

Toughing it

Posted by polar bear - 08 May 2015 00:59

Hi, I'm kind of new...

Today is the 2nd day? (Or will be if I hang in there...)

A storm is warming up on the horizon. I am going to snuggle up stubbornly until it passes.

If it passes...

Everything is going to be okay.

Thanks for listening.

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Re: Toughing it

Posted by TalmidChaim - 27 May 2015 01:32

Interesting, but not uncommon, issue. I know the feeling. You're your own worst enemy very often, with these things, or at least your mind is. It's sounds to me like old-fashioned denial, dressed up like fancy rationalization. But you're still, essentially, in convincing yourself that you need to let your guard down, opening the door for acting out, which is all related to a weakening of your acknowledgement of your addiction. Like I said, it's very common, even textbook.

I've done it too, maybe in a different style. In fact, the road to acting out and falling is paved with these types of thoughts: "Lighten up; Relax; You don't need to do all this stuff." I never go from a clean streak to a fall in a straight line. I talk myself out of staying clean, in my mind, until I've developed a (fallacious) argument about why I should act out. So by the moment I'm acting out, in my mind, I'm intellectually on board with it. It's sick, but addiction is a disease.

Read up on "confirmation bias." It's the human tendency to see the things we want to see, in places we ordinarily wouldn't see them. It all relates to the triumph of emotional desire over intellectual will, and our mind's eager willingness to accommodate that.

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Re: Toughing it
Posted by polar bear - 27 May 2015 23:55

Dear friends.

I am starting to feel slightly weaker on this struggle... Maybe that's a good thing and is actually the way to help me through - coming to terms that I am not in control...

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Re: Toughing it
Posted by serenity - 28 May 2015 03:04

Thank you. I can relate.

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Re: Toughing it
Posted by TalmidChaim - 28 May 2015 11:50

That's really an excellent take on feeling weaker, actually, the best I've heard. Try to find that balance between stressing out excessively about it and giving up. Actually, you could whisper to yourself, "I have no control over this; HaShem, please help me." Saying this out loud, over and over again, really makes a difference for me.

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Re: Toughing it

Posted by polar bear - 29 May 2015 07:14

Hello,

I, um, am going through a rough time today... Made a few wrong moves... Can use some encouragement.

Thank you.

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Re: Toughing it

Posted by fulfillinglife613 - 29 May 2015 11:50

Polar, Keep strong!

22 days is a huge accomplishment! It means that you have what it takes to make it through Today. Don't worry about never falling again. Just focus on getting through the day.

You can do it!

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Re: Toughing it

Posted by yiraishamaim - 29 May 2015 12:55

some slips? happens to us all.

You have not fallen and accomplished so much.

KUTGW

All of us are behind you

Gut Shabbos

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Re: Toughing it

Posted by gibbor120 - 29 May 2015 17:30

KEEP ON TRUCKIN! NEVER EVER GIVE UP!!!

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Re: Toughing it

Posted by serenity - 29 May 2015 17:31

Move on and move forward. Each moment is new!

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Re: Toughing it

Posted by TalmidChaim - 29 May 2015 19:37

What they said, haha. One day at a time, and if that's too much, one hour, or one minute. For me, and a lot others too, lust comes in waves. It's rarely hours and hours of continuous, excruciating desire. Remember that the desire will subside, and focus on getting through the day. Don't worry about anything else.

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Re: Toughing it

Posted by polar bear - 31 May 2015 03:44

Thank you all for your support! I made it through! I love you guys!

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Re: Toughing it

Posted by polar bear - 02 Jun 2015 14:58

Hello friends,

I just wanted to share that I was so close to falling recently that I am considering it a miracle that I didn't. I was starting to slip - very bad, then realized that I had not yet used the 'Taphsic' fence. I quickly charted down a bunch of 'fences' and then started acting on them. The whole (before) chores took me about 2 to 3 hours to complete, there were times there when I forgot I was in the middle of a huge struggle, and there were times when I could have said I had already fallen. After I finished all the chores I had written for myself, I was so, so close to falling. Just then some friends hurried in and pulled me out of the icy water. They arrived much earlier than expected, and I really feel that it was HASHEM telling me that I did my best and that it was time for him to throw in a net.

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Re: Toughing it

Posted by shlomo613 - 02 Jun 2015 17:53

A cheer all round. Well done!

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Re: Toughing it

Posted by Palti-Yossef - 02 Jun 2015 18:11

Wow, just wow.

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