

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 Workingguy - 20 Jul 2017 02:25

[Ihavestrength wrote on 19 Jul 2017 23:45:](#)

[Workingguy wrote on 19 Jul 2017 23:09:](#)

[Ihavestrength wrote on 19 Jul 2017 17:30:](#)

Fell with P. Didn't do M thank g-d. Seems like no phone restriction is strong enough for me. Maybe that doesn't work for me. Perhaps I need to start calls?

What type of phone? On iPhones you can really lock up everything should you do choose.

Android. I don't think restrictions are my solution. In fact, only when I totally restricted my phone did I develop an urge to test my "hacking abilities". I think me going for total restriction was a vain hope that my problem is that simple.

P.S I have covenant eyes with a filter. So I'm not leaving myself total freedom. Unfortunately, due to trying to block everything, I found out how to get past it, ironically. I wanted to see if I was

"safe", as crazy as that sounds. I guess I've become very scared of this addiction. Sorta learned helplessness.

I had that same experience of trying to game the filter and it drove me crazy. Every time I got a new filter it drove me crazy. Totally understandable

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Re: Journey of one day at a time
Posted by Ihavestrength - 20 Jul 2017 19:31

Day 1: B"H, I had a good and productive day. I also walked tons and got alot of sun. I think both of these things did me good. I read the daily chizuk email. I tried calling into duvid chaims call, but was unsuccessful due to location restrictions (yes, I know they have numbers for every country). It seems I'll have to wait till I get home to start calling in.

A random thought: We all have things in our life that we want to be different. I believe most of us have a true desire to change these things.

This desire however, is not enough. It is only the beginning. You must act on that desire by taking real steps. How many consistent/daily recovery actions have you been taking in the past month? The answer to this question gave me some clarity as to why I haven't been so successful lately.

You can't will this problem away. As simple as this sounds, I think many of us forget this. We overestimate the value of our desire to change/stop and underestimate the power of daily actions of recovery (i.e reading the daily chizuk EVERYDAY).

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Re: Journey of one day at a time
Posted by Ihavestrength - 21 Jul 2017 13:42

I'm hopeful this time around, because I'm making sure to actually do something to facilitate recovery instead of just trying to will this problem away.

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Re: Journey of one day at a time
Posted by GrowStrong - 21 Jul 2017 13:59

[lhavestrength wrote on 21 Jul 2017 13:42:](#)

I'm hopeful this time around, because I'm making sure to actually do something to facilitate recovery instead of just trying to will this problem away.

Not sure about stopping it but step 4/5 has helped me handle it much better (you did say all suggestions :)

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Re: Journey of one day at a time
Posted by dms1234 - 21 Jul 2017 17:01

Therapy can definitely help with that

Day 2: How can someone stop becoming angry or upset? Taking all suggestions

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Re: Journey of one day at a time
Posted by lhavestrength - 22 Jul 2017 21:16

Day 3: I had a nice shabbos B"H. Figuring out how not let anger and resentment build. (I think this is my biggest trigger.)

When I recognize that the only thing I can control are my choices, and that the way I respond to people's actions should be based on what's right for me to do, rather than the response they are deserving of, I'm much calmer.

Also, keeping in mind that emotional wellbeing and happiness don't come from without doesn't hurt either. Obviously, some situations aren't ideal, but overall with good choices a person can be ok. Doing what's right and responsible = self esteem. Self esteem= emotional well-being.

Somewhat unrelated note: I read something about this struggle everyday. Either the chizuk email if there is one, or part of the handbook. I've read it several times before, but this time I'm

Have a great week!

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Re: Journey of one day at a time
Posted by Ihavestrength - 23 Jul 2017 19:04

Day 4: I had a pretty good day B"H. Read tool 3 (guarding your eyes) in the handbook today (no chizuk email). It talks about tips for guarding your eyes on the street and on the computer. I found that most if it doesn't apply to me. I never really had a problem guarding my eyes on the)

reading it slowly for maximum absorption.

Also, nothing is more triggering for me than having strong filters. In my experience it's not the triggers (as in sights of lust) that lead me to acting out. It's feeling angry/stressed/resentment that leads me to seeking out lust which leads to acting out.

In a word, if I'm feeling emotionally healthy I don't seek out lust, and if I'm feeling terrible no tip I'll get my fix somehow. Like dov said once, I only act out when I feel I need it to

Actually if I would worry about all those rules it would probably just put an unhealthy focus on lust for me. Obviously for many people those tips are super useful. Just pointing out that even being a crazy addict you know yourself best sometimes.

Why is it that it's so hard to like my family sometimes? Anyone? (Maybe anyone who you live with for years would get annoying?)

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Re: Journey of one day at a time
Posted by lhavestrength - 24 Jul 2017 19:17

Day 5: B"H another day. I don't think that trying to be super friendly and smiley is so smart when it's not your personality to act like that. Why? Inevitably, you will fail and feel bad. Who cares? Well, feeling bad can lead to worse things than not being mister smiley. Oh, and you probably won't be mister smiley when you're feeling bad anyways.

Not saying you should be mean or unfriendly. Just that sometimes it's smarter not to fight your

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Re: Journey of one day at a time
Posted by Shivisi_Hashem - 24 Jul 2017 22:30

[lhavestrength wrote on 24 Jul 2017 19:17:](#)

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even after a fall, be happy that your hashems child.

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Re: Journey of one day at a time

Posted by Ihavestrength - 25 Jul 2017 09:42

Day 6: I found another major trigger. It's called frustration. I was trying to daven and my ears were clogged in the most uncomfortable way. Nothing I was doing was working to unplug them.

Deep breaths, take a step back. It's gonna be ok.

On a somewhat related note: I find that it's difficult for me to daven without a minyan. Especially shachris and especially later in the day. I think it's imperative for my mental health to daven with a minyan.

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Re: Journey of one day at a time

Posted by Ihavestrength - 27 Jul 2017 01:12

Day 7: B"H one week. Level 3! Woot! Tired as heck. G night.

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This made it super difficult too daven. Sounds stupid but I guess HTBT applies here

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Re: Journey of one day at a time

Posted by Ihavestrength - 27 Jul 2017 14:50

Day 8: Listened to Dov's call on the maapilim. His basic point was that it's a derech eretz problem (for many), stop trying to use Torah, and get help.

It's funny, I used to think that when I was feeling weak I need to try to figure out the way to get rid of these desires. I thought I needed to hear the perfect thing that will keep me sober forever. Now, when I'm feeling weak it generally means I need an escape from life.

What's needed is not a turn off. (There is not really a sexual need here.) What's needed is courage. Courage to live life. Courage to be responsible with my life today and make good choices.

Living responsibly is the only way to lasting happiness. This is mainly NOT referring to staying sober. Living. Yes, I need to stay sober. It's *necessary* for a responsible life, because acting out is gross irresponsibility. However, it's not even close to sufficient for a good happy life. (If you think that the good feeling of being clean alone will make you feel content with your life you are being delusional.)

I think as long as you hold onto the fantasy that pleasure is the key to happiness you will be miserable. Even if everything went entirely your way the whole time and you got all your desires you wouldn't be content for long.

I need to write on my heart this simple truth: Acting responsibly leads to self esteem which is wellbeing(generally). Doing what's right because it's right, not what feels or looks good.

I'm **not** talking about not masturbating because it's wrong! I'm talking about the other thousand choices we face everyday. May Hashem give us all the courage to act responsibly and ignore the lies we spin ourselves, to stop living in our heads and just act.

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Re: Journey of one day at a time

Posted by Ihavestrength - 28 Jul 2017 13:18

Day 9: Thank G-d. I'm so far from figuring anything out but it's ok. Courage is living without all the instructions.

Have a great shabbos!

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Re: Journey of one day at a time

Posted by Ihavestrength - 30 Jul 2017 01:38

Day 10: If you are living life a bit healthier than you were before you can feel good even about a short streak. Sometimes 10 days of feeling good is better than months of suffering while being clean. Here's one thing I've been doing today: Giving up on figuring out life.

I think you need a long streak to feel ok about yourself if you're trying to become invincible. If

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you're comfortable with being less than perfect you don't need it. Still would be nice though
