

Journey of one day at a time

Posted by lhavenostrength - 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 lhavestrength - 29 Mar 2019 22:22

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[Trouble wrote on 26 Mar 2019 03:11:](#)

[lhavestrength wrote on 27 Sep 2017 03:57:](#)

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.

I'll take the calmness any day of the week - over the stress; certainly the wife's stress. I don't know how i find all these posts that speak right to me and my situation, and to several others on the email thread.

I also try to do everything I can to be in the calm zone vs the stress space.

I think what I was TRYING to say, but didn't quite understand at the time, was that it's important to feel NEEDED and useful, even though hypothetically things would be calmer if I would have no responsibilities and would be left alone.

I'm not sure if you were saying that posts on this thread speak to you or not, but if you were,

Good Shabbos Peeps!  
Ha! I actually don't really believe this anymore

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Re: Journey of one day at a time  
Posted by Ihavestrength - 05 May 2019 07:01

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Early morning reflections...

It's been a while since I first got on this site. I first started posting on the forums in Feb 2017, so a bit more than 2 years. I guess I can say that this site helped me. When I first got on I was only able to go a bit more than a month without masturbating or looking at porn. Now, I've been able to collect some impressive streaks. Over a year without masturbating, 9 months without porn, multiple streaks of over 4 months without slipping at all. Now at close to seven months without masturbating. These things don't seem that valuable to me now, but I suppose to my younger

self of two years, these feats would have seemed impossible. I suppose a GYE thank you is in order, so I say thank you.

Why am I writing now? Why, in the wee hours of the morning? Well, I slipped. I went on youtube and watched some asmr videos. They aren't supposed to be sexual really, but most of them feature women, some who aren't dressed modestly, and something in me hoped these videos would give me relief. I also touched myself in a sexual manner (without masturbating). I'm having a hard time sleeping. I'm having a rough time in general.

There are things I've explored besides GYE on my road to freedom. I found a recovery buddy who I spoke with on the phone and met up with in person. We became good friends, and he was a great help to me. I did the first 5 steps or so with him acting as my unofficial sponsor. Later, I went to some SA meetings. I didn't really connect with them. I liked the fellowship it provided but not the philosophy underlies the program. I sought therapy from a psychologist, and went for a few months until I could no longer afford it. Mindfulness meditation was a big help as well.

Addiction...

Who even knows what that is? I used to think that's what I was; an addict. I related to every anecdotal description of addiction by other alleged sex addicts, and frankly, how else could I explain the actions of a nice jewish boy such as myself, unless I was somehow "out of control"?

One can pathologize everything if one is determined. Food, phones etc. If all one has is a hammer, than everything looks like a nail. I did some reading. Turns out the evidence for sex addiction is abysmal. Turns out that even if people have mental, or environmental factors which affect their sexuality, it may be more helpful to focus on those causes rather than labeling them as having a disease,

So, I went from someone who is diseased to someone who started recognizing that most objections and even negative feelings I have towards acting out or viewing porn comes from my beliefs and morals, and the resulting conflict between those beliefs and my actions.

I don't know what the point is here really lol. I'm not really trying to make, just needed to get some of this stuff off my mind. Thanks for listening.

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Re: Journey of one day at a time  
Posted by ColinColin - 06 May 2019 12:34

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Your post is a very useful warning.

This "ASMR" craze is very current.

I have not seen one of these videos but have read about them.

I will avoid them.

Well done for not masturbating...you were tested, went very close to falling, you slipped, but showed immense strength not to fall, and in my opinion you passed the test and the good that resulted was a warning to others.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 06 May 2019 19:36

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[ColinColin wrote on 06 May 2019 12:34:](#)

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Thanks man, I appreciate that.

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Re: Journey of one day at a time  
Posted by Workingguy - 12 May 2019 04:10

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[Ihavestrength wrote on 06 May 2019 19:36:](#)

[ColinColin wrote on 06 May 2019 12:34:](#)

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I will avoid them.

Well done for not masturbating...your were tested, went very close to falling, you slipped, but showed immense strength not to fall, and in my opinion you passed the test and the good that resulted was a warning to others.

Thanks man, I appreciate that.

So spot on. I saw some ASMR videos for a few second with

the attractive female "hostess" or whatever she is. Definitely worth staying away from. And it's clearly meant to entice.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 30 Jan 2020 03:27

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Hey all! It's been a long time since I've posted on this thread or really been active on GYE. Lots of reasons for that, most of them good I think. Anyways, felt like posting now, so here we are. I'm actually toying with the idea of doing a sort of daily posting thing for 90 days. I'll do today at the very least.

Day 2: Not really trying to get to 90. Been "clean" for a lot less than that and a lot longer too. Thankfully, days don't add up for me anymore really. This isn't so because I'm great, but rather because I've been getting treatment for my ADHD, and I'm not constantly overwhelmed by impulsive thoughts, so I'm not still chasing the false hope that refraining from porn for any given time will stop those thoughts. It didn't btw.

I realized that it's ADHD ? Compulsive sexual behavior and not Compulsive sexual behavior ? ADHD.

If that didn't make sense to you, I apologise. I'll try to talk more about this another time.

I'm in the need of a bit of an incentive to make the right choice on a daily basis, and I think posting may help, so that's what I'm doing. Anyways, you're welcome for the exciting post! See you tomorrow IY"H.

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Re: Journey of one day at a time  
Posted by lhavestrength - 31 Jan 2020 13:53

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Day 4: Why does milk smell weird after only a couple of days. Milk sort of grosses me out. Not sure why that's important to talk about, but hey, it's a free country, ain't it?

Things seem to get more difficult when I start posting on GYE. Focusing on something like this has its downsides. I guess I'm just trying to make things more challenging and exciting for myself lol.

Ok, you're welcome for another incredible post. Good Shabbos people!

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Re: Journey of one day at a time

Posted by ??? ????? ????? ??? - 31 Jan 2020 14:14

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[lhavestrength wrote on 31 Jan 2020 13:53:](#)

Things seem to get more difficult when I start posting on GYE. Focusing on something like this has its downsides. I guess I'm just trying to make things more challenging and exciting for myself lol.

I noticed that myself. I think it is a *yetzer hara* though. "Stop participating in GYE because it is making it harder for you." Push back against the *yetzer*. Anyone who has signed up and is actively participating in GYE has a reason to be here. Without using this program we haven't been successful. Otherwise, we wouldn't be here.

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Re: Journey of one day at a time

Posted by lhavestrength - 02 Feb 2020 05:48

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Day 6: Tough day today, but thank G-d, doing OK.

It's funny, because I used to think what's wrong with me, why am I having a tough time, must be deeper issues that need to be worked on. Now I'm like no... I'm single, not totally zen, and have a desire for connection with the opposite sex which isn't being satisfied within my frum lifestyle. So no, wanting to masturbate or look at porn isn't pathological, even if it's a very strong desire. Oh ya, and I have a pretty impulsive personality, which in today's day and age they call ADHD lol.

Gut voch and Shavua Tov!

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Re: Journey of one day at a time  
Posted by Ihavestrength - 03 Feb 2020 04:04

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Still day 6 cause I posted last night after 12am: Yup, I'm that technical lol. Not much going on. Just read the study that MenachemGYE posted on the thread about what if someone recognized you real life. Pretty interesting study. Ive got some questions, but a little too tired now to write about them though. So it's off to bed for me now. Good night!

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Re: Journey of one day at a time  
Posted by Ihavestrength - 04 Feb 2020 04:37

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Day 7: Somewhat tempted to masturbate or watch porn today. I've got some angst related to the medication I'm taking. The the dose I've been taking is much too high and is making me feel not well and stressed. Additionally, I'm somewhat stressed because to go through the process of getting the prescription at a lower dose is going to be a huge hassle. Lastly, I'm worried that taking the medication on my current dose has negatively affected my health in a lasting way.

Anyways, enough worrying for one night. Time to go to sleep and try again tomorrow. Good night peeps! Sleep well!

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Re: Journey of one day at a time  
Posted by Ihavestrength - 06 Feb 2020 03:55

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Day 9: Had nocturnal emission last night. No sexual dreams or orgasm that I can remember. Just woke up etc. Not something I'm worried about. Anyways, super tired. Haven't had a minute free, been crazy busy. Pretty tempted at the end of the day to let myself really let go and watch some porn or masturbate.

In a sense, the whole thing about claiming that things get easier after a while being clean is BS



for many. Things don't get easier in my experience, and I've been clean for very long periods of time. Also, it's not true to be like, porn and masturbation are horrible, make me feel like garbage etc. Are you being honest? Is it really the porn and masturbation? Or is it you shaming and guilting yourself afterward?

I'll be honest. I don't think that masturbating it watching porn will make me feel horrible. In fact, there are benefits for me to engage with it. It physically relaxes me (that is a fact, orgasms are relaxing). However, despite the benefits I'm choosing not to engage. Why? Simple. It doesn't fit with my values and lifestyle as a frum Jew, and deeper perhaps, it doesn't fit with how I want to think of myself. I don't want to be a person who masturbates or watches porn (this value is likely a result of being raised drum etc.). Basically, there are serious downsides to not masturbating or watching porn as a single dude. However, I think that living in alignment with your values is worth alot more than that. Ok, -end rant.

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Re: Journey of one day at a time  
Posted by ??? ????? ????? ??? - 06 Feb 2020 14:09

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[lhavestrength wrote on 06 Feb 2020 03:55:](#)

Basically, there are serious downsides to not masturbating or watching porn as a single dude. However, I think that living in alignment with your values is worth alot more than that.

Amen, brother.

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Re: Journey of one day at a time  
Posted by Dave M - 06 Feb 2020 15:26

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[lhavestrength wrote on 06 Feb 2020 03:55:](#)

Also, it's not true to be like, porn and masturbation are horrible, make me feel like garbage etc. Are you being honest? Is it really the porn and masturbation? Or is it you shaming and guilting yourself afterward?

I'll be honest. I don't think that masturbating or watching porn will make me feel horrible. In fact, there are benefits for me to engage with it. It physically relaxes me (that is a fact, orgasms are relaxing). However, despite the benefits I'm choosing not to engage. Why? Simple. It doesn't fit with my values and lifestyle as a frum Jew, and deeper perhaps, it doesn't fit with how I want to think of myself. I don't want to be a person who masturbates or watches porn (this value is likely a result of being raised drum etc.). Basically, there are serious downsides to not masturbating or watching porn as a single dude. However, I think that living in alignment with your values is worth a lot more than that. Ok, -end rant.

Imagine if you never heard that P & M were bad. Maybe the shame and guilt would not be as severe, but would you agree that the emptiness that remains after the act is done would still be there? Where do you think that emptiness is coming from?

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