

I fell and still happy?!

Posted by Chazak18 - 15 Jul 2015 01:46

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I just want to tell what happened to me when I was going to my 8th day clean and then i fell... One day before i fell i was supporting a hard struggle, then in the next day i could not support the struggle anymore and i acted out. So again came the feelings of guilt and other things that we already know, but suddenly i got surprised by a different feeling i was in peace and happy! I was confused at the beginning because i never had this feelings before in my 11 years of struggle i never was so calm after acted out and then i tought (after 8 days clean and reading a lot of the handbook and other articles of GYE) it is just it! All these two days that i was getting "crazy" following my thoughts and fantasizing that act out is a sensation beyond the normal and then when i do it, its just it? I mean, why i couldnt stop for longer and I felt that now i can really stop forever and not just it also i felt that i coulnt stop without struggling every time (i do know if this is possible) i felt that Something really changed inside me, this time that i acted out was not like the others and now i know 3 things:

1- the GYE can really help me and in the short time that i know the GYE i can recognize not just internally but externally his positive effects

2- I need to try harder and maintain myself focused in the tools and prayers.

3- Admit powerlessness and know that Hashem is helping us on this struggle.

I hope that this feelings will prolong for a really long time!

I believe that this 3 things will help me with my struggle, may Hashem bless and protect us in our journey.

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Re: I fell and still happy?!

Posted by waydown - 17 Jul 2015 16:42

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Notice I specifcally said "nearly" impossible in quotes. I never ever said impossible.

As to why I am here? Because I do want to stop. i just dont' know where to start. All I can find on this site is climb tall mountains. Do things that seem " nearly" impossible. Its very inspiring and you guys wull get tons of sechar on the next world for it. But it seems so far out of my relam when it comes to relating it and internalizing it within me. Yet when I propose small steps I am told it won't work don't try. I am lost and confused.

In fact I have come up with a small step that I plan on taking towards the path of sobriety. I plan on announcing it after shabbos.

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Re: I fell and still happy?!

Posted by Bigmoish - 17 Jul 2015 16:45

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Just take it one day at a time. That's what we all say. And that's the smallest step you can take.

The challenge only turns into a huge mountain when you start thinking days, weeks, months ahead.

Today is not a mountain. Do you think we can stay clean today?

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Re: I fell and still happy?!

Posted by Chazak18 - 17 Jul 2015 20:21

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I agree with bigmoish, also you can start reading not practicing, to understand better how you can start.

For example you can start with the 9 principles of addiction and the handbook

Shabat Shalom

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Re: I fell and still happy?!

Posted by gibbor120 - 17 Jul 2015 20:26

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[waydown wrote:](#)

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on this site is climb tall mountains. Do things that seem "nearly" impossible... it seems so far out of my realm when it comes to relating it and internalizing it within me. Yet when I propose small steps I am told it won't work don't try. I am lost and confused.

. Really, everyone is here to help each other. IT IS quite confusing. I was confused for quite a while. Yes, small steps are in order, BUT what ARE the small steps. Porning, and/or masturbating once in a while are not the small steps we are talking about. I think that is the issue that has some peoples feathers ruffled.

Small steps can be making friends, and getting a hobby, putting up fences like filters etc. We have seen from experience that "cutting down" as a strategy doesn't help. (of course, a person may slip, and the intervals between acting out may increase as a person recovers, but that can't be THE plan) I haven't seen a person on this site that said that the way he got better was by gradually cutting down. We try and report what we have seen work (and not work). It may work for someone, but, so far, I haven't seen it.

That doesn't mean you can't try. Please, whatever you try, let us know how it goes. We get strength, and direction from seeing what works and what doesn't.

I try and take a practical approach. If it works, do it. If not, try something else. The benefit you have here is, you have not only your experience, but the collective experience of dozens of addicts to draw from.

I wish you much hatzlacha! Keep us posted!

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Re: I fell and still happy?!

Posted by Bigmoish - 17 Jul 2015 21:26

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[gibbor120 wrote:](#)

I think that is the issue that has some peoples feathers ruffled.

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Re: I fell and still happy?!

Posted by amusichef056 - 18 Jul 2015 03:59

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Starting can be sooo disorienting. There's so much advice here that it's overwhelming. The last few posts have a lot of value to them.

Start somewhere, anywhere, and always remember that you are a great person who's stuck doing some less-than-great things. The fact that you are capable of feeling shame for what you did is your proof that you are a good guy. Always be happy and proud that you can be ashamed of acting out, if that makes any sense.

From my personal experience (and please correct me if I'm misreading), feeling good because you are relieved after acting out can be dangerous. I made it over a year and then I acted out once. And I felt great because I thought that I had control over it and would choose never to do it again...then I did it again the next day...and the day after that...for a month and a half before my wife found out (baruch HaShem, it got me to stop again). Like you may have found in the handbook, "One sip is too much and 1,000 is never enough".

Shalom,

Michael

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Re: I fell and still happy?!

Posted by Chazak18 - 19 Jul 2015 13:06

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From the GYE handbook: "The Vilna Gaon says that what a person says they want, and even what they feel they want, has no relation to what they actually want. The Yetzer

Hara was given permission to make a person feel they want something they really don't. And the same goes for what a person feels they can or cannot do.

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This has no relation to what they can or can't do in reality. So believe you will succeed, even if you feel you can't!

The biggest obstacle to succeeding is not believing you can succeed. The first impediment to overcoming this struggle is not in your genes, your childhood or your environment. If you believe you can succeed and are willing to make the effort, you will find the way out."

Quote of the day: Yes, I can!

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Re: I fell and still happy?!

Posted by Unknowngye - 19 Jul 2015 14:39

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Be happy!! ????? ????? ????? ?????

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