

12 steps of SA - my newfound struggle

Posted by eli613 - 13 Dec 2017 07:32

Dear Friends,

I am a struggling sex addict who lives a perfectly normal *frum* life with a wife and children. 52 days ago I started attending SA meetings in order to get more help with recovering from my sex addiction that has plagued me since my early teenage years. My forms of acting out used to be masturbation and porn, but in recent years I graduated to visiting massage parlors. Before SA, I came on this site occasionally and it has helped me stay clean for small periods of time, once for 87 days! The SA meetings are helpful, I am learning a lot about what it will take to recover and the human interaction is very encouraging and gives me a new sense of accountability. I recently found a sponsor who has been really helpful in guiding me towards the 1st steps of recovery. I committed myself to going to a meeting at least once a week for 90 days even though it is very hard for me to make the time to go to the meetings. I always have to make up an excuse to my wife who I love dearly and has no idea about my sex addiction that something came up, or I had to work late in the office, etc.

Last week, I felt very tempted to act out, I told my wife I was going to hang out with some friends, I left my friends early and I went out bar hopping by myself with some secret hopes in mind, I got very drunk and thankfully I was very unsuccessful. I felt like garbage the next day. I spoke to my sponsor the next day, and he told me that this is considered "cruising" and I should add this to my middle circle. He said I shouldn't consider this a relapse but if I did it again we would have to consider moving this to my inner circle. It's really strange to me, since I never hung out in bars before and I was never interested in flirting with women in that way, yet I feel like this is my new obsession. I am worried that perhaps hearing other *goyim's* forms of acting out has stirred up some new creativity in me. I am worried that I am tempted to act out in even worse ways than I would have acted out before. I don't find myself struggling with porn or masturbation or wanting to visit massage parlors, but today when I was driving somewhere with my wife, my mind kept wandering as to when I might be able to sneak out at night again to hang out at a wild bar. I am having a stressful week at work and I am working overtime and I haven't even been able to attend a meeting this week. I hope to attend a meeting this *motzei shabbos*. It really helps me when I can share my struggles at the meeting, so I am glad I had GYE to share it with tonight.

Thanks for listening.

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Re: 12 steps of SA - my newfound struggle

Posted by cordnoy - 07 Jan 2018 16:34

I went to meetin's for almost a year - one hour drive each way.

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Re: 12 steps of SA - my newfound struggle

Posted by eli613 - 07 Jan 2018 17:22

She used to, but I stopped drinking as much as I used to. I was thinking to start drinking again and than use that as an excuse. But it doesn't sit well with me.

Warning: Spoiler!

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Re: 12 steps of SA - my newfound struggle

Posted by Hashem Help Me - 07 Jan 2018 17:30

Welcome eli. You are BH focused well and want the right things. The posts are honest and clear. Maybe to fill in in between meetings, reach out to some of the chevra here. Hatzlocha

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