

Starting my journey to 90 days

Posted by aryehtahor - 25 Jan 2010 21:36

I have officially begun my 90 day journey. It started on January 19th so I am now on day 6. 84 days until I make it to the Wall of Honor! Will update this thread with my experiences periodically.

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Re: Starting my journey to 90 days

Posted by silentbattle - 03 Mar 2010 01:57

Fantastic! You totally rock!

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Re: Starting my journey to 90 days

Posted by aryehtahor - 03 Mar 2010 03:34

Ugh, this is so painful but I have to let everyone down. I just fell. I looked at porn for about an hour. I don't really know what to say. Thus ends over 40 days clean...

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Re: Starting my journey to 90 days

Posted by silentbattle - 03 Mar 2010 18:41

NO - it doesn't end anything. it means that you start your count again, but You are strong enough to move forward.

And you've seen that you can do so much! No more can the yetzer hora tell you that you can't survive without this garbage - you went without for more than a month straight!

Realize what you can do, get up, and move forward.

What did you learn from your fall? What will you do differently next time?

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Re: Starting my journey to 90 days

Posted by aryehtahor - 03 Mar 2010 19:24

With me, as I imagine it is with a lot of people, the slide downward is slow and gradual and eventually it feels inevitable that I will do something I regret.

Usually when I start something new, or after a nice contrast in life, I feel invigorated, energetic, excited, positive etc. etc. I am doing good things for myself and others, feel a connection with Hashem, and generally life is pretty good.

At some point, something happens to make things a little bit harder. Let's say one week I have a lot of schoolwork to do and I think to myself "I'll skip the gym today". Seems reasonable right? I go right back to the gym tomorrow.

But maybe the next week, I still have a lot of work to do and this time it's easier to skip the gym. So I skip exercising the whole week.

Now I'm getting more sluggish because I gave up the gym. It's harder to get up in the morning. Things are still manageable but everything feels harder and less exciting, and I start to *need* tasty food, or naps, or any small treat I can find that isn't too dramatic but feeds my need for something to make life OK for the time being. A little something extra. I also start to inexplicably fall asleep during the day for hours at a time.

Now the idea of going to the gym is out the window, I'm struggling to get up in the morning, I'm procrastinating all the time and so I'm behind on my work, I've stopped talking to other people and socializing or finding opportunities to socialize.

And finally, I hit bottom and look at porn.

What's the solution? I see that it's a cascade and I need to prevent that first slip. But I can't always be on top of everything, especially when life is unpredictable...I know I had opportunities along the way to reverse the process but I didn't really believe it was happening until it was too late. It's happened many times before, so why don't I notice it?

Anyway, I would really appreciate advice people can give, and it would also help to know that others experience this process too, and that from that stems their addiction.

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Re: Starting my journey to 90 days
Posted by aryehtahor - 03 Mar 2010 19:29

Oh and another thing I think I should mention. Last night after I went to sleep after looking at porn, I woke up in the middle of the night petrified from a horrific dream I had. It was the worst dream I can remember having in a long time. I saw these demons swallowing each other and scuttling around like crabs and a giant wormy thing that was standing up on end and twisting and I woke up panting and convinced that I had just glimpsed gehennom and that I was being shows what I will get for doing what I did...

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Re: Starting my journey to 90 days
Posted by Ineedhelp!! - 04 Mar 2010 05:36

[aryehtahor wrote on 03 Mar 2010 19:29:](#)

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Ummmm ya.... thats kinda freaky man!

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Re: Starting my journey to 90 days

Posted by silentbattle - 04 Mar 2010 23:26

Can you set up a new bottom for yourself? Like, discussing where you're holding on the forum, so that when this cycle starts you can see it clearly and say, "hey, I see the cycle - and now I'm breaking it!"

As i've said many times, that's one of the reasons I feel posting on the forum is so important - it forces us to see what's going on in life, in a real way.

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Re: Starting my journey to 90 days

Posted by Levi613 - 05 Mar 2010 03:03

BS"D

Dear AryehTahor,

[aryehtahor wrote on 03 Mar 2010 19:29:](#)

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scuttling around like crabs and a giant wormy thing that was standing up on end and twisting and I woke up panting and convinced that I had just glimpsed gehennom and that I was being shows what I will get for doing what I did...

Probably your dream is not very far from the truth and I thank you for telling it to us. I always give a chizuk to hear such things, when it is not coming from Taharas Hakodesh or Reishis Chochmah. Only make sure to use it as a chizuk and don't let it pull you down.

Gut shabbes

Levi613

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Re: Starting my journey to 90 days
Posted by aryehtahor - 21 Mar 2010 20:08

This is my first post on my thread in several weeks.

I have backslided alot. I don't think I've managed to go for more than 3 or 4 days since I broke my 40 day record. I just had a very long stint for 2 hours looking at the most vile, horrific porn. I backslided in other ways too. In a weak evening, I managed to start smoking again, look at porn, and call up my ex-girlfriend who came over the next day and we had sex and it was the most selfish disgusting encounter I've had in ages.

So what can I say after all this? I've felt a distance and a closeness and yearning for Hashem at the same time. But it doesn't really matter what I feel, how good my davening is, etc. because I go right back to my habits and my lofty emotions don't change a thing...

So I'm officially saying enough is enough and getting back on the chart. I think I am reaching the point Dov often talks about of realizing that you are powerless over the addiction and that you are relying on the Holy One to rescue you if you turn to Him sincerely. So may it be with me...

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Re: Starting my journey to 90 days
Posted by silentbattle - 22 Mar 2010 15:18

Good to have you back.

Realizing that we're powerless is so important - we can't get too confident. With hashem's help, we can always pick ourselves up, though, and start again!

Remember also, that every day that you're clean, is important. One day at a time, starting right now. You're clean right now? Great! Now stay that way!

Emotions will only carry us so far. Sometimes we need to rise above them.

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Re: Starting my journey to 90 days
Posted by aryehtahor - 24 Mar 2010 02:27

OK don't know what to do anymore. I just fell in a really bad way and looked at stuff that nobody should ever see.

I told myself I'll just make it through the evening and just go day by day but I couldn't do it! I couldn't do it, for just a few hours! I started a new streak but now it's dead and I'm getting tired of hitting the "I fell" button after one or two days.

I don't know what to do. I need help. Please help me.

I think a big problem is that I found a loophole to my filter (K9) and now porn is always a click away. I just can't survive at my desk with that being the reality. I'm starting to think that I just

cannot stay clean under these conditions. I need to fix my filter but it's not so pashut how to do that. And every filtering situation I have ever had has not survived long. I always break through sooner or later...

I can't get past 1 or 2 days. I need help.

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Re: Starting my journey to 90 days

Posted by aryehtahor - 25 Mar 2010 19:33

I posted in my other thread "I can't get past 2 days" about the steps I recently took to get things under control.

This is more of a life update.

I have been really anxious and panicky lately and haven't been able to get much work done all week. Consequently, I messed up an exam and am totally stressed out about work and missing classes for Pesach and getting ready for Pesach...Everything is spinning out of control and I'm finding it hard to get a grip. I wander around in a panicky dazed paranoid state and when I look at the world, I don't see anything except my own desperation. I anticipated this coming but I couldn't ward it off. I waste so much time and I really have no excuse to be doing badly in my courses now. They aren't hard...

It could be chemical. I have been decreasing my medications according to a competent doctor's plan but maybe I should go back to previous levels...will have to look into that.

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Re: Starting my journey to 90 days

Posted by aryehtahor - 26 Mar 2010 00:45

Update:

I reverted back to previous med levels and feel a lot better already. At a certain point, it hit me. I can't deal with this on my own. I need medication. And I've dropped below some magic dose and that's why my life feels like its falling to pieces. And all of a sudden, after taking a few more milligrams of something, things seem more doable. Weird? Yes. Necessary? Definitely.

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Re: Starting my journey to 90 days
Posted by silentbattle - 28 Mar 2010 18:15

Glad to hear that you're doing better! You do what you gotta do!

And remember - sometimes it's OK to waste time, as long as you can do it in a safe way...staying clean and healthy is worth it!

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