

fresh start

Posted by Sturggle - 06 Jul 2009 19:35

I was on the list before under a different name and I decided to change it. Previously I was "David". I am nearing the end of my 4th day clean. Today was difficult and challenging. Thanks to your help, I have had a filter (K9) on my computer since Thursday afternoon. That has been helpful. Anyway, happy to be on this journey of sobriety. I'm not so sure how much to disclose about myself and what to write on these forums. I hope to make use of them, though. I have needed, do need and will need help and support.

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Re: fresh start

Posted by Sturggle - 11 Jul 2010 18:19

Yiddle, Dov, and BeStrong,

Thanks for writing.

I am doing alright, tG.

I know that's not much to say after more than a month of not posting,

but that's what I got for now.

All the best!

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Re: fresh start

Posted by Sturggle - 19 Jul 2010 05:04

I'm going to take this opportunity to reintroduce myself,

so if anyone is reading this, they know who I am (kind of),

without having to go elsewhere to figure me out.

I am in my mid-20s and have been on this forum now for more than a year.

I grew up in a frum (and modern) home in the U.S. and I now live in Israel.

I have a problem with porn and masturbation and,

like some others who have joined the ranks here,

I have same-sex attractions (ssa).

I am working on both the behavioral aspect

of quitting the cycle of the aforementioned actions,

and the deeper psychological aspect of the attractions.

With all that being said, I am here to post that I fell last night.

A couple of weeks ago I had a streak of 30 days clean,

and for the last couple of weeks, I have been having a hard time staying clean,

although I did manage a full week.

The falls are definitely an opportunity to grow,

to learn more about my patterns, about different parts of myself.

As of now, it is pretty clear to me that one major part of all of this,

is that I have a voice inside of me that is saying, "I'm not good enough."

When this voice gets triggered, things are not so easy for me.

I am working on seeing that voice for what it is, a.k.a. not really me,

and strengthening who I am and seeing that I am "good enough."

well, I hope we aren't fasting tonight/tomorrow, but in case we still are,

may it be a meaningful and easy day for all of us.

to those of you who know me and to those of you who don't yet,

b'ahava,

Sturggle

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Re: fresh start

Posted by yehoshua - 19 Jul 2010 05:36

Don't let it get to you, fell schmell, the real you can bring simcha to others even when it is hard. I wish you all the best!

These days I am trying to rephrase my thoughts. Instead of saying: I gotta do this, I say: I could do this. Just a thought.

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Re: fresh start

Posted by Ineedhelp!! - 19 Jul 2010 14:06

Its good to have you back sturggle. I was wondering what happened to you.

If you wanna chat you know where to find me. We can chat about anything not just lust related stuff.

I'm here if you want.

-Yiddle

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Re: fresh start

Posted by Sturggle - 25 Jul 2010 12:18

Yehoshua, thanks for the response.

"I could" is def better than "I gotta."

Yiddle, hope all is well with you too.

So, last week I fell and I think I know what

the more immediate triggers were.

I had a bit of an argument with my dad.

B"H, I was in somewhat similar situations

with him throughout the week and

I was able to, with HKB"H's unceasing help,

react more appropriately or not at all.

Today is my 7th day clean.

Shavua tov.

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Re: fresh start

Posted by Sturggle - 27 Jul 2010 20:47

as my therapist mentioned in our last session,

B"H that my father has not really changed

and I am still being hurt by him,

at least it is fairly clear how I'm at where I'm at

and dealing with the issues that I'm dealing with.

some people are confused about that and have to really dig into their past.

the answers are in my face all the time.

going to sleep, I think 8/9 days clean.

sweet dreams to all.

when you get around to having them, that is.

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Re: fresh start

Posted by silentbattle - 27 Jul 2010 21:51

That's a good point, and I like your way of looking at it.

Keep on rocking!

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Re: fresh start

Posted by Sturggle - 28 Jul 2010 04:27

thanks sb.

the thing with going to sleep upset at my dad

is that inevitably i will wake up

still harboring some negative feelings towards him.

i need to work on my kavanos in the first paragraph

of kriyas shema al hamita, you know,

ribono shel olam, hareini mochel lkol mi sheh...

doesn't help out that i'm stressed out a bit too.

time to take a deep breath and be here for myself for a few minutes.

this morning in the middle of davening,

i had some strong feelings about acting out.

it passed, but i wonder where it was coming from.

how it was serving me. not that it's so hard to tell.

i'm stressed, i'm feeling lousy in regards to my dad,

so, hey..., i'm not feeling so good, and i want to feel good,

(random, yet familiar voice pops up in my head)

i know what can make you feel good...

(add in some diabolical laughter and it's to tell who's talking)

well on to another day! oh and i can feel good in other ways.

by being present with myself (what does that mean?!) for example.

like i said before, time to take a deep breath, or two,

and be here with myself for a few.

have a great one! and for those of you who didn't get to the dreams yet,
may they still be sweet!

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Re: fresh start
Posted by Eye.nonymous - 28 Jul 2010 18:45

Welcome again to the forum, Sturggle.

Just my 2 agurot worth--

I think, when we are upset with our parents, it is partly because we wish they would change, and partly because we think WE COULD MAKE THEM CHANGE! If only I had the right argument, if only I new a more convincing way to make my point.

Realizing that WE CAN'T DO ANYTHING ABOUT OUR PARENTS, though it may sound like hopelessness, I think is liberating instead.

Don't know if that helps. But for me, thinking, "they've got a problem, there's nothing I can do," has really given me peace of mind. (Though, it took a decade or two to finally realize this and accept it).

(And, by the way, this works with other annoying people too).

Good luck,

Eye.

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Re: fresh start
Posted by Sturggle - 29 Jul 2010 21:57

Hey Eye!

You make a good point.

It's something that I have been working on

and am working on now.

A decade or two you say?

Well, I'll just keep on working on it.

To sum up what you said,

if I can be in touch with the fact

that another person or even situation

is the way it is, that's their stuff,

not mine, so what am I getting upset about?

Let's separate, I'm totally ok.

Whatever is going with them is for them to deal with.

So..., patterns have been created

and have to be worked out of

and time it will take.

With HKB"H's help!

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Re: fresh start

Posted by silentbattle - 29 Jul 2010 22:04

Excellent point, Eye. I know it's been true to me, though I probably haven't reached the level you have.

Sometimes, it's also helpful to be able to accept the anger or other negative feelings you do have. It's kinda similar to our other issues - once these emotions are out in the open, they're often less dangerous.

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Re: fresh start

Posted by Sturggle - 05 Aug 2010 14:23

SB, out in the open to whom?

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Re: fresh start

Posted by Sturggle - 10 Aug 2010 05:41

it's been a few days.

B"H, moving along.

something is going on for me now,

i feel it inside and my body is responding,

but i'm not sure exactly what it is yet.

going to take some time today

to listen and understand what it might be

and what is bringing it on.

otherwise, still clean.

i think it's three weeks.

now, today is the focus.

may it be a good one for all.

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Re: fresh start

Posted by silentbattle - 10 Aug 2010 07:03

Amen!

Sorry I didn't respond to your last message - open to yourself, mostly. But part of doing that on a real level is opening up to others, I think.

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