

Different - yet the same

Posted by Someone - 24 Oct 2010 20:54

Hey,

I introduced myself over [here](#).

I will go to sleep shortly, today is sadly day 0. May Hashem save me from falling further today.

=====

Re: Different - yet the same

Posted by kutan - 24 Oct 2010 23:24

Well, best wishes to you!

Please keep us posted.

=====

Re: Different - yet the same

Posted by Someone - 25 Oct 2010 19:08

Today has so far been ok. No big temptations. I will try and make a list of character traits I would like to work on. As they say, the addiction is but a symptom. Today is the first day of the rest of my life.

=====

Re: Different - yet the same

Posted by david712 - 25 Oct 2010 19:13

Hi Someone,

I think you meant to add a link above and left it out.

Anyhow, Stand up and hop on the train it's moving forward.

Good day.

David

=====

Re: Different - yet the same

Posted by ZemirosShabbos - 25 Oct 2010 19:30

the link is the word "here" in his post first post, put your mouse over it and you will see.

=====

Re: Different - yet the same

Posted by ZemirosShabbos - 25 Oct 2010 21:58

hi someone,

great to have you back here. keep posting and keep active and busy. mold doesn't grow on a well-traveled path. wishing you success and serenity

zs

=====

Re: Different - yet the same

Posted by Someone - 27 Oct 2010 22:15

Thank-you for your encouragement kutan shel hachabura, ZemirosShabbos and david712! I was supposed to respond already yesterday, but as a experienced procrastinator, I decided playing computer games was more important...

But luckily, the Lord saved me from falling yesterday. As a matter of fact, I had two rather good days. I recently moved to a new city, and although I have work, my afternoons are mostly spent infront of the computer. This has to change, as it is not healthy. Today I have definitely spent too much time on the computer. At least I also did useful things.

I have decided to do one little thing to work on my character traits per week. This week Ill start with always having good food in my apartment! I can hear the question... "What on Earth does this addiction have to do with food being in the house?" I would like to elaborate a bit. I have often tried "makeovers" with long lists of things I should do daily; it worked exactly 2-3 days. After that I would do less and less, till I eventually lost even the lists... ;D This time round, Ill start with very little things a time. Perhaps, G-D willing, I can expand on these week after week. After all, life is a series of processes. If anybody has a thought on this approach, I would be very thankful for the feedback!

Day 3 began a few minutes ago.

/SO

=====
=====

Re: Different - yet the same

Posted by ZemirosShabbos - 28 Oct 2010 02:44

[Someone wrote on 27 Oct 2010 22:15:](#)

If anybody has a thought on this approach, I would be very thankful for the feedback!

my thoughts on this approach are that you are right on the money! things always work better that way

wishing you success

zs

=====

=====

Re: Different - yet the same

Posted by Someone - 14 Dec 2010 22:12

I realize to my own horror that my goal of posting at least every two or three days has just become one and a half months! Oh well, I guess that is nothing new from me. My situation has changed only minimally, I now fall every fourth or fifth day, albeit several times. This I guess just tells me that although the symptoms have changed a little, my underlying condition hasn't.

My underlying problem is for now my self-absorption. It is always about me, never about others. Even when I help someone, my thoughts usually go along the lines of "What a great guy am I ... SURELY G-D will reward me for this." Maybe this is why I often will feel lonely. Even whilst sitting among others. This leads to depressive feelings, which makes it harder to connect to others and easier to act out. Sometimes its so bad that there are week-ends or days where I will not even go out of the house... I thank G-D that this is not so often.

I have recently acquired a piano, and have to once again stress the importance of music. Playing the piano really helps me relieve RID. Especially classical music, due to its phenomenal depth, has a very strong effect on me.

Today is day 2.

=====

=====

Re: Different - yet the same

Posted by ZemirosShabbos - 14 Dec 2010 22:34

great to see you back!

i envy your ability to play music. and its really good that you can relieve stress through playing the piano.

=====

Re: Different - yet the same

Posted by Someone - 19 Dec 2010 22:12

I had a couple of rough days - I easily become irritated when not seeing friends. My goal for this week is to avoid eating food while on the computer - e.g. cut down on my computer-time

~~stay here, post as much as you can. you can post some concerto's as well.~~
I thank you for your encouragement. ZemirosShabbos, I indeed thank my parents a lot for introducing me to this type of music early on. I am sure you have the possibility to do music as well! Don't listen to those guys who keep on saying you have to start playing the violin when
If there are other restraints, already listening to your favorite type of music will surely help. Just close your eyes and let the music tell you a story.

Perhaps I will post some music - just have to pluck up the courage to post the mediocre abuse of the piano I produce :D

Day 1.

=====

Re: Different - yet the same

Posted by silentbattle - 20 Dec 2010 06:22

Sounds great!

I would point out something, though - while i agree that acting out is often, to a large extent, a symptom, to deal with the issues, you need to get clean. It's very difficult to deal with the issues fully and properly while feeding your addiction.

=====

Re: Different - yet the same

Posted by Someone - 09 Jan 2011 01:36

You are right on the point - silent! Although it seems to be a bit of a catch-22 right? To be clean one needs to improve, to improve one needs to be clean... I recently had a 15 day streak, fell on the week-end and am now hoping that this day, day 1, will be the first on a long, long journey. My silence on this forum was due to a holiday.

P.S: Are there phone-calls over skype? Calling to America from Europe is a bit expensive for me. In other words I'd like to join a call.

=====

Re: Different - yet the same

Posted by 2nd-chance - 09 Jan 2011 03:06

Hey *someone* can't sleep in europe

=====

Re: Different - yet the same

Posted by silentbattle - 09 Jan 2011 07:57

For calling america, I'd offer a couple of suggestions, others here can offer more, perhaps. You can look into getting google voice, where you can call from your computer. A second option is magicjack, which costs about \$20 a year, has unlimited calling in north america, and can be used anywhere in the world.

As far as your catch-22, we are able to get clean, one day at a time. learning to appreciate it and use that sobriety is part of our growth.

=====

=====