

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 Ihavestrength - 07 Sep 2017 01:18

Day 1: Sleep is so damn important.

Every day is day one. I actually believe this garbage nowadays. Oy, what has become of me?

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Re: Journey of one day at a time

Posted by Trouble - 07 Sep 2017 02:48

[Ihavestrength wrote on 07 Sep 2017 01:18:](#)

Day 1: Sleep is so damn important.

Every day is day one. I actually believe this garbage nowadays. Oy, what has become of me?

Sorry to hear that.

Another brainwashed fellow.

Next thing you know, you will be believing that atheists worship higher powers.

And that you have no choice in life.

And that God doesn't punish.

And that one out of six Jewish children are sexually abused.

And that 16 bochurim out of a shiur of 20 are thinking of the porn scenes they saw last night, and not concentrating on the shiur.

Good luck

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Re: Journey of one day at a time
Posted by Shlomo24 - 07 Sep 2017 04:10

[lhavestrength wrote on 07 Sep 2017 01:18:](#)

Day 1: Sleep is so damn important.

Every day is day one. I actually believe this garbage nowadays. Oy, what has become of me?

Sounds like a guy I know.

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Re: Journey of one day at a time
Posted by lhavestrength - 07 Sep 2017 22:27

Day 50, I think: Adequate sleep is important.

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Re: Journey of one day at a time
Posted by Ihavestrength - 08 Sep 2017 18:47

Day 51: I like writing the day because it gives structure to my posts. I legit have nothing to write about nowadays. Why did I commit to writing everyday till 90?!

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Re: Journey of one day at a time
Posted by Ihavestrength - 10 Sep 2017 01:53

Day 52: Touched myself quite a bit on shabbos. Must resume joining the phone conferences.

Gut Voch!

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Re: Journey of one day at a time
Posted by Shlomo24 - 10 Sep 2017 03:03

[Ihavestrength wrote on 10 Sep 2017 01:53:](#)

Day 52: Touched myself quite a bit on shabbos. Must resume joining the phone conferences.

Gut Voch!

PSA: Anyone who has a desire to stop lusting can join the SA phone calls. You do not need to be a sexaholic to be on the phone calls. You don't even need to be a sexaholic to be in SA. The only requirement is a desire to stop lusting. If the GYE calls aren't working or the time isn't at an opportune time, one can always go on the SA phone calls. Here's the link: <http://saphonemeeting.org/index>

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Re: Journey of one day at a time
Posted by Ihavestrength - 10 Sep 2017 07:34

Broke my taphsic. Going to be tough to fulfill this taphsic. Looked at what I shouldn't. Just installed these expensive filters that seem to be quite professional. Gentech.

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Re: Journey of one day at a time
Posted by Ihavestrength - 11 Sep 2017 02:07

Day 53: I'm back in the game. I can do this. I need to do a serious re-evaluation. However, I gotta wait till my head clears. For now, going to read the chizuk email tomorrow without cynicism. Maybe believing that it has some message for me. Wow, I wish I could bottle up this horrible feeling that comes from taking an action of lust. I was feeling bad before I took the action of lust, but now I feel even worse. It doesn't go away too quick either.

I think I need to sit down right now and write a list of my qualities. To explain to myself that even though I'm not perfect, I'm not worthless either.

Maybe a gratitude list too, to stop the self pity.

There is also some weird feeling that I feel like I got away with something. The feeling that I deserve something bad to happen to me now. Feeling like I deserve to be exposed for who I really am.

But do I really deserve that? Aren't I trying trying my best, doing what I can? Do I deserve to be shamed for that? Am I lesser than anyone else? Does anyone have a right to judge me?

I reached out a lot for support today. Thankfully there are some wonderful people who helped in every way they could. Truth is though, no one is all powerful to erase the past.

I know a little something about living in the moment. I can do it if I try. I feel guilty for doing it though. I feel like I need to think about the past and plan to rectify my mistakes. I don't have a right to just not think about it. But honestly I have done everything I could possibly do to rectify what I did.

I called 3-4 and shared exactly what I did. I posted here to be current and honest with those who read my thread. I confessed my sin before Hashem, regretted it and promised never to repeat it. (We say slach lanu 3 times a day it's ok.)

I cried. I made a decision to vamp up my recovery efforts. Won't fully formulate my plan till tomorrow, when my head will hopefully work a bit better than it is now.

Why am I not allowed or worthy to just move on. I think I am. I can't make a plan now. I'll make a plan tomorrow. For now, I'm just gonna live in the moment.

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Re: Journey of one day at a time
Posted by lhavestrength - 11 Sep 2017 02:08

anyone know how many posts you need to be a platinum boarder?

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Re: Journey of one day at a time
Posted by lhavestrength - 11 Sep 2017 02:08

300?

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Re: Journey of one day at a time

Posted by Ihavestrength - 11 Sep 2017 02:09

I may have helped someone today, maybe that made it worth it a bit.

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Re: Journey of one day at a time

Posted by Ihavestrength - 11 Sep 2017 02:11

darn, i guess you need more than 300. It's funny how our lives are so significant to us, when there are 7 billion people out there who don't even know you exist. Also, in one hundred years you and everyone you know will likely be dead.

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Re: Journey of one day at a time

Posted by Ihavestrength - 12 Sep 2017 01:47

Day 54: Today is 54 days since I've masturbated. I also went 52 days without looking at porn. Then, two nights ago I looked at porn.

Why did I do it you ask? Many reasons I think. Many dumb reasons.

Do you want to hear one of them?

"I'm installing a filter so I should "chap arein" and take a look while I can."

("Yes, I actually installed the filter right after.")

Here's another reason why I felt it was ok for me to look at porn two nights ago:

My regular way of acting out is masturbation, sometimes with porn accompanying it. Looking at porn without masturbating is a relatively new behavior for me. I'm *very* familiar with the feelings of withdrawal and depression that masturbation causes me to feel. However, the withdrawal felt from just looking at porn is a much newer feeling for me. I almost didn't realize it would make me feel so bad. In fact, the reason I decided to look at porn, rather than going and just masturbating, was because I thought that I could look, and walk away feeling fine.

Boy, was I wrong! I was a complete shell of myself the next day. Even today, I have not fully recovered from the feelings of withdrawal. I've lost my confidence and have become terribly timid.

All of this from looking at a few pictures!

Lastly, I'd like to write about something that some people will perhaps find controversial.

I think I also risk upsetting some people, and maybe even losing some friends. Nonetheless, I feel compelled to speak of what's on my heart.

I think that the 12 steps and their accompanying ideologies have helped me before. I also think that they have harmed me.

I think in many ways the the steps are an affront to the basic dignity of man.

(More so the culture of 12 step groups, than the steps themselves.)

I hear one prominent member of S.A. state often, "I'm a recovering pervert".

If they don't call themselves perverts they call themselves "sexaholics."

They can't stop talking about character defects, and how that's the cause of addiction. I however, choose to think I'm not so much worse than anyone else, with regards to my defects. Of course I have defects, but don't we all?!

The common denominator between all these names and concepts, is that they express belief in the existence of intrinsic flaws within the person. The sexaholics seems himself as lesser than other men, at least in regards to lust...

These flaws are not seen as a temporary state. Once an addict, always an addict, is the accepted belief. This counters basic truths of the brain's neuroplasticity, amongst challenging some other common sense assumptions.

I choose to believe that while I may *do* some perverted things that doesn't make me a pervert. Certainly not forever.

I was in school and therefore I was a student. That doesn't mean I'll be considered a student forever!

(Although I must admit, those student discounts were nice.)

P.S I write "They" in this post when talking about 12 step fellowship members. I hope it doesn't sound like I'm trying to belittle anyone. I bear no animus towards any members of these fellowships. I'm not looking to pick a fight, but I think I'm entitled to a belief that doesn't include thinking of myself as diseased.

P.P.S Please don't counter this post with the asinine statement that the 12 steps are for addicts, and if I feel I don't need them, than I'm not an addict.

I am an addict. I sure as hell don't think I'll be one forever though.

Peace

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