

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

This is day one or perhaps it's day zero. I fell today. It wasn't much fun. I was clean for 32 days. That is about how long I usually go for. I really want to be done with this problem. I just want to be normal. My self esteem is crushed every time I fall. Somehow internal adversity is more painful than an external adversary. For if it's an external adversary, even if he's causing you pain, you don't take the blame for it. Only the pain. With the internal losses you get both. I suppose I'm my own worst enemy. Well I hope that was morbid enough for you, because I'd like to begin my journey.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 27 Mar 2017 13:07

[GrowStrong wrote on 27 Mar 2017 10:20:](#)

Many kids (most according to some mechanchim I spoke to recently) are exposed to porn in todays world at one point....

They don't all become addicts or start to have porn problems....

Yes executive control is limited but so is the tendency to self medicate limited to the feelings of the child and their situation.

Whats not important is whether you are an addict from birth of due to circumstance or whether you just have a bigger YH than most.

Whats important is what tools you are able to use to help you personally break free from what you struggle with and then you should be blessed to take your strength and insight to help heal and give insight to the rest of the world like you do for us here....

With sufficient exposure anyone can become addicted. This is true of all addictions (my limited understanding). Circumstances and a hell of alot of mazel determine whether the kid will get addicted. Small things... Like whether he first saw porn at his friends house, or his friend showed him how to access it on his own PSP (giving him unfettered access to explore).

I doubt too many people become addicted by seeing one picture of a naked woman.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 27 Mar 2017 13:21

Sorry if this is a little yuck but I want to write this out. For documentation maybe. If you're easily yucked you can stop reading now.

Ok here goes. On around day 30 I had a wet dream. Don't remember what it was about. But it was of the type that you orgasm while sleeping. Last night I had my second one. This time though there was no orgasm. Just woke up a bit wet. Maybe I dreamt about something a bit lewd, not sure really. Definitely not sex. Even the first one wasn't. More subtle stuff. Like someone not so modestly dressed.

Really annoying! I just took a shower last night and I always feel the need to shower after this happens.

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Re: Journey of one day at a time

Posted by GrowStrong - 27 Mar 2017 13:22

We have hundreds of addicted non-addicts on this forum who can vouch to the dangers of over exposure.

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Re: Journey of one day at a time

Posted by Hashem Help Me - 27 Mar 2017 14:11

ihave, wet dreams are not something to get down on yourself for. Chazal call it an onais, so we dont have to be smarter than them. In reality it is something of a good sign. Your body is used to producing zera, and you are not bringing on the release as often as in the past, so it happens..... lyh as you recover more and more, your body and brain will adjust, and wet dreams will subside too. Taking a shower is a normal reaction as is a one minute tefilla to Hashem to

spare you from this in the future, telling Him you want to keep your kedusha intact. And every time you look away from an inappropriate sight, you move further away from having these uncomfortable experiences.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 27 Mar 2017 18:59

[GrowStrong wrote on 27 Mar 2017 13:22:](#)

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I don't understand this sentence. Would love if you could explain! Thanks

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Re: Journey of one day at a time

Posted by Ihavenostrength - 27 Mar 2017 19:48

Day 45: Halfway? there. Woot woot! A small step in the right direction. I'm truly lucky to have made it this far. So many variables involved... Thank you Hashem. My life is far from perfect. I don't know why I have to go through this, but that should hardly come as a surprise. Even the wisest are like fools before you. ...?? ?? ??????? ??????????

A blonde swam halfway to the island got tired and swam back.

Not blonde thankfully.

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Re: Journey of one day at a time

Posted by GrowStrong - 27 Mar 2017 20:29

[lhavenostrength wrote on 27 Mar 2017 18:59:](#)

[GrowStrong wrote on 27 Mar 2017 13:22:](#)

We have hundreds of addicted non-addicts on this forum who can vouch to the dangers of over exposure.

I don't understand this sentence. Would love if you could explain! Thanks

Still working on the thesis, but I was basically agreeing with you. I will get back to you with a better explanation I hope...

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Re: Journey of one day at a time
Posted by Shlomo24 - 27 Mar 2017 21:42

[lhavenostrength wrote on 27 Mar 2017 19:48:](#)

Day 45: Halfway? there. Woot woot! A small step in the right direction. I'm truly lucky to have made it this far. So many variables involved... Thank you Hashem. My life is far from perfect. I don't know why I have to go through this, but that should hardly come as a surprise. Even the wisest are like fools before you. ...?? ?? ??????? ??????????

A blonde swam halfway to the island got tired and swam back.

Not blonde thankfully.

Amazing work, dude. A word of caution. 90 isn't the end all. Many people have reached 90 and slipped. For me, the goal is to live one day at a time. ODAAT isn't a means to an end for me. It's the actual goal. I just want to follow my Higher Power's will for 24 hours. That's it. You might be

doing that already!

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Re: Journey of one day at a time

Posted by Ihavenostrength - 27 Mar 2017 22:30

[Shlomo24 wrote on 27 Mar 2017 21:42:](#)

Amazing work, dude. A word of caution. 90 isn't the end all. Many people have reached 90 and slipped. For me, the goal is to live one day at a time. ODAAT isn't a means to an end for me. It's the actual goal. I just want to follow my Higher Power's will for 24 hours. That's it. You might be doing that already!

Thank you! Word of caution is greatly appreciated. I can never have enough reminders.

I've been trying to live one day at a time. ly"h I'll get the level you're describing. For now, I can't say I've really been trying to follow my higher power's will. I mean... maybe a little.

I don't really know what Hashem wants from me. There is torah and mitzvos of course... I'm a frum Jew...

I'm guessing Hashem does want me to work on this though. Without sanity... Without being a human being on the most basic level, I can't even begin to reach anything higher.

I assume that most people who believe in a higher power believe he created us to do something. To function. Right now I'm dysfunctional. So yes, I suppose I am trying to follow my
I'm trying to get to the point where I can possibly be of use.

These thoughts were inspired by your post. Not really sure what they are. Maybe a response, maybe commentary. Dunno, just thoughts I guess.

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Re: Journey of one day at a time
Posted by Hashem Help Me - 27 Mar 2017 23:04

You should be proud of the halfway mark. You are doing the ratzon Hashem even when it is not easy at all. You are standing up to the yetzer hora and saying no. Imagine the simcha in shomayim watching us suffer through it down here and trying so hard. As all advise, keep it up one day at a time, daven for s'yata d'shmaya, but be proud of yourself too.

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Re: Journey of one day at a time
Posted by TzedekChaim - 28 Mar 2017 00:22

Best of luck!!! you seem conscious of the things that cause many to slip and so you can use them as a learning experience to plan ahead!

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Re: Journey of one day at a time
Posted by Singularity - 28 Mar 2017 09:01

Mazeltov for halfway

Hatzlocha for all the way.

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One day at a time!! (ODAAT)

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Re: Journey of one day at a time

Posted by Ihavenostrength - 28 Mar 2017 16:23

Day 46: You always have to prepared to change your approach. You have to know yourself. What is ok for today may not be enough for tomorrow. What you need today may be detrimental for you on a later date.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 29 Mar 2017 22:25

Day 47: Grateful to have made it this far. My life isn't? being managed that well right now, but I'm hopeful. Read through the entirety of my thread last night. Listened to the first 2 calls of Dov's 12 step workshop. I relate to his descriptions of his own addiction almost entirely.

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