

Starting over again, seriously

Posted by Thistimeillwin - 19 Dec 2018 21:34

I'm ready for another stab at breaking free.

I was on this website and the forums extensively during Tishrei and Cheshvan, and 'made it' for over 3 weeks. Unfortunately, when I fell, I fell hard, and though I tried getting up a few times, I was quickly overpowered. I was in one of the worst conditions for the past few months, worse than before I tried.

I've resolved to make time (almost) every day to post here, I found it very therapeutic to chat with 'friends' here, and it helped. When I sunk again into depravity, I was ashamed to even log in! So I know the website is doing something for me.

I also started the moment 'yemei niddah' came. I found it much easier to have zero tolerance, than to juggle similar actions with different intentions. Something I need to work on.

I also have taken this try on as a zechus for my child, who should have a refuah sheleima. I expect to be in stressful medical situations over the near future, and not acting out should give them a speedy recovery.

I will try to be on the chat for just a few minutes a day to read and respond, you can all band around me and cheer me on (and up). ??? ?? ????? ??????? ??????? ????? ???!

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Re: Starting over again, seriously

Posted by EscapeArtist - 30 Dec 2020 03:53

Not acting out when the Mrs is cranky is probably one of the strongest things we will ever do.

I relate to mikvah night being like that. Mikvah makes my wife very stressed out, & I have to tiptoe on eggshells around the whole sugya; not fun.

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Re: Starting over again, seriously
Posted by eom308 - 31 Dec 2020 17:30

I've experienced that in the past as well. Sometimes I feel like the urge wants is using the situation as an excuse, justifying it with my anger or being upset. Glad to hear that you were able to stay focused! Continued success!

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Re: Starting over again, seriously
Posted by Thistimeillwin - 04 Jan 2021 22:53

Do you ever have one of those days where you don't feel the lust to do it, just overwhelmed with things in general and you want to resort to that (former) favorite form of comfort and solace, that comfortable feeling of 'taking care of business' before you return to the real world?

The addiction definitely has a strong aspect of lust, but is also clearly a coping mechanism to deal with anger, stress, boredom, anxiety, fear etc. when there is no lust triggering it.

B'H I didn't give in. I'm leaving the last opportunity for a hard fall today right now. Tomorrow is a new day, hopefully with fewer challenges.

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Re: Starting over again, seriously
Posted by YeshivaGuy - 05 Jan 2021 00:20

Yup I relate...

Keep shteiging!

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Re: Starting over again, seriously
Posted by EscapeArtist - 05 Jan 2021 06:15

Absolutely! I've been told that EVERY time I feel like acting out it's because something is bothering me. I have not quite reached that recognition & still believe that sometimes it is plain ol' lust; but it's definitely true that when I am bothered by any of the things you mentioned that I feel like escaping to the land of masturbation, even if not necessarily for lust-purposes. I also find that lust-hits are magnified hundreds of times over when I'm particularly stressed by something. (- like sitting too long in this quarantine losing my marbles!).

Just knowing that it's a ????? of the stress usually helps me pass it, telling myself that it won't really be as awesome as I think it will be, that it's just my stressed-out addict-brain kvetching to me.

Keep it up, you're an inspiration to many of us here!

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Re: Starting over again, seriously
Posted by Thistimeillwin - 06 Jan 2021 03:25

Fell today. Then again. And again.

No desire for lust, no arousal, no itch in the pants.

Just had to do it and was immobilized half the day because I couldn't do it, but I couldn't get my mind off doing it.

Eventually did it. It bothers me, but I don't feel regret. I'm not very upset. More upset about a wasted day not being productive at the office. I'm just 'so well, I'll just have it harder breaking through again...'

What's the matter with me?

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Re: Starting over again, seriously
Posted by Zedj - 06 Jan 2021 04:25

I can relate to this.

Just doing it for the simple reason of doing it.

Though I may have not felt regret, it never felt good or satisfying

Having regrets can be saved for another time anyway.

We are glad your starting again!

take one day at a time!

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Re: Starting over again, seriously
Posted by Hakolhevel - 06 Jan 2021 18:54

Ouch. I know the by regret feeling. I think it's a mechanism of our mind not to get the pain of regret, although I don't really know.

Either way, regret never really kept me clean, when you feel a little bit better, write down, why do you want to be clean?

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