

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....

Posted by laughingman - 18 Mar 2015 20:56

I certain that we are at a very late hour

....why else would the yetzer/my addiction/wtvr ...try soo hardwith everything in my life the way it isthis is the LAST struggle someone in my position would want

And now here i am 2 years after first starting the 90 day chartwith only reaching 90 oncesometimes i doubt my commitmentbut i try to cut myself alittle easei have been tracking every fail and slip and wtvrand i have done this with bipolar and severe depressionand no meds or therapyonly my prayersand both hands behind mei am not patting myself on the backjust stating facts

I really am trying to call doveven got an alarm telling me an optimal time to call.....but this week at that time has been extra busythere are alot of things happening this week that never happen

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Re: laughingman tries to count to 90.....

Posted by cordnoy - 18 Mar 2015 21:12

both hands behind you! hmmm that's good, but then you are pattin' yourself on the back...aren't you?

Keep up the super attitude, and we look forward to seein' you leadin' dat horse down 13th avenue with a bugle in your mouth announcin' the comin' of Mashiach....and we will know it's you, for we will see you then pattin' yourself on the back.

feel good....and your wife as well

b'hatzlachah

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Re: laughingman tries to count to 90.....
Posted by Larry - 19 Mar 2015 14:48

It's absolutely a balancing act - at least for me, anyway - on one hand, I don't want to get too high on myself and risk crashing back down... but on the other hand, if I never give myself any credit, then I'm running myself into the ground... sounds to me a lot like Avos (1:14), Hillel HaZakein... ??? ??? ??? ??, ?? ??? ?????? ??????, ?? ???

Great that you're trying to talk with Dov... hopefully you'll get through to him soon.

Hope you (and all of us) have a good, clean day.

-- Larry

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Re: laughingman tries to count to 90.....
Posted by laughingman - 23 Mar 2015 05:55

Explaining myself has never been my strong suitmy thoughts get so jumbled i sometimes barely know myselfbut at the same time i always need chizuk and guidance

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Re: laughingman tries to count to 90.....
Posted by laughingman - 23 Mar 2015 05:58

All of us go through difficult timesand saying you have had it difficult or going through

memories of difficult times is natural

No ones difficult times can truly be compared to anyone elses ...because each person percieves differently ...

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Re: laughingman tries to count to 90.....

Posted by Dov - 24 Mar 2015 02:05

I like the picture in your posts. I wonder if that is you. If it is, then It reminds me that the word 'recovery' refers to getting back to the innocent, happy child we once were. For some of us that ended at 16, for some at 13, some earlier...but most of us were cute, happy and easy-to-dance at the ages of 3 or 4!

AA's say that whenever we started drinking, we stopped growing up.

So once in my 3rd or 4th year sober when I was busy whining about how screwed up I was, my sponsor asked me how old I was when I started masturbating myself and sneaking sweet porn. I said "about 12." He then asked me how many years it had been since I last masturbated, and I told him. And his response was, "Then you are now about 16 now and it stinks to be an adolescent. Give yourself the space to whine a bit, but let's keep on growing up, OK?" We both had a big laugh and I felt much better being able to laugh at myself a bit, and move on.

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Re: laughingman tries to count to 90.....

Posted by laughingman - 24 Mar 2015 08:59

That is mesecond gradei am aware that it looks like youngeri was at least 9 1/2...alsomy looking at inappropriate material basically started at 16m***** didnt start till after i was marriedand even from the outset i was fighting iti just didnt have anyway to quantify

my struggle or a definitive goal to look tonow i do ...its still difficult but having a destination is important in a journey

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Re: laughingman tries to count to 90.....
Posted by TalmidChaim - 24 Mar 2015 18:30

[laughingman wrote:](#)

Explaining myself has never been my strong suitmy thoughts get so jumbled i sometimes barely know myselfbut at the same time i always need chizuk and guidance

To properly explain something, you need objectivity, otherwise, you're just relaying your opinion, peppered, maybe, with a few facts here and there. Try as you might, you'll never be able to see yourself objectively. That's why psychologists and psychiatrists are required to see *other* therapists. You cannot conduct therapy with yourself. So don't worry; we're all in the same boat.

For me, a crucial step in this journey has been letting go of the need to understand EVERYTHING. I do enjoy reading up on the science of addiction, etc., but now, it's just academic for me. When it comes to *MY* recovery, it's all about actionable insights.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 01 Apr 2015 13:55

Today i fulfilled a condition I set as my taphsic penaltyand i feel much better for it ...

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 01 Apr 2015 16:46

then we feel better as well.

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Re: laughingman tries to count to 90.....

Posted by laughingman - 08 Apr 2015 13:40

Had the pre pesach rushand then chol hamoed was ok till todayi had a massive fight wih my wifemy faulti say things in frustration i shouldnti am depressed now

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Re: laughingman tries to count to 90.....

Posted by serenity - 08 Apr 2015 15:06

Do a step 4 about it on paper or in your head, talk about it to another person and ask for Hashem's guidance and make an amends.

Hatzlacha!

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Re: laughingman tries to count to 90.....

Posted by laughingman - 09 Apr 2015 08:55

Maybe i should look up the 12 stepsi did it onceor twicebut my memory on it isnt that good

Anyway sometimes all i can do is not make things worseand also i learn to trust my family membersand realize i have a whole lot of negative feelings that are unwarranted

This is my bipolarness.....on the one hand i understand and accept that i have alot of issues to

deal with and on the other i have a problem where awareness of the problem is not having the affect of preventing outbursts ...or negative behavior ...

Chag sameach

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Re: laughingman tries to count to 90.....

Posted by laughingman - 09 Apr 2015 10:42

I have always had trouble in my relationships with people.....

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