

AD's recovery path one day at a time

Posted by aryehdovid85 - 07 Mar 2018 17:34

Joined GYE in 2010, started going to live SA meetings in July 2010. MO's include online porn, phone sex chat lines (SSA) and compulsive masturbation.

I have been in chronic relapse since 2013 after reaching 90 days without masturbating.

Fast forward to 2018

BH I spoke last night, 3/6/2018, with a program brother who I met on the GYE chatroom with very solid sobriety who works an intensive recovery program in SA. He shared with me his experience strength and hope, and gave me the strength not to call phone sex. I committed to calling him on a daily basis.

Feeling much more hopeful now. Was able to "show-up" as a father and husband. to help my daughter with a pending "crisis" and to discuss other pending family problems. Thanks everyone for their support and encouragement. ***We need each other !***

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Re: AD's recovery path one day at a time

Posted by aryehdovid85 - 08 Mar 2018 16:17

BH still sober. Made it to a live lunch time SA meeting yesterday for a few minutes.

Tools I use: reaching out to other program brothers by telephone, text, E-mail

Reading program literature -I carry a Big Book with me to read on the train, live meetings.

triggers include self-pity especially when my wife is critical of me.

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Re: AD's recovery path one day at a time

Posted by aryehdovid85 - 08 Mar 2018 21:11

BH I had an amazingly awesome conversation with a program brother this afternoon.

This conversation helped crystallize for me:

1) the desperate and pathetic reality of my current situation as a "lustaholic"

2) the recovery process is a major commitment of time and energy

to learn "healthy" attitudes and develop healthy connections

3) Recovery as well as therapy must be self-driven

4) how much my family is suffering b/c my attention, time, and energy are consumed by the hours spent on phone sex, and looking at porn.

5) how my addiction has destroyed my ability to be attentive and supportive to my family

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 09 Mar 2018 19:14

Just a quick post to keep the momentum going.....

BH still feeling happy, and grateful for being sober. Hopeful and excited to begin working a program of recovery with a new SA sponsor.

btw the link to my old posts: guardyoureyes.com/forum/profile/my-profile/userid-5964

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 12 Mar 2018 17:00

Checking in guys. BH had an absolutely awesome past 6 day of sobriety. Truly grateful for all the support of our program brothers. <https://mail.google.com/mail/e/263a>

Tools i've been using:

1) Daily renewal with sponsor including surrendering "open bottles"

2) "Book Ending" with a program bother b4 and after triggering situations such as unstructured free time

3) staying connected by telephone,text and E-mail with program brother throughout the day

4) reaching out to support guys who are struggling just to listen and share their struggle (not giving any advice)

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Re: AD's recovery path one day at a time
Posted by Singularity - 13 Mar 2018 07:12

Keep on Inspiring!

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Re: AD's recovery path one day at a time
Posted by ieeyc - 13 Mar 2018 15:41

you too!

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 14 Mar 2018 22:49

Thanks guys for the comments. BH still going strong.This morning was a first for me of being home alone with my wife's computer.

tool i used was to ask Hashem to protect me from lust. Also checked in with my sponsor afterwards. Committing to another 24 hours of sobriety.

agav,yesterday i was a bit stressed a work (actually had to do some work!!) but it was not a trigger for me. That morning my wife was "picking on me" which I shared later at the SA meeting -I am powerless over my wife's moods.

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Re: AD's recovery path one day at a time

Posted by Singularity - 15 Mar 2018 10:36

[aryehdovid85 wrote on 14 Mar 2018 22:49:](#)

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Beautiful. I experienced similar surrender yesterday. My wife and I were downstairs at my in-laws and I heard the TV on upstairs and asked where our daughter is and my wife said upstairs, I said the TV's on (as a policy we don't watch/use tv) and my wife said they're just watching the news. I asked, "Did we ever discuss if that's okay?" she replied, "Don't worry... it's okay...." and I felt a burning desire to set things right, but BH I just let go. Reminding myself I fully trust my wife with the kids.

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Re: AD's recovery path one day at a time

Posted by Markz - 15 Mar 2018 11:46

[Singularity wrote on 15 Mar 2018 10:36:](#)

[aryehdovid85 wrote on 14 Mar 2018 22:49:](#)

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Trusting and arguing are 2 separate things

Im the type that would've made a fuss on the spot, and perhaps yours was a better route on an instantaneous situation policy. The no Tv policy can be relegated to calm hour...

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Re: AD's recovery path one day at a time
Posted by ieeyc - 15 Mar 2018 13:55

wow ,singularity, when i have that urge to say something to my wife especialy when im 100% right like usual ,its very similiar to the impulsive urge to act out (and maybe even stronger-hey !) and to pull on those reigns and so WHOOOOAA HORSEY!! is a pretty impressive demonstration of self control ,and the similarity between this and acting out is the ability to say NO to the steed that we ride,RIDE EM COWBOY!! YEEHA!! ,hatzlacha!

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 15 Mar 2018 20:42

Hatzlacha and don't forget in all situations to Keep Calm and... (see the avatar
thanks the feedback. BH still sober.

Yes,anger is one of my major character defects which impacts heavily of my moods and my relationships.

Advice given to me by my ***Rebeim over the years has been to "not answer back"***.

Although that can set up a situation where i become "passive" in the face of criticism it is a good temporary fix for all of the drama especially with my wife.

Case in point yesterday, my wife was very stressed-out about all of the "avodas perach" for the upcoming holiday and the lack of my active participation in the household chores,shared a few sharp words which I did not respond to.A few hours later she calmed down and was back to her

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Re: AD's recovery path one day at a time
Posted by stillgoing - 15 Mar 2018 20:59

[aryehdovid85 wrote on 15 Mar 2018 20:42:](#)

reasonable rational polite self. Now just imagine if I would have responded out of anger.
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Nice! 10 points! (actually more, but 10 points has a nice ring to it)

and btw, thanks for the complement

Warning: Spoiler!

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Re: AD's recovery path one day at a time
Posted by Singularity - 16 Mar 2018 10:16

[aryehdovid85 wrote on 15 Mar 2018 20:42:](#)

thanks the feedback. BH still sober.

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I was advised not to react at that moment but if it is an actual issue then to discuss it when things are calm and nobody's upset.

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Re: AD's recovery path one day at a time
Posted by aryehdovid85 - 21 Mar 2018 21:54

BH still going strong. Grateful for my sponsor who reminds me that I am not the CEO of the

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world.....and that I should let Hashem run the world and do His Service! How very true!!