

Should I start?

Posted by landmine - 03 Sep 2017 11:31

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My story:

I am in my early 30's and have had a bit of a tough life. People don't necessarily see that when they look at me, but that's how it is. I am divorced (only very briefly married ages ago). I have had some success at my current university, but need time out to recover from my addiction.

I am moving to Israel to try and get into a life of recovery. Where I am at the moment is not conducive to recovery. I am going to try and start a new life for a year in Israel and go to meetings every day. I must just try and focus on becoming a functional human being focused on recovery.

My addiction: I am totally addicted to escapism. I watch films and read whenever possible which is almost all the time. I stay awake at night and my life is a mess.

So what would be 90 days of sobriety? What constitutes sobriety for me. My main addiction is not masturbation, although I think 90 days without would be tough. My main addiction is escapism. technically if I look up the news I am using, so I would have to start again. I shall be going somewhere where I will have limited access to internet, but what will constitute a clean day. If I read a few lines of a novel would that ruin it?

Let me know what you think?

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Re: Should I start?

Posted by Markz - 03 Sep 2017 11:41

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Do you struggle with porn?

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Re: Should I start?

Posted by landmine - 03 Sep 2017 11:46

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I do struggle somewhat, but by having strong filters I would say that escapism is really the problem. I can go quite long without any pron. But yes I might be addicted to that too given the chance. I can get addicted to anything given the chance

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Re: Should I start?

Posted by Markz - 03 Sep 2017 12:10

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[landmine wrote on 03 Sep 2017 11:31:](#)

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There are landmines everywhere

How do you know the grass on the other side is much greener - what are you doing now that defeats recovery and meetings and how is the Holy land different?

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