

Success StoryPosted by ysftw - 13 Nov 2015 12:39

Hi hi everyone at GYE!

I've been on this website now since early April of this year. 7 months of trying, and B'H in that time I've managed to cut down my falls from a near daily occurrence, to every once in a while. On the one hand this symbolises growth, on the other, I feel to an extent I have thus far failed. Whilst I have gone long periods without falling (although never yet reaching that "90" stage), I still have not yet managed to stop. And, had you asked me 7 months ago what I would have considered this, I would probably have said failure.

Indeed there are moments where I really wonder if it's impossible for me to break the habit completely. Sometimes it is so strong it overrides everything else, and I feel like something other than who I am takes control of my body and does with it what it pleases, and I am a slave to it. Like I said I am close to this narrative. I feel like I am close to hitting rock bottom, without the stupidity to really believe quitting will be a snap of the fingers.

If you want to see my story thus far it is here: guardyoureyes.com/forum/4-On-the-Way-to-90-Days/251963-Giving-it-a-go-one-day-at-a-time

What I will say which has worked so far and B'N will continue to is the use of the Taphsic method. Indeed I only seem to fall when I don't have a shavuah (still have no clue about the halachik legitimacy of making this neder but if it stops me from doing more then, well, I suppose it's a good thing).

Anyway, I'm writing this with the optimism of someone who just fell. Indeed on my 90 day chart I have yet to have one whole day clean. This is a sad state of affairs.

Never the less, sometimes you have to be insanely idealistic and hope that the world conforms to your vision of what it can be, and that you can too.

For me, I no longer have the choice whether to keep going or to stop, I must stop due to many many factors, which at this stage at least will remain anonymous.

In this forum which I've optimistically called "Success Story", I will do my utmost write completely openly and honestly, without trying to write my words for an "audience", I will try to hold nothing of my emotional state back.

The aim here is that, starting with not a single day under my belt, and a track-record of failure I will show that it is possible to turn things around, and there will be no tricks either (yes I will be working on my personal growth separately), but the only two items I will be making use of, are the Taphsic shavuot, and my willpower. Today is November 13th 2015 (1st of Kislev 5776), in 90 days it will be February 11th 2016 (2nd of Adar I, 5776), and from this day until that one this Topic will detail my success story of making it to 90, it is possible, and I will commit to being an example of how.

Every single day of those 90 days I will post something on this topic, I can't guarantee it will be more than "still going...easy day", although I do hope to add insight often etc.

The point, again, is to show that it is possible.

Where this blog will go after those 90 days I am uncertain, we'll have to see, perhaps another 90 day challenge.

The point being...it's possible, and what follows will attest to that...

See you on the other side.

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Re: Success Story

Posted by Shlomo24 - 13 Dec 2015 00:40

I have found that in my experience those feelings weren't fake, they were very much real feelings. I don't even know how one could have fake feelings, what does that mean? Maybe inaccurately labeled feelings would be correct. Or it could be that we felt feelings based on a skewed perception of reality (for example anger at someone who in actuality was helping me). But for me, the feelings were always real. Did I have to act on those feelings? Could I have found healthier coping methods? Yes. [But I had to go to SA (therapy also to a degree) to learn things like that]. People learn them other ways obviously also.

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Re: Success Story

Posted by ysftw - 13 Dec 2015 19:52

30 days done. 60 to go. Bh.

I'll need to think on what you said. Thank you.

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Re: Success Story

Posted by Shlomo24 - 13 Dec 2015 21:10

your welcome tzadik

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Re: Success Story

Posted by mike dupont - 14 Dec 2015 16:51

To me surrendering became very simple (although it took me very long to understand it, over 40 years of my life).

When you say bircas Geulah in shmonei esre you say 've-rivo riveinu' you ask Him to fight your fight, that's it! Nothing less, nothing more. We aren't strong enough so we rely on Him.

This is actually not only related to addictions but to whole our life (health, parnassa...). For me this new clarity (which I call basic emuna) has changed my view on life, I'm much more relaxed recently.

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Re: Success Story

Posted by ysftw - 14 Dec 2015 21:29

[mike dupont wrote:](#)

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Thank you so much. That's what I was looking for. I will focus more on this kavana in amidah tomorrow.

Yesterday was scary I came very close to falling and looking at inappropriate images. Bh due to

the many securities here I didn't.

But I did work out how I would fall if it did happen. I would fall by making myself start acting out without thinking. Get away from my active brain as it were. And then give up after this point.

Still 31 days down. 59 to go. Toughest day yet.

On a side point I've started thinking a lot about what shlomo said and how self esteem fits into it all. But more on that in the coming few days.

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Re: Success Story

Posted by mike dupont - 14 Dec 2015 21:55

Kol hakavod for not giving up

Try to change yourself and adopt a positive attitude, I'm sure you'll have an easier time.

Once you surrender (and I mean surrender, not just saying it) you will be so much more relaxed. Try it out and you won't regret.

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Re: Success Story

Posted by ysftw - 15 Dec 2015 17:51

32 down 58 to go.

Again absolute shattered which is an impeding factor.

And today has been fairly tough.

Trying to truly surrender slowly slowly.

Thanks for the support.

We press on.

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Re: Success Story

Posted by Shlomo24 - 16 Dec 2015 00:32

[9494 wrote:](#)

Keep it up. Take it one day at a time and forget about the next 58. And get the he'll away from the edge of that cliff!

yeah i also am not so maskim to the 58 to go thing, but it seems to be working so why not?

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Re: Success Story

Posted by ysftw - 16 Dec 2015 18:14

33 down 57 to go.

Bh today was much better. I slept well last night. And even under extremely unpredictable challenges (fb wall!) I surrendered the fight to hashem and kept on.

I've said previously that my tayva is just base addiction with no psychological factors. It's not true. Definitely at least some part of it is driven by insecurity and a lack of happiness with myself. Perhaps this is natural in all of us. Anyway there are many many ways that I subconsciously try to medicate for this pain and one is acting out. Sometimes it helps to almost comfort myself and remind myself that I am completely good enough, and that I love me and hashem loves me. And that others love me. It's good to do every now and then and truly helps me to stay grounded.

Altho in this journey so far different struggles come to the fore and perhaps this is just as temporary as the others...well see...interesting that the struggle is a forum for growth...We keep on

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Re: Success Story

Posted by Shlomo24 - 16 Dec 2015 18:40

quick question: do you value your sobriety so far? you have made a lot of progress b"h.

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Re: Success Story

Posted by ysftw - 16 Dec 2015 21:24

[Shlomo24 wrote:](#)

quick question: do you value your sobriety so far? you have made a lot of progress b"h.

For a fair amount of time now I've been largely sobre...perhaps falling once every 2-4 weeks but definitely my day to day default has been sobre. I value it a huge amount because I view it as a part of my identity. And when falls have happened, I feel like I've sunk so far below myself, it generates massive amounts of shame.

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Re: Success Story

Posted by ysftw - 16 Dec 2015 21:27

I should clarify...The regular falls just mentioned are up until this current attempt.

Also I value it a fair amount for myself and a considerable amount for the others in my life.

Hope that answers ur question.

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Re: Success Story

Posted by LevTahor13 - 16 Dec 2015 23:18

Just found your post. Really inspiring for me. I want you to know that each success that you have gives me chizuk and helps me chug for one more day (also fighting for 90 days) I wish

you much hatzlacha and we're all rooting for you!

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Re: Success Story

Posted by ysftw - 17 Dec 2015 18:58

Thank you so much!

34 down. 56 to go.

Not much to say today. Other than I seem to always find myself looking at women for too long on the streets. It's natural for sure but it would be good to speed up my reaction time.

Another day of tiredness which is a massive priority right now.

But bh another day of surrender.

We go forth!

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