

Journey of one day at a time

Posted by lhavenostrength - 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 silentbattle - 23 Feb 2017 02:52

Hi there - you're making a great start! Coming here is an incredible first step, a statement that you really do want to change. As others have said, you have to find what works for you - if the basic tools and camaraderie here can help you get clean, fantastic! If you find yourself still struggling at some point, don't be too proud to take steps further.

It sounds like you're doing a lot of thinking, trying to figure things out. I can definitely relate.

One day at a time, one hour at a time, one minute at a time, if necessary.

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Re: Journey of one day at a time

Posted by lhavenostrength - 23 Feb 2017 03:04

[silentbattle wrote on 23 Feb 2017 02:52:](#)

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Thanks! I wouldn't say this was my first step though.

The camaraderie is amazing!

Actually I've been doing a lot less thinking than usual. Just been writing more.

P.S BTW I believe I've read something you wrote. Nice piece. It was about why your name is "silentbattle".

What has been so key for me is how the forum adds some noise to my battle. I used to not want to think about the fact I struggle with this. I'd try to forget. Go a month sober and then I'd get a harsh reminder when I fell.

We have to lose the shame. We have to stop being scared. We tell ourselves don't think about it and it will go away. It's the opposite, face the enemy. Don't turn your face and pretend he's not there. That leaves you exposed.

I think about so many things throughout the day, I don't mind thinking about this as well. It's funny you said "it looks like I've been doing alot of thinking" doesn't contaminate the mind.

If you want to do that just act out.

Talking to myself folks.

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Re: Journey of one day at a time
Posted by silentbattle - 23 Feb 2017 03:37

I think there's a lot of truth to that. My sponsor was just telling me that if we, for example, a woman who is triggering, we shouldn't just try to ignore it and move on. We can be aware of the feeling we have, and say, "Hashem, please let me see her as you see her."

I think writing may help us focus our thinking.

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Re: Journey of one day at a time
Posted by lhavenostrength - 23 Feb 2017 03:54

I think writing may help us focus our thinking.

100%. It stops me from going in circles and making myself crazy. It also deepens awareness of things I already know.

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Re: Journey of one day at a time
Posted by Hashem Help Me - 23 Feb 2017 04:53

Writing it all out gives tremendous clarity. It defines the monster in real terms - as a figment of our imagination. Half the battle, or maybe more, is already won by opening up and sharing with

others - admitting imperfections - being human. It is amazing to see how newcomers(including myself) begin taking serious steps to recovery early on. Example - I never dreamed I would actually speak to people about this mess - and if I would, it would be a massive trigger. Nothing could be further from the truth. Even though I was very graphic and explicit, not only was I not triggered, I gained tremendously from putting it all on the table. So keep on writing, sharing, growing - and very soon you will be helping others too (you may already be)

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Re: Journey of one day at a time
Posted by Singularity - 23 Feb 2017 07:57

[lhavenostrength wrote on 23 Feb 2017 03:04:](#)

[silentbattle wrote on 23 Feb 2017 02:52:](#)

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Talking to myself folks.

Good. Thinking just gets us deeper in our own stuff.

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Re: Journey of one day at a time
Posted by lhavenostrength - 23 Feb 2017 20:01

Day 13: I'm going to post every day till 90 iy"h. It helps me focus and reminds me not to underestimate this challenge.

Therefore, my posts may not always be pertinent. For that I apologize.

I've gone away for shabbos. It's a nice change of scenery.

B"H I've been learning what I need to daily.

It's pretty insane how hard it is for me to do things I need to do.

It seems I've somehow conditioned myself to be unable to enjoy so many things. To shy away when something requires effort. (Not necessarily related to this struggle BTW.)

When I was a kid I learnt things so much more effortlessly. Now, every required task causes my jaw to clench.

Maybe it's because I've gotten so used to failing, in this struggle, that I look at every task as a potential way to fail. Who knows...

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Re: Journey of one day at a time
Posted by Shteeble - 23 Feb 2017 23:09

[lhavenostrength wrote on 23 Feb 2017 20:01:](#)

It seems I've somehow conditioned myself to be unable to enjoy so many things. To shy away when something requires effort. (Not necessarily related to this struggle BTW.)

ABSOLUTELY RELATED to this struggle.

Shying away from necessary tasks is also known as procrastination.

Procrastination creates overwhelm.

Overwhelm equals stress....

And what's our favorite way of De-Stressing??????

What was it again????

Can anyone remember???

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

[lhavenostrength wrote on 23 Feb 2017 20:01:](#)

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Boy, can I relate to that one!!!

That's meee.

Are you me?

That's mamesh me. :)

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Re: Journey of one day at a time
Posted by lhavenostrength - 23 Feb 2017 23:51

When I said "may not be related" I meant that I don't think my difficulty getting things done

was **caused** by masturbation and porn.

You bring up a great point though, not meeting our commitments/duties as a result of procrastination, could lead to stress, which we know is no good.

On further thought though, I realized that my being unable to enjoy things, everything being difficult for me, **was** in all likelihood caused by masturbation and porn.

A key symptom of depression is being unable to experience pleasure in things you previously found enjoyable.

Do you know what causes depression? It ain't as simple as I'm gonna say it, but there is a common denominator by all cases of depression. It's called "runaway stress response." It means you are constantly under a high level of stress. This is really unhealthy.

This problem has really stressed me out over the last ten years or so. I was carrying a burden no kid should have to carry alone.

No wonder I've been depressed for quite a while.

So I've been taking steps to fix it. I've been taking St. Johns wort for the past five weeks. In Europe it's a prescription anti-depressant in America it's a supplement. (It can take up to six weeks to work). I've seen some improvement B"H.

Been doing some other things as well.

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Re: Journey of one day at a time
Posted by Hashem Help Me - 24 Feb 2017 03:19

One of the best natural remedies for depression is exercise. It is clinically proven. Connection with people is also an essential tool in battling depression. Forums, and even better, actual conversations with people that care, can do wonders.

I wish you much hatzlocha. I know all too well the extremetorment of depression having gone through it myself. Mine was also due to teenage suffering in silence. BH it's history now. I'm yirtzeh Hashem by you - b'karov.

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Re: Journey of one day at a time
Posted by Ihavenostrength - 24 Feb 2017 03:53

Thank you.

I've been doing a bit of exercise everyday. It's called the 7 minute workout. Need to do more of course. Perhaps next week I'll start doing another circuit for a total of 14 minutes.

I've been trying to connect to people more, even when I don't have anything particularly important to say, I'll try to make conversation.

It's particularly easy for me stay isolated as I don't have a chavrusa (never worked for me).

It's so interesting how in order to be happy we need to connect with others. Seems a bit strange. Like why can't I live on an Island and be happy?

Maybe because Hashem made the world in a way where we're meant to contribute, to give. This can only happen through connection. We're not supposed to be self-serving.

To be of service to him and others.

Gotta get healthy first before I can be too much use to others.

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Re: Journey of one day at a time
Posted by lhavenostrength - 24 Feb 2017 04:04

Hey Hashemhelpme! Would you mind sharing a bit of your story?

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Re: Journey of one day at a time
Posted by Hashem Help Me - 24 Feb 2017 04:08

[lhavenostrength wrote on 24 Feb 2017 03:53:](#)

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Exercise until you really shvitz. Dopamine is secreted in the brain.

The answer you gave for why we need companionship is what chazal say.

You are already helping others by posting here.

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