

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

Posted by m58yiw84niym - 01 Oct 2015 05:06

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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 Gevura Shebyesod - 18 Feb 2016 22:10

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M58, Houston...

Do you hear me Major Tom?

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Re: Doing the 90-Days (again), but this time...  
Posted by cordnoy - 18 Feb 2016 22:32

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[Gevura Shebyesod wrote on Unknown:](#)

M58, Houston...

Do you hear me Major Tom?

at least you gave them a hint as to what I was talkin' about.

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 21 Feb 2016 02:07

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[Bigmoish wrote on 18 Feb 2016 22:03:](#)

Shvigger?

I wish that was what the problem was, life would be so much simpler then...Besides, while I'm not married (yet), my (IY"H sometime soon) mother-in-law is the nicest person.

Unfortunately, my problems are the more standard "Addicted to Porn and Masturbation" type. This past Thursday I had a fall, although I know what caused it (saw a trigger early in the day, it

was all downhill from there). What scares me more is what happened a 2 weeks ago. I was going strong for over 30 days, no triggers or anything that I could tell, was tired and went to bed, next thing I knew I spent the next 3 hours "falling", and falling hard (it was close to a week till I could consider myself "back on track"...).

I don't even know what more I could do. Should I just give up knowing that I live an "almost" normal life? I still keep up with my life, job, learning, family, etc, just every so often I'm crazy and act out...

And yes, I'm aware that isn't an option (mainly just venting). Even though it seems like this addiction isn't (noticeably) currently messing over my life, I know it will ruin my life, my marriage,

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Re: Doing the 90-Days (again), but this time...  
Posted by markz - 21 Feb 2016 02:20

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Thanks for the share

Honesty is worth more than you think

Keep on Posting  
my kids, everything if I can't keep it under control. I just don't know what else to do...

And keep on Cranking that Truck of yours!!

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Re: Doing the 90-Days (again), but this time...  
Posted by Josephsbrother - 21 Feb 2016 02:54

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Praying for you.

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Re: Doing the 90-Days (again), but this time...  
Posted by Yesod - 21 Feb 2016 03:12

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Hey m.....,

Ill second professor Mark, Thanks for sharing.

It is totally familiar territory what you are describing. I had those incredibly random yet insane and intense fall experiences that literally came out of nowhere.

Sometimes the fall happens due to overwhelming pressure like a potent trigger which overwhelms us and sometimes a fall happens due to it being untirely unexpected and random, we are unprepared. Like some folks who describe sitting at the computer and then next thing they know it they are down hells highway and they never saw it coming.

Well, what can you do, we're faulty vehicles yet we have a great warranty plan. We can always pick up and carry on.

A tiny little tip, although it may be irrelevant to you, keep this issue in the forefront of your mind no matter how good things are going, whenever you have a moment read a chizuk email, check the forum, text a friend, give Markz a karma or whatever, just keep the radar detector hot. That helped me with the random twitches.

Gd bless, keep it up, and post your victories in at least as much detail.

Ps. i am currently practicing this very strategy. this post is getting me in gear (hopefully with gds

help) for motze shabbas, which is always a tough time.

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Re: Doing the 90-Days (again), but this time...  
Posted by cordnoy - 21 Feb 2016 03:55

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We feel for you and have been in that spot.

Gettin' out of isolation and into recovery helped me.

B'hatzlachah

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Re: Doing the 90-Days (again), but this time...  
Posted by Shlomo24 - 21 Feb 2016 03:55

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[m58yiw84niym wrote on 21 Feb 2016 02:07:](#)

[Bigmoish wrote on 18 Feb 2016 22:03:](#)

Shvigger?

I wish that was what the problem was, life would be so much simpler then...Besides, while I'm not married (yet), my (IY"H sometime soon) mother-in-law is the nicest person.

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I don't even know what more I could do. Should I just give up knowing that I live an "almost" normal life? I still keep up with my life, job, learning, family, etc, just every so often I'm crazy and act out...

And yes, I'm aware that isn't an option (mainly just venting). Even though it seems like this addiction isn't (noticeably) currently messing over my life, I know it will ruin my life, my marriage,

my kids, everything if I can't keep it under control. I just don't know what else to do...

I relate to your post a lot, also a single guy. I was also hopeless before I jumped headfirst recovery. I have given up on living a "normal" life **BIG TIME**. God made me different than non-addicts, I can't live like them. I don't know what your situation is but regardless it is feasible that

you won't be able to live normally, (not saying that it is not possible, again, I don't know your exact situation).

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Re: Doing the 90-Days (again), but this time...  
Posted by markz - 21 Feb 2016 04:08

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[Shlomo wrote:](#)

I have given up living a "normal"

Shlomo - That was nice!

Just one perspective, which maybe some of us are forced into, is the realization that living a normal life means dealing with life and making it manageable, even if everyone else thinks it doesn't look 'normal'

Many of us give up living the REAL NORMAL LIFE, for the sake of a superficial 'normal', and we end up the loser...

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Re: Doing the 90-Days (again), but this time...  
Posted by Shlomo24 - 21 Feb 2016 04:29

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[markz wrote on 21 Feb 2016 04:08:](#)

[Shlomo wrote:](#)

I have given up living a "normal"

Shlomo - That was nice!

Just one perspective, which maybe some of us are forced into, is the realization that living a normal life means dealing with life and making it manageable, even if everyone else thinks it doesn't look 'normal'

Many of us give up living the REAL NORMAL LIFE, for the sake of a superficial 'normal', and we end up the loser...

Agreed. Which is why I put quotes around the word normal. I am living a normal life b"h. Just my normal is different than other normals.

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 22 Feb 2016 02:38

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Still clean, day 4. Going to try to be a bit more active in this community (even if not on this

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Re: Doing the 90-Days (again), but this time...  
Posted by eny - 22 Feb 2016 02:43

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B'hatzlacha!

a daily post seems like a great idea



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

Posted by m58yiw84niym - 23 Feb 2016 02:22

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

Posted by markz - 23 Feb 2016 02:28

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Thanks for popping by

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