

with Hashem's help

Posted by ahavas hashem - 25 Jul 2013 19:33

There are so many things that are racing through my head that its hard to put them into words. I'll start with explaining why I started this thread on the forum. I first came across GYE about three months ago. I have been slowly exposing myself to the various tools that exist on this site. Initially, I found it to be overwhelming, but decided to utilize one thing at a time. I have read through part of the handbook and am still working my way through it for the first time. When I saw that I was still falling, I signed up for the daily chizuk emails. Then, about two months ago, I started my journey on the 90 chart. In the last two months I have learned a lot about my problem and am hopeful that the chizuk, suggestions and companionship in this area will help me find my way. Like I said, my thoughts are all over the place right now so I don't want to get into the struggles I've faced in the last few months. Over the course of time and the more I post, these things will iy"h be spelled out.

I do want to declare what my acting out problem is. It took me a long time to finally realize that I have a serious, chronic (possibly addictive, but I'm not there yet- maybe I should be) masturbation problem. I have been masturbating since I was 13 and there have been certain tekufos of my life when I was masturbating almost every day and sometimes multiple times a day. This, I believe, is my main area of struggle. I have as a teenager and single bachur occasionally viewed pornography. This is not something that I have done in a long time and it was not something I did consistently enough to become a real problem.

I know that there is probably a lot that should be included in this introduction that I am leaving out, but this is a very hard thing for me to do. I am not the kind of person that turns to others for help and I rarely share personal information with others. However, I believe posting on the forum and learning to share with others is a necessary step in my recovery. Hopefully with Hashem's help I will begin to truly live life.

And today is day 1! And [b]today[b] I will not fall!

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Re: with Hashem's help

Posted by Lizhensk - 04 Aug 2013 00:18

Wait a sec, CALL THE NEWS!!! STOP THE PRESSES!!! CALL GUINNESS!!! WE HAVE A RECORD!!!

Is it possible that dov posted a ONE-LETTER POST!?!?!?!?!?

[Dov wrote:](#)

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Re: with Hashem's help
Posted by Dov - 04 Aug 2013 06:37

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Re: with Hashem's help
Posted by cordnoy - 04 Aug 2013 07:29

thanks Dov

much appreciated, and I get it now

and thanks to you and others, I am changing things...in shemiras einayim on comp...talkin to therapist openly...talkin to others openly face to face, and etc

the struggle I am having is not a miserable one

what I had before I gave up, and as of now, most of the time I don't miss it

when I do miss it, I am not miserable, but happy fighting the fight

so keep on posting please

you make think thru our actions and thoughts

b'hatzlachah

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Re: with Hashem's help

Posted by ahavas hashem - 07 Aug 2013 03:48

Woh! A ton of stuff went down while I was gone! Lots of important yesodos for recovery. I appreciate that everyone has been posting and clarifying things. This is all really helpful for me.

Update: Today is my 13th day clean! Sunday was a little difficult with shmiras einayim. I find it very difficult to be consistent in that area. This morning, I felt an urge to act out. I was able to get control over the thought and change it and move on to something else. B"h the rest of the day was good, but like Dov says- if I am not actively recovering then these urges will become more frequent and stronger, and I'll be left with a life of misery.

[gibbor120 wrote:](#)

[ahavas hashem wrote:](#)

Dov- Im taking a friends advice and taking my first step toward a real recovery. Im making sure to time every day to write an inventory of every incident and event related to my problem.

How does that help? What type of stuff are you writing?

I am writing the history of my problem. From when I first started acting out all the way until now. I describe the first time I ever acted out and every subsequent time I can remember until now. It helps me see the progress of my problem and good a good overall picture of it. This is not my idea. A friend who has been sober for 16 years told me to do this as the first step. As I'm doing this, I am seeing how sick I really am and how badly I need to change. I'm not sure what the next step is, but whatever it is- Im gonna do it!

Also, I think that this is helping me "not hold my breath". I'm being proactive in my recovery.

I would suggest finding someone who has been in recovery for a while (not sure how long) who could help you figure out what you need to do. I think that's what's helping me the most.

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Re: with Hashem's help

Posted by gibbor120 - 07 Aug 2013 21:50

Ok, I gocha. You are writing a first step inventory. It sounded like you were just writing "the diary

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Re: with Hashem's help

Posted by ahavas hashem - 08 Aug 2013 18:16

I don't think my diary would make much money. It's not so interesting. The same stupid dtuff
Once it's all out on paper, I could really see how pathetic this all is.

Anyway, yesterday I completed two weeks. I'm feeling really good. I even feel optimistic. But I
However, this time
time is different because I'm in contact with a recovered SA. I think that this relationship is
making all the difference in the world. He is guiding me and helping me understand what is
really important in order to make a real recovery.

But let's not get ahead of ourselves... for **today** I will be clean and tomorrow we'll see what tomorrow brings.

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Re: with Hashem's help
Posted by Pidaini - 08 Aug 2013 21:59

Great to hear!!!

KUTGW!!

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Re: with Hashem's help
Posted by ahavas hashem - 09 Aug 2013 16:55

Yesterday was day 15! and still going strong! If I have time later I'll post again before Shabbos.

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Re: with Hashem's help
Posted by tryingtoshteig - 09 Aug 2013 16:56

KUTGW!

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Re: with Hashem's help
Posted by ahavas hashem - 12 Aug 2013 03:12

Today is day 18 and thank G-d I'm clean. Trying real hard not to hold my breath- trying to get a hold of someone who can guide me in the next step of my journey. This whole thing is starting to get a little scary- the whole changing my life thing. But I'm committed to following through on

doing whatever it takes, no matter what, one day at a time.

Oh, and another thing I'm starting to learn- **patience is the key.**

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Re: with Hashem's help

Posted by Dov - 12 Aug 2013 20:22

Wow. For me patience is sooo the key...but it is not a thing I need to do with life. It just is acceptance of reality. Real things take time. Maybe everything else can be instant, microwaved, or 'Pop!' downloaded!...but the good stuff - real things - just are. And they take time.

Thanks for sharing your *acceptance* of reality with us!!

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Re: with Hashem's help

Posted by ahavas hashem - 13 Aug 2013 15:50

Yesterday was day 19 and we are still clean and moving forward.

Dov- Thank you! This journey of mine only got off the ground because of you. And the continued chizuk and advise I get from you throughout is so helpful and necessary.

I guess along with my most recent post- I'm feeling more scared about Rosh Hashanah and Yom Kippur this year than usual. It actually feels real and I find myself thinking about about it a lot more than in the past. I guess it's OK to be scared as long as I keep in mind that I am bringing clean days and real steps toward recovery with me into the Day of Judgment. I just have to show Hashem that I'm trying and all will be OK.

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Re: with Hashem's help

Posted by ahavas hashem - 14 Aug 2013 16:07

Yesterday was my 20th clean day.

I heard a mashul last night in a shiur on Rosh Hashanah that is such a simple concept, but made such an impression on me that I want to post it.

A child is going through the developmental stages and is about ready to learn to walk. The parents take the child by his hentelech and stand him up. Then they let go. The parents take a couple steps back and encourage the child to move forward towards them. Imagine what the child is thinking, "These people are crazy! They are leaving me stranded with no support. I don't know what I'm doing. But I they give me everything I need and take care of me so I guess I'll trust them." The child takes two steps and falls down. The parents begin to cheer uncontrollably, "Yayyyy!" The child thinks to himself, "These people are crazy. They force me to do something I can't do then they laugh and make fun of me that I fell.

There are a few lessons here, but two that really hit home for me. One, the child doesn't realize that the parents aren't cheering because he failed to walk, but rather because since he fell he can take three steps the next time and four steps the next time etc. Because of the fall the child is able to develop more.

Second, the child does not realize how much his parents love him. They are willing to put him in a situation where he will fail in order to see him grow from it. For parents, who love their children more than anyone else in the world, to place their children in difficult situations because it's good for them is the greatest gesture of love possible.

I hope we all have a wonderful, successful day!

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Re: with Hashem's help

Posted by ahavas hashem - 15 Aug 2013 05:25

Today is my 21st day clean! I can't believe its been three weeks already. It feels great.

I was thinking about the mashul I posted this morning and want to elaborate a little. I think that these lessons are very important, but they are just ideas and good perspective to keep in mind when faced with life challenges. It's not enough to just realize that Hashem loves us and sometimes wants us to fall; we need to do something about the problem also. If we get up and fall right back down without taking more steps this time then the last then we failed to use the precocious fall properly. Parents only care to watch their children if they will eventually see them walking. Hashem is no different. He loves us dearly and we need to acknowledge that by **doing something**.

I know this is pashut to everyone, but I just wanted to clarify.

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