

On the way... Again

Posted by Hopefulposek - 26 Jul 2023 16:54

Hi everyone,

I made it to 90 days once before and then had a fall shortly after. I have made several attempts since then but have not been successful. I'm hoping that starting this thread where I will post updates and insights throughout this journey will help me stay motivated and grounded. Any chizuk or advice in response to the updates my journey would help me on the way. Thanks everyone for being such a supportive community.

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Re: On the way... Again

Posted by adventurousjellyfish - 18 May 2025 01:39

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Re: On the way... Again

Posted by hopefulposek - 18 May 2025 02:43

I was thinking more about the choice theory that I posted about around pesach time. I think that for some things it makes sense to keep the sense of choice (which is a sense of being a person with free will, also known as a mentsch and a tzelem elokhim) but for some things which are completely destructive it would be wise to make the decision now to give it up and make it so it is inaccessible.

So for movies and other things which waste time and have a lot of bad things about them but aren't literal poison I want to be using choice theory, while for porn I want to decide not to have access to it anymore.

It does get difficult when b'etzem there is access but my wife has the password, this creates a resentment, since it's within reach but being held back. I think it would be better if we got rid of the smartphone completely (even though there are things I use it for which are good) and thereby get around this current road block.

I had a thought during the rosh hayeshivas shmuz today, I was feeling very uncomfortable that I spend upwards of 4 hours everyweek working on myself and talking to others in order to overcome this battle. I feel like I'm not in yeshiva for those times and feel less like a bnei yeshiva. Meaning that I've lost the sense that being in yeshiva and focusing on torah and avodas hashem is my main goal, I've supplemented it with the goal of becoming healthier and more emotionally stable and not chasing lust all the time as a means to live. My rosh hayeshivah was speaking about how we can come to a point of realizing that our connections to others and working bein adam l'chaveiroh is an avodas hashem and they are not mutually exclusive, when I'm doing one I'm not doing the other rather when I'm involved in bein adam l'chaveiroh I'm involved in avodas hashem. I realized that I cna apply this to my situation as well, it's not 2 different focuses in life, working on addiction and separately learning torah and doing mitzvos. rather working on this struggle, spending the countless hours in meetings and in therapy and journaling, that is my avodas hashem right now just as much if not more than sitting and knaking on a rashba.

I'm trying to imagine, if I had the opportunity to learn 1 on 1 with the rosh kollel, some inyanei kedushah, whatever it would be. But it would come out of seder time. I wouldn't feel like my life is split between being in seder and learning with the rosh kollel! I would feel like I'm spending my entire day focused on 1 thing, growing in torah and ruchniyus!

So too now, in my life, I spend my whole day growing in torah and ruchniyus. Maybe it looks different than other people, but the reason I'm going to therapy and going to meetings is in order to become the best person I can be so that I can serve hashem fully.

I'm hoping to try and focus on this idea more and be more compassionate to myself in the coming week.

I still have a lot to work on but B"H I'm getting a better and better view of the silver lining to be reached.

Keep on fighting everyone!

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Re: On the way... Again

Posted by hopefulposek - 18 May 2025 23:51

checking in.

Had an ok day today. Went to a meeting in the morning which was nice, but at the end I was talking to someone and I started to feel very pressured, the feelings I was getting was "if you aren't always going to meetings as much as possible, you're not serious about the program and don't really belong here." I was told before I joined SA that some people there felt this way and I would get these pressures, and it was hard to deal with it.

Then when I got to morning seder my chavrusah wasn't being so nice which made me feel even more unstable. B"H I took some time for myself and went through my mental exercises, getting in touch with myself and why I felt so crummy and then having compassion for myself.

The bottom line is I'm responsible for my own recovery (which is super important for everyone to realize!) and others can give me advice and guidance based on what worked for them and what they saw worked for others, at the end of the day I know myself the best and have to choose what I'm going to do to keep growing. Also I know that even if I'm not ready to work the steps seriously I'm still welcome by the meetings because I "have a desire to stop lusting" which is the only thing needed for membership. this fellow I was talking to is also very sweet and calm and I know he didn't mean to give off those vibes.

My plan is to spend some time doing self therapy tomorrow morning, getting in touch with those feelings of being judged and pressured to do something I don't think is good for me. I also plan on calling this fellow tomorrow to discuss my feelings and how I want to move forward.

Meanwhile some of the suggestions he gave I am going to try for a week and see if I can keep up with them:

- 1) start writing a history (this is not suggested for everyone, it's in order to better understand why I need help and cannot just rely on myself to recover).
- 2) reach out to 2 people every day, not just a text but a phone call
- 3) read recovery material for 5 minutes 3 times a week
- 4) have a check in with an accountability partner/mentor twice a week

Here's to hoping for a nice peaceful and clean week, Hatzlacha everyone!

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Re: On the way... Again

Posted by chosemyshem - 19 May 2025 03:09

[hopefulposek wrote on 18 May 2025 23:51:](#)

Meanwhile some of the suggestions he gave I am going to try for a week and see if I can keep up with them:

- 1) start writing a history (this is not suggested for everyone, it's in order to better understand

why I need help and cannot just rely on myself to recover).

Writing a history (pen and paper and all) is a fantastic way to get a real handle on what's going on with yourself. 10/10 recommend for anyone (imho).

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Re: On the way... Again
Sorry you had a rough day
Posted by hopefulposek - 06 Jun 2025 00:21

So I was responding to someone reaching out to me for some advice and I took time to write up the most basic and first steps which I took and found helpful, here it is (some things have been changed for anonymities sake): I hope you had a nice and peaceful shavuot. Distraction is a good tool for low level urges where you're doing well and have no reason to act out but have gotten slightly triggered, however for long term sobriety you will definitely need more tools, and I'll try and share what things helped me. Accountability depends on a lot of factors to be successful, do you currently have an accountability partner (someone you text or call everyday to report a slip/fall/clean and also check in if you had a struggle)? Before I begin, it's very important to remember that recovery is a journey, there is no magic pill/secret tool that will make you urge free and clean for the rest of your life. It will likely take a variety of tools and strategies and they will take practice (failed attempts) in order to get the hang of them and find what works best for you. Also each person is different depending on their background and severity of struggle. That being said, some people do find that after gaining a few tricks and perspective shifts things get much much better. I still don't feel like I have a good handle on your situation but I'll start with the basics and feel free to fill in some of your history when you're ready. Tools: 1) Tracking your urges and falls, this is very important for figuring out what triggers you in order to avoid them and also can help understand how well you're doing. it allows awareness of your successes even when you still slip and fall. 2) Pay attention to your physical health, eating right (drink lots of water), sleep 7-8 hours a night (I know it's hard to not learn until midnight, but it's k'vay, you'll have an amazing seder tomorrow), exercise 20 mins a day (find something that you can enjoy and get excited about as you get better and stronger). 3) a daily (morning or evening) routine that helps you relax and renew your focus on change, I take a small walk and review the reasons I'm changing as well as visualize my day and challenges that may come up. Perspectives: 1) you are not a bad person because you struggle with this, it is an incredibly tough nisayon and you are doing a good thing by addressing it (even though some days you give up and quit quitting, you're still a good person). 2) it is possible to get clean and stay sober.

It may take some time and may have challenging moments but it is possible as long as you keep getting back up and working on it. 3) you do not need to act out, you will be ok. 4) Some things may be painful and difficult, but problems were never solved by acting out. 5) you can recover, but you are responsible for your own recovery. Others want to help you and want you to succeed but the bottom line is it's up to you to take the actions to get better. Honestly there is so much more I want to share, but start with this stuff (most of it is pulled from one of my threads. Keep reading the forums, and when you're up to it start a thread to share a bit of your struggle and get the support you need. All the best, keep reaching out, Hopeful

I have a bunch more to add now that I saw it again, these are the most basic steps, but there are additional steps which can be so helpful. Getting a mentor, joining a vaad, reading and rereading the BotG. Going through the 3 circles worksheet together with another member. Find someone you trust and who has experience helping people and find out if you need therapy to deal with other non-struggle issues. Keep getting back up, you're worth it!

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Re: On the way... Again

Posted by frank.lee - 13 Aug 2025 06:45

Hi Hopefulposek, how is your summer moving along?

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