

I GOT BACK INTO THE GAME!!!

Posted by ashbalt - 12 Apr 2015 16:56

After being dormant for sometime, I felt like a need to make a change ASAP. I didn't get around to it because I was too scared of seeing myself fall again, again and again. I couldn't go two days without watching some porn. I always thought: "There has to be a way through this". And even though I know this wonderful site exists, I still avoided because of the reason stated above.

I will be updating this post with every jump (or fall, if the need arises).

(If possible, please leave your usernames so you can be notified when I fall and such.)

Thanks a lot.

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Re: I GOT BACK INTO THE GAME!!!

Posted by serenity - 12 Apr 2015 17:12

Welcome back!

Hatzlacha!

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Re: I GOT BACK INTO THE GAME!!!

Posted by TriggerMeNot88 - 12 Apr 2015 17:58

Welcome back!

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Re: I GOT BACK INTO THE GAME!!!

Posted by cordnoy - 12 Apr 2015 18:04

[ashbalt wrote:](#)

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(If possible, please leave your usernames so you can be notified when I fall and such.)

Thanks a lot.

Great to hear!

Perhaps you will tell us (either for your sake, my sake, or someone else): what is it that you will be doin' different this time around?

Mah nishtanah ha-cycle ha-zeh mi'kol ha-cycles?

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Re: I GOT BACK INTO THE GAME!!!
Posted by ashbalt - 12 Apr 2015 18:08

Actually... no. Got any suggestions?

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Re: I GOT BACK INTO THE GAME!!!
Posted by cordnoy - 12 Apr 2015 18:35

Without knowin' your full history, it is difficult to give concrete advice.

there are differences based upon the individual's level of addiction - if he is at all.

In general, isolation is not a good thing.

Speaking to someone, openin' up to a real person is beneficial.

Mussar, as in cheshbon hanefesh is good as well....for some addicts, this might not work.

Therapists, SA meetin's, 12 steps, whitebook, big book, phone conferences, etc. are all good steps to take.

See what speaks to you, but if you tried several times in the past without too much success, you might wanna add a method or two.

b'hatzlachah

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