

1 week and almost failing

Posted by smith - 06 Sep 2017 04:21

I have been struggling with porn and masterbation for around 6 years I am up to day 7 of my longest on purpose streak

The past 2 day have been incredibly difficult, is it just going to get harder or... Because I am very close to failing and I don't know if I can take another day without giving in

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Re: 1 week and almost failing

Posted by Hashem Help Me - 06 Sep 2017 04:36

Welcome. It should be with hatzlocha. If you stay connected here you will iyh find recovery. You can hold off another day. Over here we don't think about tomorrow. We stay clean one day at a time. Keep posting. What triggers you? How did it start?

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Re: 1 week and almost failing

Posted by smith - 06 Sep 2017 10:57

Thanks

I definitely hear the one day at a time concept but it also seems slightly flawed because the real goal is for ever not just one day

When I have too much free time or had a bad day, or just get the feeling those are all triggers

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Re: 1 week and almost failing

Posted by MayanHamisgaber - 06 Sep 2017 11:08

Welcome

Sorry to argue on my welcoming post but my understanding of ODAAT is that the end goal is NOT forever the concept is I do not care what happened in the past and the future is off the radar and will deal with it when it becomes the present. Only now is what I am interested in right now and even that I need help from an HP

Good that you can identify triggers now what are you going to do about them?

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Re: 1 week and almost failing

Posted by dms1234 - 06 Sep 2017 22:46

[Hashem Please Help Me wrote:](#)

You can hold off another day

That sounds awful! Holding off?? Why in the world do i just want to hold off another day? I dont want to hold off. Sounds like a dry drunk miserable existence. I dont want to go every single day tightly gripping my seat hoping i dont act out tomorrow.

Doesnt sound like freedom to me.

Freedom, for me, is when i can live without that fear of acting out. I cant control if i act out or not. I am powerless. What i can do is connect to God doing very simple actions like calling friends, going to meetings etc

Yes i have to take life one day at a time but now i dont need to sit down hopelessly chanting one day at a time, one day at a time.

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Re: 1 week and almost failing

Posted by smith - 07 Sep 2017 01:57

That definitely takes a lot of pressure of the future but that goal will always be in the back of my head, even if my main focus is today there will be that aspect of the future tied in.

what is an HP?

I have set up a filter that has reports to someone but when I'm "in the bad zone" I think of a million ways to try and get around some of which are just letting him get a bad report because right now it's worth it

Any ideas about the triggers?

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Re: 1 week and almost failing

Posted by Markz - 07 Sep 2017 02:29

[smith wrote on 07 Sep 2017 01:57:](#)

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HP stands for Hewlett-Packard. Many believe it's Gd and are connected 24/7

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Re: 1 week and almost failing

Posted by smith - 07 Sep 2017 03:32

[dms1234 wrote on 06 Sep 2017 22:46:](#)

[Hashem Please Help Me wrote:](#)

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How do you get to that point ? To freedom

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Re: 1 week and almost failing

Posted by Hashem Help Me - 07 Sep 2017 04:55

DMS, maybe for you "holding off" is not freedom. For me knowing that with help from Hashem that I controlled myself is a wonderful feeling. Being that it is hard to envision holding off for long periods, the goal is one day at a time. I am in touch daily with a chaver who due to his job has to sit privately by an unfiltered computer. We set up a very strong Taphsic for accessing any questionable site (which in the past led him to go further....), and instituted a focus on only one day at a time. He BH is doing great and feels like a million dollars for staying in control. Is that not called freedom? Is there something wrong with being proud that you withstood temptation using whatever tactics worked?

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Re: 1 week and almost failing

Posted by RobFloyd - 07 Sep 2017 13:06

Smith, you get to freedom by getting yourself to place where you don't need to or want to act out.

For some people here, that can be by focusing on the mussar and chizuk articles and emails available on GYE. For me, I had to work the 12 Steps.

One day at a time is not the goal, but a technique. Recovery forever is a long, long time. It seems impossible and can lead to giving up. For example, "I can control the urge and not act out today, but I will never make it through tomorrow! So I might as well give up and act out today." When we think about one day at a time, this becomes, "I can control the urge and not act out today. I will worry about tomorrow when it comes." As time goes on, this becomes easier and more natural.

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Re: 1 week and almost failing

Posted by smith - 08 Sep 2017 20:59

Really I should change the name to almost 2 weeks and I fell last night and again today
what now?

How do I get back!

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Re: 1 week and almost failing

Posted by dms1234 - 08 Sep 2017 21:13

Hashem Help me, write this messsage. Hehe I had to!

Hashem help me, I am sorry. I should have been clear, I am writing as an addict. Perhaps you are not an addict. I cant control my self so i am just delaying the inevitable. for me it just leads to more self pity and worthlessness cause deep down i know i cant control my self.

If somebody sets up a Tapsic and its not working for them and he is just being a dry drunk and not focusing on the real issues and he's not getting closer to God then in my experience it isn't a good idea.

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Re: 1 week and almost failing

Posted by Hashem Help Me - 10 Sep 2017 03:31

Not sure what you are trying to say, but whatever it is, no need to apologize. Everyone should be matzliach with whatever works for them.

Smith, do you speak with anyone? A partner? A rebbi/therapist?

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Re: 1 week and almost failing

Posted by smith - 10 Sep 2017 05:01

Starting a therapist soon but not focused on this

and I've spoke to 2 friends

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Re: 1 week and almost failing

Posted by Hashem Help Me - 10 Sep 2017 11:17

Are you comfortable sharing this with the therapist? Did your friends have any experience or advice with this issue?

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