

My 90 Journal

Posted by stayrein - 14 Jul 2013 07:23

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Hi all,

Ive been struggling with porn and more pron since a few years back. As most addicts can relate, I tried all the easy things nut to no avail. I have a phone chavrusa,emails etc.

I am not willing to go to a group, however i am willing on trying a weekly journal of my struggle. I hope that I can get support this way.

My longest clean period has been one month. If I can do 3, that would be great.

Triggers for me come from all things. The other day I was looking at a video posted on facebook, which triggered me to think about my good ole habit, which lead me to porn etc.

I've never written much about my addiction, perhaps writing will clear things up a little.

Would love feedback and support.

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Re: My 90 Journal

Posted by Pidaini - 01 Aug 2013 14:31

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I know what you mean about the thoughts being the hardest, but I can reassure you that they will lessen as time goes on.

KUTGW KOMT!!!!

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Re: My 90 Journal

Posted by cordnoy - 01 Aug 2013 15:48

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Ditto to what pidiani said

In the past, I could not get thru a shemoneh esrei w/o a lustful thought or two....now, 47 days clean, I can sometimes go from one s"e to another w/o any improper thoughts.

Continued hatzlachah to you

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Re: My 90 Journal

Posted by inastruggle - 02 Aug 2013 07:52

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KUTGW, it's really impressive how well your doing even though you just started.

Make sure not to let your guard down though, he's always waiting whether we realize or not.

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Re: My 90 Journal

Posted by stayrein - 07 Aug 2013 11:02

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Thank you,

I very much know that there is a part of me waiting to let my gaurd down. I must admite that even though i am not acting out, I still get lustfull thoughts and Image sfrom previous sessions..

It takes awareness and willingness to let those thoughts drop.

Imýh I am going to be more active in posting now.

It is always the hardest, physchially and mentally after two or three weeks of abstanation.

Take care

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Re: My 90 Journal

Posted by Pidaini - 07 Aug 2013 15:11

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Keep it Up!!

it's well worth the effort!!

KOT

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Re: My 90 Journal

Posted by stayrein - 09 Aug 2013 22:22

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And it happened.

I was thinking lustful thoughts for the last two weeks, and it was bound to happened.

I had my biweekly fall.

I hope I'm not taking up too many posts, but this process to 90 days may take 100's of posts.

I'm glad I can post my fall here. On one hand it's good to have a outlet to let it loose, on the other hand it can't be to easy.

Thanks for believing in me up until now, I hope not to disappoint.

I have two points that bother me about this whole thing.

1. By calling myslef an addict i sometimes feel that i'm putting myself in a box, labeling myslef. I don't think that it always helps.

2. Being that im not married yet, I'm afraid to dispose of my sexual feelings that quicly, as i feel i might not get it back. ie. if im always telling myslef to ignore my sexual desire...

Any thoughts?

Good Shabbos

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Re: My 90 Journal

Posted by cordnoy - 09 Aug 2013 22:25

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1. don't worry what you call yourself
2. it will come back; don't worry about that either

perhaps you shouldn't focus on 90 days...just one...and then another one

one at a time

baby steps

also develop a strategy

what will you do to prevent the fall when the urge arrives

try stopping the little triggers

b'hatzlachah

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Re: My 90 Journal

Posted by stayrein - 09 Aug 2013 22:49

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Thank you very much Cordnoy.

I will keep on trying.

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Re: My 90 Journal

Posted by tryingtoshteig - 09 Aug 2013 23:00

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Falls only come "on schedule" if you, consciously or subconsciously, "schedule them." Like others have mentioned, live one day at a time. Make TODAY's focus on on spending ONE DAY doing what Hashem wants from you (not just avoiding what Hashem wants you to avoid, but actively living a life dedicated to His ratzon) and see where He takes you TODAY. When you go to sleep at night, you will know I had a great day of living a real, fulfilling, honest, connected to G-d, day. At that point, decide do it again, for ONE day.

You don't have to think what will happen in two weeks time. Make today count for you. You can worry about the future when you get there, and then, you can just make your one day count.

Have a great DAY! (and a good Shabbos)!

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Re: My 90 Journal

Posted by stayrein - 09 Aug 2013 23:08

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Thank you for that.

I have worked with that mode in the past and it works wonders.

I think 'what is needed for me to do right now", instead of hoe am i going to get everything i need done today.

It's hard to keep it up though.

Today's fall in a way felt out of place, like there was nothing preempting it.

Thanks again and I appreciate you taking the time to spell out these points for me.

Good Shabbos

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Re: My 90 Journal

Posted by skeptical - 10 Aug 2013 01:06

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Boruch Hashem you were able to make it as far as you did.

It's not over. A fall does not mean failure. It just means you need to pick yourself up and continue moving forward.

A child learning to walk falls. It's expected. He's learning a new skill. He just needs to pick himself up immediately and try again.

We're working on a middah that has become ingrained in us over the years. We're now learning a new skill - how to live life properly. We don't want to fall, but sometimes it happens. Pick yourself up, learn from it and move on, stronger than ever.

**stayrein**

I have two points that bother me about this whole thing.

1. By calling myself an addict i sometimes feel that i'm putting myself in a box, labeling myself. I don't think that it always helps.
2. Being that im not married yet, I'm afraid to dispose of my sexual feelings that quickly, as i feel i might not get it back. ie. if im always telling myself to ignore my sexual desire...

1. Don't call yourself an addict. Labels don't matter. What matters is how you're going about dealing with your life.

2. You're not the first one who has voiced such fears on here. I just want to let you know from experience that when the time comes, things work a lot better sexually when it's not previously exercised.

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Re: My 90 Journal

Posted by Pidaini - 10 Aug 2013 23:52

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Don't have much to add, make the fall a learning experience.

And as the others said, labeling yourself is not important. just one note-that is only IF you are ready to take whatever it takes to get out of it. If you are telling yourself "if I'm not an addict, I don't need to do [fill in the blank]" then please label yourself an addict (or whatever you want), and do whatever needs to be done!!

And of course ODAAT!!

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Re: My 90 Journal

Posted by gibbor120 - 13 Aug 2013 01:00

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[stayrein wrote:](#)

I have two points that bother me about this whole thing.

1. By calling myself an addict i sometimes feel that i'm putting myself in a box, labeling myself. I don't think that it always helps.

How about admitting that you cannot overcome this "problem" on your own. You don't have to call it an addiction. The main thing is that it is an issue you can't tackle yourself and you are getting help. Calling it an addiction sometimes helps people accept themselves, accept they have a problem, and get help. Whatever helps you do that...

[stayrein wrote:](#)

2. Being that im not married yet, I'm afraid to dispose of my sexual feelings that quickly, as i feel i might not get it back. ie. if im always telling myself to ignore my sexual desire...

Don't worry. That's the Y"H talking. Do you worry that if you don't cut your finger every so often maybe you will forget how to bleed?

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Re: My 90 Journal

Posted by inastruggle - 01 Sep 2013 08:50

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Where'd you go?

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