

Doing the 90-Days (again), but this time...

Posted by m58yiw84niym - 01 Oct 2015 05:06

I'M GOING TO MAKE IT!!!! YARRRGH!!!!!!

. It was a tough week,
I fell 3 times recently (the last one was particularly discouraging given the circumstances), and
this coming after a particularly good streak through Yom Kippur.

But as they say, that's in the past. I wish it wasn't (boy, how I wish it wasn't), but it's there, and
nothing I can do can change that. However, I'm pushing forward and starting anew, going strong
with the program with a renewed and enthusiastic determination. In the decade or so that I've
been fighting this, this is the most determined I've ever been, so it's now or... (don't want to say
never, so I'll just leave it at "it's now").

Sorry about that, really needed to vent my frustration about this struggle

So here's the plan: (Side note: Just wrote that line, and stared blankly at the screen for several
minutes trying to figure out if I actually had a plan. Still not sure if I do, but here goes) Starting
today, I'm reading through the GYE Handbook. Hope to be done with it by the end of Isru Chag,
and implementing the necessary tools from it. I'll also be posting in this thread almost daily
, and keeping
everyone updated. Also looking into getting a partner/sponsor.

So here goes: Starting off on Day 1.

P.S. Does anyone else agree with me that we need more varieties of "Topic Icon" smilies? I'm
or . Ok,
now that that's out of the way, time to hit submit!

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Re: Doing the 90-Days (again), but this time...

Posted by m58yiw84niym - 11 Dec 2015 04:44

[abe2710 wrote:](#)

m58 keep it up i am relying on you for for chizuk!

Thank you Abe, and trust me, you (and everyone else here) are also an amazing source of Chizuk for me.

Once again, still too busy to really write anything substantial, just checking in to say hello. One of these days, I **will** get around to posting a real post (sort of like what I promised several months ago [here](#)).

Have a Happy and Clean Channukah to everybody!

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Re: Doing the 90-Days (again), but this time...

Posted by m58yiw84niym - 21 Dec 2015 11:20

Hello everyone! Stopping by again to say I'm still clean (Thank God!), and while I still don't really have time to write a real post, I'll try to steal away some time to write something at least somewhat substantial.

[Shlomo24 wrote:](#)

mazel tov! how did you do it?

[yehoshua wrote:](#)

Same here, i wonder how u do it.

If only I knew...

I mentioned earlier that I had 2 things 'different' in my life, that might have been 'crutches' for my abstinence. One was being extremely busy. While I'm still hard at work, I've had a lot more free time recently, and since I'm still sober, I'm happy to say that wasn't the reason for my sobriety. Regarding the other reason, being in a relationship, that is still ongoing so I don't know if that's being used as a crutch for my sobriety. And as per eny's question:

[eny wrote:](#)

What if your success is based partly on outside factors?

Aren't they just part of the Divine assistance you're asking Him for?

In many ways, yes. If I manage to have outside factors 'prevent' me from acting out for the rest of my life, I will be a happy man. And of course, I will keep trying to put as many (ironic) 'stumbling blocks' between myself and a tempting situation, as I don't want to reach within miles of a difficult situation. However, throughout life it's very likely that I will reach situations where there's nothing 'in my way' to prevent me from acting out. I hope that in my recovery I'll have gained the tools to avoid acting out in those situations as well (and realize that there are always things to 'get in the way' of acting out, such as living a complete life and not being destroyed by this addiction. The key is to realize that, even when it's harder to do so).

But to get back to the earlier question: first and foremost, I've made it harder to access triggering materials. I filtered my devices, and blacklisted a certain 'borderline' website that I realize I was using to try to 'taste' lust. And yes, I know all the arguments about "the filter needs to be in your brain", "if you're desperate, you'll overcome any filter you set up", etc. But just because an accomplished thief can pick a lock, doesn't mean I'll leave my door wide open.

I've also been using the "surrender the lust to God" technique (or at least, how I understand that technique). Whenever I get hit by a lust attack, I take a deep breath, realize that stumbling will ruin my life (sometimes this takes some deep and sincere realization, as it's very easy to convince myself that 'acting out once' won't be such a big issue), and ignore the feeling/pray to God to help me overcome the feeling/distract myself with something else (those are essentially how I understand "surrendering to lust").

This is different than the 'white knuckle approach' that I used to do (to no avail). In the past, when a tempting thought would enter my mind, I would internally 'scream' at it to go away and try to 'fight it off'. I remember reading a parable somewhere on these boards that this is similar to wrestling with someone in the mud. Even if you beat him, you still get dirty. And whether or not the analogy is accurate, it resonated with me, and I'm finding a bit more success with the 'new' method instead of the 'older' one.

Thank you all for sticking around and reading what I feel is probably a very disorganized and stream-of-conscience-y post. And thanks again to everyone here. The fact that there's this forum is a great source of chizuk for me.

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Re: Doing the 90-Days (again), but this time...

Posted by abe2710 - 21 Dec 2015 21:25

m58 phew! i was getting worried about your silence i am relived t know that things are going well keep it up!

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Re: Doing the 90-Days (again), but this time...

Posted by Shlomo24 - 22 Dec 2015 01:15

Wow! really amazing. i related to a lot that you wrote. KUTGW!

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Re: Doing the 90-Days (again), but this time...

Posted by m58yiw84niym - 23 Dec 2015 14:59

HELP!!!!!!

The past couple days have been particularly bad. While I don't know what the 'technical definition' of what I've been doing is (I haven't watched any actual pornography or masturbated), I've been reading several 'innocent' story links and hungrily viewing the pictures there. Regardless, I don't care about that. What I do care about is that, if I don't do SOMETHING now, I almost undoubtedly WILL fall in the future, and I can't let that happen!

I need to come up with some sort of plan...

AHHHHH!!!!!!!

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Re: Doing the 90-Days (again), but this time...

Posted by markz - 23 Dec 2015 15:29

My friend!!!

Need a hitch?

Checkout [Truck Towing - #7 About To Fall?](#)

Hatzlacha

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Re: Doing the 90-Days (again), but this time...

Posted by Gevura Shebyesod - 23 Dec 2015 15:34

Daven.

Share.

Surrender.

Keep Busy.

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KOMT!!!

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Re: Doing the 90-Days (again), but this time...
Posted by abe2710 - 23 Dec 2015 20:02

i just said a little tefilla for you! hatzlocha

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(see your long post above for details.
Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 27 Dec 2015 09:15

I hate myself.

I wasn't enjoying watching. I wasn't enjoying acting out. Yet I couldn't stop myself. I was crying while acting out, and still followed through with it.

In some ways, I'm almost relieved that I acted out. It was almost too difficult to manage without having acted out for so long; now that I've acted out, I can start again and go another X amount of days without worrying about it (that is, until the next time lust rears its' ugly head).

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Re: Doing the 90-Days (again), but this time...

Posted by cordnoy - 27 Dec 2015 10:01

I know that's stupid and just plain wrong, but I don't know what else to do. We definitely need to pick ourselves up and get back on the train, but for today, what step forward can we take?

Our thoughts are with you.

B'hatzlachah

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Re: Doing the 90-Days (again), but this time...

Posted by BenTorah.BaalHabayis - 27 Dec 2015 15:26

I know the feeling, and yes - it's awful. But if only you act out with less frequency than the past that's an accomplishment.

Also, it's too long for me to post right now, but take a look at Nesivos Shalom in Parshas Balak on "Lo hibit aven b'Yaakov" where he offers tremendous chizuk for one who does an aveira while crying about it as you describe.

Don't give up. I wish you continued Hatzlacha!

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Re: Doing the 90-Days (again), but this time...

Posted by Shlomo24 - 27 Dec 2015 18:39

wow. i understand where your pain is coming from. i really relate to that feeling. i have been told many times that the yeush afterwards is worse than the maysah itself. remember that you are a son of god and that he loves you more then you can possibly imagine.

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Re: Doing the 90-Days (again), but this time...

Posted by iwant2begood - 29 Dec 2015 20:08

The fact that you were able to post your fall so soon shows a huge amount of gevura in you! while reading through your forum I realized that your very focused on keeping yourself occupied to the degree that you have no time to post i don't think that your totally right even if occupying yourself is important but let's not forget we have an illness and the medicine is gye the 12 steps forums etc. if you keep yourself occupied its a temporary relief but the problem is still there keep on posting good luck

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Re: Doing the 90-Days (again), but this time...

Posted by iwant2begood - 05 Jan 2016 17:22

Didn't hear from you in a few day how's your struggle coming along??

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