

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can (and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

Warning: Spoiler!

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

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Re: The Road To Being Honest With Myself (and others:)
Posted by cordnoy - 31 May 2021 13:39

I saw one today in the Dr's Opinion: one symptom in common: they cannot start drinkin' w/o developin' the phenomenon of cravin'.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 31 May 2021 22:58

[cordnoy wrote on 31 May 2021 13:39:](#)

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Glad to see you're likin' the doctors opinion

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 31 May 2021 23:21

The first requirement is that we be convinced that any life run on self-will can hardly be a success...

Most people try to live by self-propulsion. Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wished, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful. In trying to make these arrangements our actor may sometimes be quite virtuous. He may be kind, considerate, patient, generous; even modest and self-sacrificing. On the other hand, he may be mean, egotistical, selfish and dishonest. But, as with most humans, he is more likely to have varied traits. What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right. He decides to exert himself more. He becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit him. Admitting he may be somewhat at fault, he is sure that other people are more to blame. He becomes angry, indignant, self-pitying. What is his basic trouble? Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well? Is it not evident to all the rest of the players that these are the things he wants? And do not his actions make each of them wish to retaliate, snatching all they can get out of the show? Is he not, even in his best moments, a producer of confusion rather than harmony? Our actor is self-centered—ego-centric,

- The Big Book

This part of the book hits hard. I'm an actor not the producer.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Grant400 - 01 Jun 2021 01:37

Looks like some good stuff. Why don't you start a new thread so you can keep your journey separate, and give someone an opportunity to read through it and points of the Big Book separately.

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 01 Jun 2021 03:56

[Grant400 wrote on 01 Jun 2021 01:37:](#)

Looks like some good stuff. Why don't you start a new thread so you can keep your journey separate, and give someone an opportunity to read through it and points of the Big Book separately.

Not sure, I guess it calls into question what the point of a thread is?

I Think it's mostly to document my journey for myself, and to get chizzuk from others who relate to where I am in my journey currently. Which is why I dont plan on just quoting, but adding a line at the end why the idea I am quoting is important to me now.

So Im not sure this endeavour is seprate from my general thread.

this is all just the thoughts off the top of my head, would love to hear yours or anyone else's

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 07 Jun 2021 05:05

Reading Rabbi Shais Taub's book G-d of our understanding, and it's very enlightening.

Just today I put some of the principals in practice. So I got very frustrated with my wife for not giving me what I felt I wanted/needed/deserved (obviously all in my mind, I did not tell her anything) and I was already schemeing my ways of manipulation and how to get what I wanted. When I stopped and said, G-d right now I just want to do what you want of me.

It took all the pressure off. You see I really wanted something and felt it was important to the core of my existence, hence it was the most important thing in my life, and I would stop at

nothing to get it

The moment I asked G-d what he wanted of me, he sure as hell didn't want me manipulating my wife. The importance of what I wanted dissipated (at least in the moment). It wasn't anymore trying to run my life and having to figure ways of getting all the things I "need". All I had to do was sit and say, what would G-d want of me right now. I can't say I know what he wanted me to do, but I can definitely say I know what he didn't want me to do, and I was at peace with that, because what I wanted to do was just driving me crazy. His will is a lot more peaceful than mine

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 07 Jun 2021 05:09

[Hakolhevel wrote on 07 Jun 2021 05:05:](#)

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To quote step 3 of the steps of insanity

"Made a decision to have our loved ones turn their wills and their lives over to our care even

though they could not understand us at all"

Yes, that's insane, it's about time I realized it

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 10 Jun 2021 00:14

From the SA white book. I'm not sure all of it relates to me, but definitely the last (and may favorite) line

Summary of the Addictive Process: It begins with an overpowering desire for a high, relief, pleasure, or escape. It provides satisfaction. It is sought repeatedly and compulsively. It then takes on a life of its own. It becomes excessive. Satisfaction diminishes. Distress is produced. Emotional control decreases. Ability to relate deteriorates. Ability for daily living is disrupted. Denial becomes necessary. It takes priority over everything else. It becomes the main coping mechanism. The coping mechanism stops working. The party is over.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 11 Jun 2021 18:29

[Hakolhevel wrote on 16 Jun 2019 03:36:](#)

Hi everybody sorry for the long delay it's just that the app on my phone keeps crashing every time I try and post or update my thread.

So here it goes after 200 and plus days I had a fa fall or to be exact I acted out in ways that (falling ma makes it sound like it wasn't my fault)

So here are some observations.

Number 1 check out the thread by real estate mogul there is a discussion regarding cumulative days and streaks. I will just put in my own two cents that I c after being clean for a while it's definitely a different experience and I feel that I have gain a lot and I hope that it will help me in the future

2. There is a saying money can't buy Happiness but it sure can help The same thing can be said about filters they won't make you clean but they sure can help. My most recent stint in the trash can was due to le leaving a unfiltered device around the house. I did not get around to filtering it be I felt I was in a good place and that I w was not in a rush to filter it. I'm not saying i if it wasn't around I would not have acted out. But it has happened before tha That's when the quote candy is not available so easily saner you're thinking takes over before you get to act out.

Been a while since I've been in triple digits. Life is a journey. At this point in time, although I still believe in filters, I dont think it will keep me in the long run.

It's interesting that certain ideas work for a while, but then stop (like when I first joined gye I was clean for over 100 days, just due to the newness of being on a online forum)

For now I'm looking at 12 steps, let's hope it's the final stop.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Reachstars - 29 Jun 2021 19:32

Hey HH been following your journey. Happy to hear that you've been finding some perspective in SA literature. Personally SA has been a game changer for me. I'd be happy to discuss my journey with you if you'd like. Good luck, and all the best.

P.S. Admitting that you cannot stop on your own is not branding yourself with a mark of shame. It is simply an honest admission of you're inability to cope, and live life without indulging in lust

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 11 Jul 2021 05:22

[Reachstars wrote on 29 Jun 2021 19:32:](#)

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Thanks for following!

Ive been joining dovs call, and listening to some SA talks, but I've been slow on actual work.

Its not shameful to me, the question is do I truly feel it makes my life unmanageable. At this point I think the answer is yes

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 19 Jul 2021 19:17

Jewish life is busy, Friday shabbos then Tisha bav. All great reasons not to work the program.

But, at this point in my life, if I dont actively work a recovery program, my issues show up very quickly.

Not making any commitments because they don't mean much (because I don't keep them). The only time I keep them is when I truly realize and recognize how important it is.

So today, I'm talking to myself about the importance of doing something recovery related every day. Shabbos I can take off, but motzei shabbos I need to back at it.

I lusted last night, which resulted pretty quickly in masturbation.

Let's hope I can get back on track.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 17 Nov 2021 20:46

[reallywanttobegood wrote on 25 Jun 2021 17:48:](#)

Hi all,

Today is a momentous day for me bh.

Day 1000!!!!!!!

Overwhelming!

Whoa, where do I even start??

I'm getting emotional...

First off THANK YOU HASHEM!!! I know without a doubt that this wouldn't have been possible without your loving hand guiding me along.

Next up - A huge shout out to "Hashem help me" who has stood by me from day 1! If not for you who knows where I would be today! You listened when I needed a receptive ear, you advised when I needed guidance and you scream when I needed a wake-up call!

I'd like to take the opportunity to reflect on some of the hard-earned lessons learned on this 1000 + day journey, from someone who's "been there done that" (think porn, masturbation, phone sex, massage, live sex...)

1) Change / recovery is painful. My definition of Hitting "rock bottom" is the point at which being actively addicted is MORE painful than the pain of change - at this point, change becomes the logical next step.

2) RESPONSIBILITY! - We all have our own back stories, we all have seemingly legitimate excuses, we all have rationalizations. Taking responsibility means that NO MATTER WHAT even if prostitutes would be falling out of the sky - The buck stops by me!!

A good antidote to rationalizations and excuses is, just picture telling your wife I cheated because I was tired, moody, abused, etc. we all know that logic won't go too far.

3) CONNECT with someone on gye. The opposite of addiction is not sobriety - it's CONNECTION. Addiction thrives on isolation! Have someone that you can share your pain and struggles with. Have someone that you can text, call or meet when the going gets rough. And finally have someone who can be your cheerleader and celebrate your both big and small wins with you!

4) Plan Ahead - Be proactive. If you fail to plan - you plan to fail. The yetzer horah rarely tries to fight us when were doing well, he looks for opportunities when were down and out or caught off guard. When were tired, moody or stressed....

If were proactive, most of the time we can anticipate ahead of time that were about to be in a vulnerable spot. If you know that when you're tired you're vulnerable, then if you come home from a chasunah at 2am don't just go to sleep and hope for the best tomorrow! Call your GYE chaver, text him, make a short term taphsic shvuah, or do whatever else works for you.

4a) Don't become complacent; I'm already in a good place I don't need to be vigilant anymore. COMPLACENCY IS THE BEGINNING OF YOUR LAST CLEAN DAY. While this day can sometimes last a while, if we're complacent it's just a matter of time before we get caught off guard.

5) Take the journey one day at a time. Over these past thousand days I've had times of sheer elation, times of utter frustration, times of vulnerability when I thought that this all might evaporate. Buckle up and get ready for the journey of a lifetime!

6) I'm just a regular person just as special as you! If I can do it so can you!!

Great stuff. Yet, yet...

Here's something I've been thinking about.

What if #1 doesnt apply? What do you do then?

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Re: The Road To Being Honest With Myself (and others:)
Posted by wilnevergiveup - 17 Nov 2021 21:38

[Hakolhevel wrote on 17 Nov 2021 20:46:](#)

[reallywanttobegood wrote on 25 Jun 2021 17:48:](#)

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Here's something I've been thinking about.

What if #1 doesnt apply? What do you do then?

Then why the heck are you here?

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