn't listen to that voice. The reason why is because the word "once" isn't in the addicts dictionary and when it starts it doesn't end well or easily. And since I'm an addict I made a complete mess out of 2 weeks of my precious life.

So, take it from someone on the other side of the fence, "It doesn't pay to fall." No, I didn't mean myself. Why should you believe me, an anonymous poster on the internet? ... Rather, take it from yourself. Go back over your posts just prior and after your previous falls, and remind yourself why you are here and why you need to stay here. I wish I had done that last week.

Would it have helped me? Will it help you? I don't know but we have only ourselves to blame if we don't try. And then after we've tried, we must turn to Hashem and beg him for help like a son begs his father with the full belief that he can help.

Hatzlacha and remember why you're here,

NeedToQuit

Sorry for the out of order rambling but I just wanted to get this out however it flowed so I don't miss the opportunity.

Hatzlacha to us all,

NeedToQuit

=====

Re: My days (even more then 90)  
Posted by Pidaini - 11 May 2014 11:18

---

WOW!!!

I could've written a large portion of that post, especially about the not knowing, not wanting, yes wanting, maybe wanting, wanting to want, etc. Another thing is the not minding if I die, not suicidal in the least, but "yazkir lo yom hamisa" was actually a comforting thought, not one that )

Well, I found out that in order to really want to stop, I first had to stop. Only after I'm clean a week do I finally feel some of my old happy (actually quite new( self showing his face again. I stopped watching porn, as it was boring already and masturbating was getting painful, and started noticing how much I killed my view of women again, since I couldn't go outside without staring. Finally I was able to get back in touch with people, make more fences around me (which I look at as actions of powerlessness), and I am starting to realize that I want to stop.

Take the jump, just for fun.



KOT brother!!!! We're all in this together!!!

and KEEP ON POSTING!!!!!!!!!!!!!!!!!!!!!!

=====

Re: My days (even more then 90)

Posted by cordnoy - 11 May 2014 23:13

---

I wonder if that should be a prerequisite....stop for seven days and then let's discuss.

I'm not sure, cuz' for some, that alone might be difficult.

On the other hand, like you wrote, it puts one into a better state.

Dachtzich that in the white book it says that you can come to SA if you are sober....not sure the exact context.

Will look it up.

b'hatzlachah

=====