

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 - 21 Feb 2017 20:11

Day 11: Ever felt like you needed to release the tension that has been building within you? The longer you've been holding out the more urgent it seems?

I used to think this was a build up of sexual tension (energy) and if you weren't going to release it through "acting out" you had to find another way to "let it out", if you wanted to stay sane.

I now think that's a mistake.

There's a build up of tension all right. It's a neutral tension though. It's created from your worries, your stresses and the bumps you hit in your everyday life.

There's nothing sexual about it.

"Acting out" just happens to be a really easy way to release it (and did I mention affordable? Ok don't shoot me, only joking).

Why does this matter?

Well firstly, I never said it did, so there!

I think it does matter a bit though.

For if you feel stressed, feel like you need a release and you recognize that the uncomfortability that you are experiencing has nothing to do with refraining from acting out, it takes away alot of excuses. It shoots just one more arrow into the "I need to" illusion.

Exercising or singing for the addict (I'm not using this word in the clinical sense, just using it for someone who finds it hard not to engage in PMO) are not like soymilk to a non-lactose person. It's not like animal blood for a vampire.(Vampires prefer human blood, they also don't exist).

Other stress releasers are just as "genuine" as acting out. They require a bit more effort but are more effective as well.

If you managed to read all that, then you are totally awesome.

Have a great day!

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Re: Journey of one day at a time
Posted by MayanHamisgaber - 21 Feb 2017 20:16

Thanks for the share I like the mentality

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Re: Journey of one day at a time

Posted by Hashem Help Me - 22 Feb 2017 03:01

You hit the nail on the head!

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Re: Journey of one day at a time

Posted by Shteeble - 22 Feb 2017 04:40

[lhavenostrength wrote on 21 Feb 2017 20:11:](#)

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Other stress releasers are just as "genuine" as acting out. They require a bit more effort but are more effective as well.

I think you're on to something big here.

I always thought it WAS a buildup of sexual tension...

But you make a strong point.

Can you please continue this train of thought?

Also, I got lost on the Exercising, singing, vampire thing. What was meant in that paragraph?
Thanks.

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Re: Journey of one day at a time
Posted by Ihavenostrength - 22 Feb 2017 05:17

Sure. I think it's a point which we all know to be true but yet aren't fully cognizant of.

The basic idea is as follows: an alcoholic uses alcohol to deal with the stresses of day to day life. Alcohol is not necessarily the best way (a.k.a most effective method) to release stress. It's merely the method the alcoholic knows. He LEARNT it.

When he has an overwhelming urge to reach for the bottle it's not to release tension that built up as a result of not drinking.

The truth is that this argument is perhaps even stronger for a sex addict which is a "behavioral" rather than a "substance" addiction.

By the alcoholic it can be argued that it's discomfort resulting from his dependency that he's feeling.

Although in truth I don't think any thinking person believes that dependency is the whole story. Surely, the primary reason the alcoholic drinks is to escape the (sometimes harsh) realities of life.

The exercise and vampire paragraph was just bringing this point home. Vampires prefer human blood. Animal blood is a bad alternative for them. It doesn't really quench their thirst.

I was saying that good habits and good stress releasers for the sex addict are not like the animal blood for the vampire.

They are equally legitimate. Good habits like exercising or building connections with people don't just "quiet the need" to lust.

There is no need to lust.

There IS a need not to feel like garbage or ridiculously and constantly stressed. The only way the sex addict knows to feel good or release stress is through lusting.

He LEARNT it. So now he needs to learn new methods.

I think this may be quite powerful for some. For if you see "acting out" as the natural way to fight stress, no wonder you'll feel triggered when things are going tough.

There doesn't have to be a connection between stress and lust. You just taught yourself that there is one.

Peace

Hope that was somewhat clear.

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Re: Journey of one day at a time
Posted by Singularity - 22 Feb 2017 10:47

Very nice.

And now we gotta learn how to deal with stress properly. And that's something we need to work on now. Never had the chance to do it before...

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Re: Journey of one day at a time
Posted by MayanHamisgaber - 22 Feb 2017 10:53

Agreed

and right now I feel very stressed out.....

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Re: Journey of one day at a time

Posted by cordnoy - 22 Feb 2017 17:45

[MayanHamisgaber wrote on 22 Feb 2017 10:53:](#)

Agreed

and right now I feel very stressed out.....

We are here for you.

Unload it on us.

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Re: Journey of one day at a time

Posted by Shteeble - 22 Feb 2017 18:01

[lhavenostrength wrote on 22 Feb 2017 05:17:](#)

There doesn't have to be a connection between stress and lust. You just taught yourself that there is one.

I think this is the most brilliant line I've ever read on this site.

Thank you.

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Re: Journey of one day at a time

Posted by MayanHamisgaber - 22 Feb 2017 18:19

Will post on my thread bl'n so as not to hi-jack the thread

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Re: Journey of one day at a time

Posted by Ihavenostrength - 22 Feb 2017 22:29

Day 12: Created a study schedule today. Tried making daily goals that are achievable yet not too easy.

I worry sometimes that I won't know the material well enough for the test. That my planned chazara (review) isn't sufficient. This is a real possibility.

So I tell myself, what will happen if I fail? Not much in truth. It's relatively low stakes. For that I'm lucky I suppose.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 22 Feb 2017 22:40

Random question, if something could help me with this I'd greatly appreciate it. The times are all wrong are the forum for me. For example it says my last post was at 22:29 when in reality it was at 5:29pm. Anyone else have this problem?

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Re: Journey of one day at a time
Posted by Shteeble - 23 Feb 2017 01:27

[lhavenostrength wrote on 22 Feb 2017 22:40:](#)

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<https://guardyoureyes.com/forum/profile/my-profile/edit>

On the User Account tab there is a setting for time zone.

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Re: Journey of one day at a time
Posted by Markz - 23 Feb 2017 01:38

[lhavenostrength wrote on 22 Feb 2017 22:40:](#)

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You get to 90 days faster

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