

Bb0212's road...

Posted by bb0212 - 06 Feb 2017 14:45

So I'm officially at 10 days. Might be more, pretty sure it's not less, I started my chart after being clean for a few days but I wasn't keeping track. I kinda gave up the long term fight, didn't see how I'd win that fight. However I finally finally finally figured out how to properly filter my phone. I was getting around every filter until a couple of weeks ago. A kosher phone made this seem possible, then I joined these forums so lots of hope here.

One of the reasons I decided to do this is to "be faithful" to whomever my next wife will be, kinda like I was clean for a year or two before my first marriage. Back then, I was only clean after giving up movies/tv. The amount "undercover" sexuality on tv/movies is mind boggling for a society where there's no such thing as sexism. I wonder why we don't see the women's lib protesting the disproportionate amount of female to male sexualizing... (I'm being slightly sarcastic). At some point I'll have to give up movies/tv again and I will. But not yet...

=====

Re: Bb0212's road...

Posted by bb0212 - 05 Jan 2018 18:47

[youcan wrote on 05 Jan 2018 15:42:](#)

First stop acting out, don't think in whether you got up already or not & if you fall again... get up again. By giving up on the situation you don't make things better.

I didn't find yet my way out of a fall, I'm only doing the above & it helps sometimes.

Pretty sure my problem isn't that I need to get up. My problem is why I fell. What I need isn't to stay clean, I need to start living again in order to start staying clean.

=====

Re: Bb0212's road...

Posted by bb0212 - 05 Jan 2018 18:50

[MayanHamisgaber wrote on 05 Jan 2018 09:49:](#)

[bb0212 wrote on 05 Jan 2018 06:53:](#)

[serenity wrote on 04 Jan 2018 19:21:](#)

HALT

Hungry

Angry

Lonely

Tired

So, time to get back on the plan, I guess. My gut says you will pick right back up again!

Haven't gotten up yet. My truck needs a tuneup to get me back up and trucking.

I'm just numb. Which is ~~probably~~ why I fell to begin with.

dunno where to go from here.

Sounds like you need to make a phone call if I may suggest

You're definitely correct. Phone calls have been made, I've also spoken face to face with some people . Still disconnected from life, but perhaps I know what needs to be done.

=====
=====

Re: Bb0212's road...

Posted by serenity - 05 Jan 2018 20:00

Thanks for sharing. Praying for you to have the willingness to engage in life.

=====

=====

Re: Bb0212's road...

Posted by youcan - 07 Jan 2018 04:17

[bb0212 wrote on 05 Jan 2018 18:47:](#)

[youcan wrote on 05 Jan 2018 15:42:](#)

First stop acting out, don't think in whether you got up already or not & if you fall again... get up again. By giving up on the situation you don't make things better.

I didn't find yet my way out of a fall, I'm only doing the above & it helps sometimes.

Pretty sure my problem isn't that I need to get up. My problem is why I fell. What I need isn't to stay clean, I need to start living again in order to start staying clean.

I understand what you say, I'm actually in the same situation & I need ???? ?????. But in the mean time please don't give up on the fight. Every time you don't act out you are doing a big thing. For me it's not the same all the time, sometimes it's easier & sometimes it's harder. I don't want to give in when I'm stronger just because I will fall later.

=====

=====

Re: Bb0212's road...

Posted by bb0212 - 07 Jan 2018 10:08

Well, one things gotta give. Although I didn't want to type this out, avoiding it won't make it go away and it's something that needs to be dealt with asap. Finally, I was told to start looking for another job. I have one more week if work at where I currently am. This has gotta be a good

thing so here's to my next job. Lchaim! All I need now is to update my resume and buy a car.
And decide to start living again/ staying clean again...

=====

Re: Bb0212's road...

Posted by Hakolhevel - 07 Jan 2018 18:54

While it is true we need to start living again, as Rabbi Twerski's book says seek sobriety find serenity, not the other way around. You will need to find a formula that works for you (with help of other real people) to get the bottom line - sobriety. Living life will follow along with time and hard work.

What I discovered after being clean for a short while, was that I did want to live life, but I also really wanted porn. That creates a problem because they don't go together.

Hatzlacha

=====

Re: Bb0212's road...

Posted by bb0212 - 26 Jan 2018 14:14

[bb0212 wrote on 27 Dec 2017 08:56:](#)

Hi there!

my post might be a bit strange considering the hour.

currently stuck on the road. Last night at 10:30 (5+ hours ago) , An 18 wheeler merged into my car when I was driving 60mph and drove off leaving me to deal with the mess. My car was towed off the highway and I emptied my wallet to give the guy the \$150 for the short drive. I'm still 25 miles from home and can't get home because the only available towing company is the same guy that towed me to where i am, and he only takes cash, of which I have none. Nothing in the bank either, because whatever **is** in there, isn't enough to cover the tuition payment that will overdraft tomorrow (today). So a little tired, actually exhausted. But 1positive thing: I'll be clean tonight - I'm not fooling around with porn in middle of the street.

So I thought of a lesson that I can learn from this. The truck driver saw the damage on my car and then took off. He couldn't afford to have an accident on his record, he might lose his job that way.

When I'm trucking, there may be occasions that I crash. For the past few weeks I've been crashing. I need to look at this crash and book! **I CAN'T HAVE THIS FALL ON MY RECORD!** I can't sit around and wait for the authorities (self negativity, Yetzer Hara, whoever) mark this down on my record. All I should do is leave the scene! Get out!

Tonight is Shabbos. BH, Shabbos is always easier for me. Bli Neder, I'm committing to stay clean from now through next Shabbos. To help with that, I will take on a taphsic which I haven't kept since my last streak.

Taphsic (this applies only as long as I remember the taphsic)

Before consciously looking at a sexually desired object (let's call it what it is, when I look at a person just for her looks, I'm looking at her as an object), I need to talk to a specific guy (over the phone or voicemail if he doesn't answer,) or, if I can't get through to him, say 1 perek tehillim & text him to check in.

If I consciously look without calling or texting first, I will need to give \$5 to tzedaka.

If I am already looking subconsciously, as soon as I realize what I'm doing I have three seconds to stop.

Shabbos/yomtov instead of calling/texting say 1 perek tehillim & ask Hashem to help & to let the individual that I'd otherwise call (if it was a weekday) know for me.

Even though I only specified looking, this applies to everything regarding shmiras habris/shmiras einayim.

Also want to thank everybody that's part of my support team without getting specific. You know who you are and if you're not sure, then you are. This post (and commitment) wouldn't have happened if not for you guys. Btw, included in my support team are folks over here that post on their threads and perhaps never contacted me directly, but I've been inspired by so many of you. Thank you Hashem for this moment in my life!

=====
=====

Re: Bb0212's road...

Posted by Hashem Help Me - 26 Jan 2018 17:33

Way to go buddy!

=====
=====

Re: Bb0212's road...

Posted by lionking - 28 Jan 2018 21:48

Hi BB,

How was Shabbos? Did you find a new job already? I hope everything is OK.

Hatzlocha Rabba!

=====
=====

Re: Bb0212's road...

Posted by bb0212 - 30 Jan 2018 05:09

[lionking wrote on 28 Jan 2018 21:48:](#)

Hi BB,

How was Shabbos? Did you find a new job already? I hope everything is OK.

Hatzlocha Rabba!

- Hi, thanks for asking! Shabbos was great, so far I'm still clean since my previous post. Re the job, I'm waiting for confirmation that I have a new job iyH

=====
=====

====

Re: Bb0212's road...

Posted by bb0212 - 02 Feb 2018 08:12

Hey, bH I'm still clean. BH I got the job & will be starting beH on Monday.

(:

=====
=====

Re: Bb0212's road...

Posted by Singularity - 02 Feb 2018 08:51

[bb0212 wrote on 02 Feb 2018 08:12:](#)

Hey, bH I'm still clean. BH I got the job & will be starting beH on Monday.

(:

)

=====
=====

Re: Bb0212's road...

Posted by tzomah - 02 Feb 2018 12:30

mazal tov hatzlocho on the new job

=====
=====

Re: Bb0212's road...

Posted by bb0212 - 12 Feb 2018 06:08

Hey, bH my job is going well.

A few minutes ago, I had a 1/2 fall. No masturbation, but some forbidden searches & a bit of touching. This went on for a few minutes. Remembered my taphsic and stopped.

Initially, once I looked, the thought process was "I already looked, so now I fell. Once I already fell, what's a few more minutes?"

Being that I stopped as soon as I remembered the taphsic, I'm keeping the count. Thank you Hashem for giving me the strength to stop!

=====

=====