

help

Posted by Mitgaber - 13 Nov 2016 12:10

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I fell again on Thursday. I felt so bad afterward, the entire thing all over again. I can go for long periods without falling, sometimes even more then 90 days but I keep on falling again afterwards.

My problem is that at some point I become complacent and slowly start dropping all the good behaviors necessary for keeping sober such as: reading the guide book every day, thanking and praying to Hashem throughout the day, controlling my internet usage, exercise etc. In short, I start focusing again on my own problems, resentments, fears etc. without actively involving God in my life.

I came to the conclusion that there are a few things that I can do to improve: drop non-religious news sites, limit internet usage, drop coffee and alcohol during the week.

I also noticed that many times other compulsive behaviors add to stress in my life, like constantly checking news and email.

It is quite clear now that I need a sponsor. The reason I haven't tried this until now is because I'm terrified that my wife will find out if she answers the phone to my sponsor. My wife is constantly busy with my phone. Not because she suspects me being an addict but she checks pictures, uses the internet or makes notes on it etc. I think now that it may be possible for me to be in touch with a sponsor through email. Would anyone be willing to do that?

My second problem is that I would like to have filtered internet at home. The problem is again that my wife doesn't want it. She watches series and movies online which would not be available then. It was hard enough to convince her that it would be best if I didn't watch them with her anymore. I think my wife would agree to it if he had kids using the computer.

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