

Hi! I'm new here. Kinda...

Posted by Ano Nymous - 13 May 2010 05:41

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Hey guys,

I'm Ano, and I'm an addict. I'm not REALLY new here, but I haven't been posting all that much lately, and I figured it would be a good time to start a new thread. I have so much to say, but as usually happens, I'll probably forget most of it while I'm writing this.

I came to this site on November 20th of 2008, and guard put up the wall of honor forum as a kind of welcome. I couldn't let him down, and I somehow made it to about 7 months before I fell. I never totally gave up, but I have been getting worse since that time (although never as bad as I was to start, B"H). I've kinda partnered up with NOYA who I identified on the forum as someone I know in real life, and he's been a great help. Being able to talk openly about my issues with someone who really knows what it's like and will not judge is a great thing. I find that I'm making consistently getting better at recognizing when my mind is fooling me. For example, there is a fine line for me between learning from another addict and judging that addict in order to make myself feel like less of an addict. This is probably not unique to me though; I'm sure most of you reading this have done this at some point (or are still doing it). I'm learning to just do the best that I can, and not worry about the results too much. When things turn out well, I can be happy, but I cannot take any credit for it. When things don't go well, I can feel bad, but I can't let it pull me further down.

As far as practical ideas go, I've found that instead of making a neder not to act out (which, once broken, does me no good), I can make a neder to give some large amount of money to tzedakah. That way, I know that if I act out, I haven't broken my neder, but I will need to part with the money (which I don't like the thought of). The amount has to be large enough that I won't want to act out, but not so large that I will go into denial mode after acting out, which would be disastrous (denial mode means pretending I didn't do it, because I can't admit to myself and others that I have decided not to give the money I promised to give, or simply lying and saying I gave the money, or any number of other paths of deceit). I was clean last week, then (stupidly) neglected to renew the neder for this week, so I acted out on Sunday night. This time I'll make sure to renew the neder before the old one expires. I'd love to get back to the level I was at before, but I'm listening to Dov and not focusing much on the actual counting. Instead I need to focus on being a healthy balanced person, and the rest will come by itself (I can be optimistic, right?). If you're still reading this, I'm very impressed with you, so give yourself a pat on the back!

Ano

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Re: Hi! I'm new here. Kinda...

Posted by yehoshua - 21 Jun 2010 07:20

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I find this to be true for me also. I keep the personal chart with me with that good quote:  
Yesterday is history, tomorrow is mystery, today is a gift, that is why it is called the present. A  
nice one, so nice that I read it a 1000 times a day ;D

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Re: Hi! I'm new here. Kinda...  
Posted by 7yipol - 21 Jun 2010 09:52

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[Ano Nymous wrote on 16 Jun 2010 11:28:](#)

The thoughts are relentless. They give me no rest.

Why have I this struggle? Why have I this test?

A master blueprint, a master plan.

So far beyond the thoughts of man.

For this I am here, and I will do it well;

Never mind heaven, and never mind hell.

Alone I am helpless, for this is beyond man.

But the one who fashioned it, with Him, I can.

I am going to be ok. :D

Just saw this and love it Ano!

Hang in there!

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Re: Hi! I'm new here. Kinda...

Posted by Ano Nymous - 21 Jun 2010 17:56

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I'm hanging! Two miraculous weeks...will it continue? I don't care. That's not my concern.

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Re: Hi! I'm new here. Kinda...

Posted by NOYA - 21 Jun 2010 23:50

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Nice poem Ano! How's the summer treating you?

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Re: Hi! I'm new here. Kinda...

Posted by NOYA - 02 Aug 2010 02:44

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Hi Anon,

Get back to the front page, pronto!

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Re: Hi! I'm new here. Kinda...

Posted by Ano Nymous - 04 Aug 2010 22:15

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Yes sir! I think I'm almost at three days. Hate.

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Re: Hi! I'm new here. Kinda...

Posted by yedid\_nefesh - 05 Aug 2010 18:14

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Im just like you - when I start thinking about the future for good or bad I have to stop myself and focus on 1 day at a time,

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Re: Hi! I'm new here. Kinda...

Posted by silentbattle - 08 Aug 2010 18:48

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One day at a time, man. You know that. Being clean for today is reason enough to celebrate!

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Re: Hi! I'm new here. Kinda...

Posted by Ano Nymous - 15 Aug 2010 07:37

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[silentbattle wrote on 08 Aug 2010 18:48:](#)

One day at a time, man. You know that. Being clean for today is reason enough to celebrate!

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Re: Hi! I'm new here. Kinda...

Posted by Ineedhelp!! - 29 Aug 2010 14:39

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Hows you doing????

One day at a time works when you work it. :-X

-Yiddle

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Re: Hi! I'm new here. Kinda...

Posted by briut - 29 Aug 2010 15:10

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Well, for whatever it's worth, I also find ODAAT to be impossible. I feel a need to set a goal that's worthwhile. Like, nothing inappropriate until Rosh Hashana. Or at least, nothing like that during selichos.

When I know WHAT I'm going to do (or refrain from doing), it's still not helpful until I have a WHY I'm doing it. And just feeling clean ain't enough of a satisfying reason for me.

But staying clean until (X's surgery; End of Elul; break prior record as long as that's not so far in the future that the goal isn't tangible), well that's easier.

I know 12-step pushes ODAAT but I need a chunk of two weeks at a time to make things meaningful.

Just one guy's comment....

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Re: Hi! I'm new here. Kinda...

Posted by Ano Nymous - 02 Sep 2010 05:41

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ODAAT is more meaningful within the context of a longer commitment, but the focus can't be on the future; it has to be on the current day and the current moment.

P.S. I think I'm at about 2 and a half weeks.

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