

Help feeling like i am going to break my 90 days

Posted by simply613 - 14 Jul 2014 07:26

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I feel like i am going to break my 90 days. i know its stupid and thats its my yetzer hara fooling me. He is telling me-

"whats the use you are not going to stay away from movies anyways. look at how far you've come you NEED this outlet. You are not doing anything majorly wrong just watching a few movies".

Though i know this is a path of a downward spiral and i really want to break free, but it looks like its inevitable so whats the use. My Yetzer also says "I already know what people are going to respond so whats the point. I have heard all the counter arguments".

So hear is my shot in reaching out. Bracing myself for disappointment yet hoping for something useful.

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Re: Help feeling like i am going to break my 90 days

Posted by simply613 - 18 Jul 2014 09:06

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Movies help me to escape life stress in general. However i tend to overdo it, as well as they can have provocative scenes, content etc which can stimulate urges. If i am not exposed to them I experience less triggers.

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Re: Help feeling like i am going to break my 90 days

Posted by dms1234 - 18 Jul 2014 16:24

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I hear you. I have similar problems.

I think you said it well. We use X (in your case movies) to escape stress. Cause as addicts we have a tough time facing life's challenges. We usually shy away and end up escaping to really anything most notably lust.

I think this is different than relieving stress because that is just an outlet and a temporary break. We definitely all need those but when it consumes us it turns into escaping.

I think we have so much tension, we need to calm down and take a few breaths. We need to screw our heads back on because we think "something is wrong" but really nothing or "we can't do this. It's too hard, easier said than done" but we CAN do it. Then we escape life....

These thoughts are poison for an addict and lead into a pit of self despair. Start by trying to notice them after you gain the awareness you can start building yourself up!

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Re: Help feeling like i am going to break my 90 days  
Posted by Pidaini - 18 Jul 2014 17:13

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There is a thread about how some of us here relate to movies, it's called [Movies and you](#)

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