

Documenting My Journey

Posted by withgdthereshope - 16 Dec 2020 19:24

On to day three here. It's been tough but in a different sort of way.

I haven't slept much the past two nights - just feeling jittery and uptight.

One of the things that I have learned through all this is that it's generally not the urge that makes abstaining so difficult. Instead, it's the living without what the addiction gave me that is so difficult.

In the past, the addiction gave me the answer for when I was upset, felt down, guilty, and even for feeling bored. The addiction gave me the ability to not deal with all those difficult feelings. I have to learn to be able to be okay with difficult feelings and not fall apart because I no longer have that pacifier.

Self-control is something addicts often struggle with. I think it's a mix of nature and nurture. Many of us can look back at our lives and realized that we never did well accepting ourselves (for whatever reason) and this addiction became our means to allow us to live without accepting ourselves because we were able to escape through the addiction - instead of dealing with it.

That's definitely is the case for me.

As a therapist, this whole thing is eye opening. However much I have been blessed to help others I am so blinded when looking at myself. This experience (even over these few short couple days) is eye opening and so very humbling.

I think I need to really work on accepting myself and being okay with difficult emotions and guilt in order to be able to succeed.

Chazal teach us that Ilmulei Hakadosh Baruch Hu OZro Eino Yuchol Lo. I pray that I succeed

together with all of us here.

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Re: Documenting My Journey

Posted by YeshivaGuy - 18 Dec 2020 04:53

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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Yes!!! Please do!!

Shkoyach

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Re: Documenting My Journey

Posted by Markz - 18 Dec 2020 05:03

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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I've been waiting for this day!

I can't speak for everyone else, but I believe it would be extremely helpful for many of us if we would share 4 things.

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2. What are we running away from...
3. Who are we running away / hiding from due to shame.
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Re: Documenting My Journey
Posted by withgdthereshope - 18 Dec 2020 05:07

[Markz wrote on 18 Dec 2020 05:03:](#)

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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And to Yeshiva Guy but I don't know how to tag both.

Has this really not been addressed? I would love to get an idea of what has been addressed and how members feel about the whole idea before really jumping in.

It's a big task and I'm getting a bit scared of the undertaking but maybe we can start slow. I have a hard time not doing things fully - another thing I hope to grow in.

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Re: Documenting My Journey

Posted by withgdthereshope - 18 Dec 2020 05:08

[withgdthereshope wrote on 18 Dec 2020 05:07:](#)

[Markz wrote on 18 Dec 2020 05:03:](#)

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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Re: Documenting My Journey

Posted by withgdthereshope - 18 Dec 2020 05:15

Here's some disclaimers.

For starters, I'm not a big believer in the idea of addict for life. Maybe it's all because I don't want to face that idea and I'm simply running away from it all, but I don't think that's the whole reason.

The idea of being an addict for life doesn't fit a lot of what we know about psychology. I think that the reason we are addicts for life is not because we HAVE to be but instead because the addiction is helping escape from something and because that urge is great it's very difficult to ever escape from addiction.

This isn't simply a theoretical discussion though because it gets to the root of the whole thing.

If we wouldn't need to escape than we wouldn't necessarily be that life long addict.

And even if we wouldn't completely ever make peace with what we're escaping from, we would be in a completely different and better world if we at least lessen that need to escape.

Okay, enough for now. Got to catch some shut eye, but PLEASE everyone chime in and let me know your thoughts because I'm new here and don't even know if all this is beneficial.

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Re: Documenting My Journey

Posted by Captain - 18 Dec 2020 05:18

I think many people can get away with making the distinction that it's only responsible that I use many safeguards, and I must and will do that and be very strict about them, but at the same

time I don't have to attach a label to myself. (Perhaps not people with extreme addiction. I don't know.)

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Re: Documenting My Journey

Posted by Markz - 18 Dec 2020 05:26

[withgdthereshope wrote on 18 Dec 2020 05:08:](#)

[withgdthereshope wrote on 18 Dec 2020 05:07:](#)

[Markz wrote on 18 Dec 2020 05:03:](#)

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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And then we have to address your list, but I would love to get some more info first.

Quoting yourself?

That's like me having a DMC one on one with myself.

Oh boy - you need to see a Therapist fast!!!!

Warning: Spoiler!

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Re: Documenting My Journey
Posted by lionking - 18 Dec 2020 09:01

[Markz wrote on 18 Dec 2020 05:03:](#)

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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Thanks Mark for this list. It really represents the core issues. I have such a list written in my heart.

Do you think it is better to share this list with someone? Including #4?

Sometimes, I feel like the answer to #3 is you. I am ashamed. How can I face you that I fell again and again, over and over? You were a true lifeline in my earlier years.

But, the real answer to #3 is always Hashem and my self. I'm hiding from my self. I'm not allowing the real me to shine through.

I'm trying to hide from Hashem, because if would've truly believed that He is always with me, I wouldn't have fallen.

Personally, I don't subscribe to the Freudian philosophy that our fixations represent core values, however I still think question #4 is good, because it helps us define what we need to work on avoiding.

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Re: Documenting My Journey

Posted by YeshivaGuy - 18 Dec 2020 13:23

[withgdthereshope wrote on 18 Dec 2020 05:07:](#)

[Markz wrote on 18 Dec 2020 05:03:](#)

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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It has, at least I feel it has. But chazara is always good. And he's offering to give his haaros etc, and there's always more to learn

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Re: Documenting My Journey

Posted by eved41 - 18 Dec 2020 14:51

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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Hi WGTH, I'm wondering if the following Dov quote has any bearing on your question.

Gibbor quoted Dov as follows (the added emphasis below is Gibbor's):

[dov wrote on 11 Aug 2011 18:26:](#)

Yeah. You are thinking too much, as you are always doing (if you are anything like me), and you are convinced that you need to 'understand' something in order to succeed at getting better.

Make in-person friends with another person in successful recovery from a problem like yours and speak daily with that person at the beginning of the day (before or after davening or breakfast) and then again near the end of the day sometime. It doesn't need to be every day, but most days would be great.

Love yourself, take good care of yourself, and stop burdening your poor self with the weight of the world. Nobody really understands all the stuff you are struggling to gain mastery over. Least of all, you.

Learn what to do, not what to think.

You cannot think yourself into right living. You can only live yourself into right

thinking.*(emphasis mine)* Hashem will give you the gift of right-thinking. But it will be a gift that you will be able to hold onto only after you take the right actions without needing to understand.

Na'aseh venishma is not a mitzvah anywhere in the Torah, but it underlies *everything*. Especially recovery.

Trust G-d, period.

What do you think?

eved41

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Re: Documenting My Journey

Posted by withgdthereshope - 20 Dec 2020 03:33

[eved41 wrote on 18 Dec 2020 14:51:](#)

[withgdthereshope wrote on 18 Dec 2020 04:50:](#)

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What do you think?

eved41

I think we often get stuck on questions that really don't matter but on the other hand, there is a ton that can make a difference. I agree that speaking with someone and not overburdening ourselves with questions we don't have answers too is super important, BUT there are some

mindset shifts that can truly change the ballgame. These are things that really do make a difference. I think I have to do a series on this because I think it can truly transform the lives of so many of us.

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Re: Documenting My Journey

Posted by withgdthereshope - 20 Dec 2020 03:36

We often ruminate on these things and generally it isn't helpful as Dov wrote, but imagine we actually had clarity and then were able to overcome that uncomfortably that causes us to escape into our addiction. What would that do for us? How helpful would it be?

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Re: Documenting My Journey

Posted by YeshivaGuy - 20 Dec 2020 03:37

[withgdthereshope wrote on 20 Dec 2020 03:33:](#)

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Awesome! Can't wait! U can post here or start a brand new thread.

Looking Forward!

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Re: Documenting My Journey

Posted by Hashem Help Me - 20 Dec 2020 04:05

Instead of being philosophical about to open up to someone or not, maybe just try speaking to someone and see if it helps, being that most guys here say it does. It saved me...

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