

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

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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 - 26 Sep 2017 02:33

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Day 68: I think having relationships with people makes one feel happier than having personal success. If this is true, then it's quite funny how so many people believe the opposite to be true.

P.S Not talking about romantic relationships. Most people think they make one happy...

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Re: Journey of one day at a time

Posted by Dov - 26 Sep 2017 04:00

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And continued Hatzlocha, chaver! There are so many messages in your posts that I enjoy, thanks for sharing these honest reports with us 'from the field' of your real life!

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Re: Journey of one day at a time

Posted by Shlomo24 - 27 Sep 2017 02:08

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So Ihave... and Dov are on the phone right now. This is intense. Lol.

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Re: Journey of one day at a time

Posted by lhavestrength - 27 Sep 2017 03:57

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I think sometimes stress is good. Not stress exactly, but feeling a certain pressure to perform, to figure something out, when people are relying on you. This can be at work, home etc. Basically, doing things that make a difference if they're done right or not. Like trying to solve an issue for a client that is time sensitive.

It makes life exciting. Some of us feel like our life isn't exciting or stimulating enough so we go to porn or other things. If we are doing things that matter, which create some sort of quasi adrenaline feel, life becomes cooler. You feel a little vitality. This is why some people BASE jump or do other similar things.

I'm sorry I can't explain this better...

Not suggesting this as a way to recover. Just saying that not all stress is bad. Certain types are for sure. But a life where you are taking deep breaths at every moment, and feeling a constant calm can get real dull, really quickly.

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Re: Journey of one day at a time

Posted by lhavestrength - 28 Sep 2017 23:45

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Hi everyone! I am now sober for 71 days. On day 53, I reported (on this thread) that I had looked at porn. At the time my sobriety definition was no masturbation. Therefore I didn't reset my count.

After I looked, I felt so bad and realized I need to add it to my definition. So, after much thought and discussion with others, I have decided to reset my count on this site because the guidelines for the 90 chart is that porn is considered a fall. Even though I asked Yaakov from GYE and he said I can count it as a slip due to the circumstances.

I consider myself sober for 70 days, however not everyone who sees my count has read my thread and I don't want to misrepresent the truth.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 01 Oct 2017 06:21

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Day 73: The mind is super powerful. When people believe they have made progress in moving away from their bad habits, they have actually indeed made progress. This is why one guy can report feeling great after being clean for two weeks and for someone else, two weeks doesn't make him feel any more free. Usually the guy who feels great is masturbating every day, two weeks is a long time for him, so he feels wow, I've made progress, and he's right. The guy who feels nothing after two weeks needs a longer arbitrary time to feel like he's made progress. This is why the whole brain rewiring is partly bullshi\*. One guy believes he's rewired so he indeed rewired. The other guy thinks it will take him longer... One guy looks at porn and believes that it screwed him up and he's going to need time to recover, that his recovery has been reset. The other guy doesn't give a shi\*. He know he's made progress regardless. Basically, what you believe becomes your reality. Might as well believe what's useful I say.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 08 Oct 2017 03:33

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I was having nocturnal emissions every night last week. Without dreams. Was a real pain in the neck. Didn't make me feel good physically either. I was at my wits end. I decided to pray. I literally just asked hashem to give me a night without them. It's been working so far. That and shema and hamapil..

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Re: Journey of one day at a time

Posted by Ihavestrength - 08 Oct 2017 04:54

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Question of the day: What do you feel is the best way to get up after a fall? Maybe even to use the fall to "fall forward"? Taking all comments....

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Re: Journey of one day at a time  
Posted by lionking - 08 Oct 2017 11:03

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Well... You asked for all comments...

I don't know if this is the best way, however it is the only way that works for me.

I just move on and not dwell on the fall. I cannot live in the moment if I am still stuck in the past. That means for me, no tikunim, teshuva, or the like... Just focus on how to be better this moment.

Hatzlacha

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Re: Journey of one day at a time  
Posted by yiraishamaim - 08 Oct 2017 17:25

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I agree no post postmortems or spiritual somersaults. Don't be overly dramatic in any way. However, some modification in your essential program needs to be made. A short self-analysis (help by a sponsor or therapist to see what the issue is) needs to be made to understand what needs to be changed.

With myself I need to make an intelligent tweak so that I personally, realistically believe that this time I have a better chance of being and staying sober. Just rolling over and carrying on - for me at least- is a recipe for a repeat disaster.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 10 Oct 2017 04:34

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Day 82: Been going through the fortify program.

Gut moed!

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Re: Journey of one day at a time  
Posted by Shivisi\_Hashem - 17 Oct 2017 15:07

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Hay brother! Are you still around, im missing your encouraging posts....

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Re: Journey of one day at a time  
Posted by Ihavestrength - 17 Oct 2017 22:18

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Still around. Today's day 90, yay!

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Re: Journey of one day at a time  
Posted by cordnoy - 17 Oct 2017 22:37

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[Ihavestrength wrote on 17 Oct 2017 22:18:](#)

Still around. Today's day 90, yay!

Very nice.

CongratsCongrats!

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