

Journal of the hopeless

Posted by MosheF - 03 Nov 2010 13:16

I call this journal of the hopeless because that's basically what I am. Tried almost everything but don't seem to have the ability to commit to anything or open up to anyone. It's probably a physiological disuse but I can't help it.

I am locked in a vicious cycle of good, bad and ugly days. Every time a few good days pass, I get the good feeling and forget about my effort of recovery even though I know it won't last. Fact is I can't stop acting out and can't help myself.

I'm bothered when I read posts on GYE because most of them focus on positive recovery, as they should. Maybe because misery loves company, I want to see some other miserable addicts like me. It seems that GYE and the chizuk emails are full of people who were addicted, bumped into GYE or SA one day and stayed (almost) sober ever since. There is very little hopelessness here, there have got to be more people like me who feel so hopeless and don't just recover with the first thing they do. Years ago, I thought I was the only guy in the world with this problem until I found out that many suffer with this addiction, but today I believe I'm the only guy in the world who cannot recover.

On the optimistic side, I've been actively trying to stop my 15 year addiction for more than 4 or 5 years and through the work I've done over the last few years (SA, phone conferences, GYE and therapy), I am way more in touch with my feelings, I see the very clear link between my fears of facing daily life/disconnection to life and my acting out. I clearly see that I run to porn as a drug to make myself feel better and that acting out is my drug. I am afraid of so many things that don't even make sense. A few years ago, I didn't believe any of that, it was all just a yetzer hora.

I am also having some more up time, meaning that although I act out on a regular basis, the hours of living life have increased dramatically and the hours spent in isolation are decreasing slowly.

I have a very hard time posting on GYE, every time I want to post, I find another excuse why not to or why to wait or what people will think etc.

For one week bli neder, I am going to post twice a day on this thread, I don't care who reads it (I do care). I am going to post about what is going on at that time and admit when I fall, and fall I will. Statistically, I fall about 5 times a week.

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Re: Journal of the hopeless

Posted by frumfiend - 26 Nov 2010 11:01

forget it keep on trucking! im sure you enjoyed your trip.

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Re: Journal of the hopeless

Posted by Dov - 26 Nov 2010 18:49

Yeah.

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Re: Journal of the hopeless

Posted by jewinpain - 28 Nov 2010 00:50

Moshe, after the long post from Reb Dov (which I actually liked very much thanks rebba) there is not much left to say, but I'll try to sup up dov's post and 1 more point, just look into urself deeply and ask urself a question, do I really wana stop acting out ? And now be brutally honest with urself, if the answer is yes I wana be clean than u will find the strength to overcome this, but if the answer is not so 100% clear that u wana/gotta be clean, than (plz don't take this as I'm being nasty, just as a practical tip) take a break of this sobriety and come back when u hit rock bottom, cuz just wanting to be clean for the sake of being clean will not do the trick and u will find urself in the cycle of acting out again & again, ur mind needs to be set straight 1st that u wana stop , and have a legit reason or 2 for it to back up ur recovery and than iy"h u will succeed I have no doubt on that, plz stay with us, absorb some of the stories here, some will break u, some will give u chizak, ask hashem to make u want sobriety

Ur dear friend JIP

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Re: Journal of the hopeless

Posted by Stuart - 28 Nov 2010 04:43

Moshe,

Excuse me for saying this, but do you mind me asking how your relationship is with your wife? Admittedly I'm no expert in this, but I feel as my connection with my wife improves so does my (lack of) acting out. I know there's no magic bullet that will cure you, but just wanted to drop this quick thought.

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Re: Journal of the hopeless

Posted by Eye.nonymous - 28 Nov 2010 20:37

[MosheF wrote on 25 Nov 2010 21:44:](#)

Eye, I agree 100% that acting out is just a symptom. I just couldn't figure out what I was afraid of. Usually, at home or work I notice those symptoms, not that it helps, but at least I know what I'm afraid of, what isn't going I planned etc..

AHA! We don't always have to figure out what's causing the RID. And, I think, it can often just cause more RID trying to do so.

If nothing comes to mind fairly soon (like, my wife just criticized me for a half hour straight), you can also dis-arm the RID just by acknowledging you have it, and doing something to calm down, to change your mood. Take a few deep breaths, take a walk, listen to some music. YOu might figure out what it is, but you might not. Just let it pass.

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Re: Journal of the hopeless

Posted by MosheF - 29 Nov 2010 14:54

[jewinprogress wrote on 28 Nov 2010 00:50:](#)

just look into urself deeply and ask urself a question, do I really wana stop acting out ? And now be brutally honest with urself, i

Of course I do, I am desperate to stop acting out, really really desperate. On the other hand, I think that subconsciously, I may not want to give it up, it feels good to have an escape.

I am trying to figure out what the point in posting is, I don't believe it has helped me stop acting out. Admittedly, I don't post prior to acting out because I that's when it's the hardest but what do I gain? Let's take right now for example, it's 9:45am Monday morning, I have a very busy day today but for some reason, I am feeling the itch pretty strongly and statistically, I am going to act out some time today. What would i post and why, to help me feel more connected or bring my darkest secrets out in the open as Dov likes to say. I don't feel like it's going to help me at all, any thoughts?

Bottom line, what do I gain by posting to the entire world that I am a pervert who cant's stop staring at [Moderator's note: trigger alert ;)]

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Re: Journal of the hopeless

Posted by ur-a-jew - 29 Nov 2010 15:18

A guy goes to his doctor and the doctor tells him you're killing yourself. You're overweight, you're cholesterol is to high, your blood sugar levels are off the charts. You have to completely revamp your diet, cut out snacking, sugary drinks, no more fast foods, you have to exercise and reduce you're stress levels. He comes back a month later you know I only drink diet soda and

nothings changed. You told me to cut out sugary drinks and I did but I feel the same way. The doctor says I gave you a whole plan and if you do just one thing how do you expect to change. But Doctor "I'm desperate to feel better, I'm really desperate." The doctor responds you may say your desperate but until you realize that every bite of unhealthy food you put into your mouth has the potential to kill you. You're not that desperate to stop.

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Re: Journal of the hopeless

Posted by silentbattle - 29 Nov 2010 17:16

You're right - if you want to keep acting out, then posting here isn't going to stop you - nothing will (short of the FBI knocking on your door, or a divorce....and maybe not even that).

If you do want to stop acting out, then posting here can help you begin to understand yourself better, and plan to improve - to figure out where you went wrong, and what you can do better next time.

You can also join the phone calls.

But that's only if you've decided that this is a path you really don't want - if you realize that going down this path of acting out will kill you.

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Re: Journal of the hopeless

Posted by Eye.nonymous - 29 Nov 2010 17:39

[MosheF wrote on 29 Nov 2010 14:54:](#)

On the other hand, I think that subconsciously, I may not want to give it up, it feels good to have an escape.

When you can face reality without any fear, it feels even better than acting out.

Keep posting. Think of it like fishing. Sometimes you don't catch anything worthwhile, but eventually you do. Here and there, after a while. Even if your acting out seems the same, if you've shed a bit more light on your thoughts, if you've found a few pieces of advice that you think "that might work," even if it doesn't right away. It's little drops, drop after drop, and eventually the cup fills up.

--Eye.

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Re: Journal of the hopeless
Posted by Dov - 29 Nov 2010 21:44

[MosheF wrote on 29 Nov 2010 14:54:](#)

[jewinprogress wrote on 28 Nov 2010 00:50:](#)

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Bottom line, what do I gain by posting to the entire world that I am a pervert who can't stop staring at [Moderator's note: trigger alert ;)].

Telling people to "post, post, post" is the same idea, lehavdil, as my old Rosh Yeshivah basically prescribing limud Torah as the response for all problems. You may think it's really silly, but the man had a point: If you learn a lot and often, your head will be swimming in right-thinking...eventually you will do something right, and get fixed up...hopefully.

I really believe that is the idea behind the Litvish run to the beis medrash idea for every problem in life that I saw from him, Z'L. It's not *my* way, but he *was* a true gadol and *knew* what he was talking about.

Posting, sharing, and meetings are only **tools**. Tools that help me get honest with myself. In the end, that is all that matters. Self-honesty *will* bring me to G-d - or it won't - but in the end, I will be at rest knowing my own truth. And knowing the truth is not a *thinking* thing, as you seem to try to say above - I have to **know** that I have the *capacity* to be honest with myself in order to be at rest about anything. As you yourself pointed out above:

Of course I do, I am desperate to stop acting out, really really desperate. On the other hand, I think that subconsciously, I may not want to give it up, it feels good to have an escape. That is the sound of someone who does not really know themselves. And that's OK. But what you said is a contradiction within yourself - committing, then uncommitting: "Of course I want to quit." - then "well, maybe not."

See what I mean?

Meetings, steps, making calls, posting (for those still more terrified about *saying* the truth about themselves to another real person than almost anything else...) - all these things *can* bring us to inner rest/serenity - to admit the truth about ourselves and live accordingly - sanely. *But it depends on how we use them.*

Maybe none of this is for you at all. I do not know. Maybe I am completely wrong. But what worked for me was going to real meetings with real people because i knew i could not continue using my drug. If you (or anybody is) are *not* willing to go to *any lengths* to be truly rid of this garbage, then to me that means only one thing. You are not really ready to be rid of this garbage.

If you agree with me, that I suggest strongly that you stop telling yourself and anyone else that you are ready to let go of it. It is still too precious and sweet to you.

And I cannot blame you in the least, for it was too precious and sweet for me to give it up for 15 years even at the expense of my wife, children, Hashem, His Torah, my Olam haba, my integrity, and lots of other things. I cannot and *will* not blame you at all if you never give it up and *keep* using your drug even till you destroy everything in your life. I will not look down on you in any way, and will not even be surprised. In fact, I am surprised that *I* am sober today, for *I* do not deserve it, that's for sure.

If what I am saying sounds like I am bashing you, then you are *completely* missing my point. I apologize for being unclear. Please be mochel me.

On the other hand, if what I am writing here *does* strike a cord with you and you can hear through my words that I love you (and all addicts) as I love myself - an addict, then please respond.

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Re: Journal of the hopeless

Posted by bardichev - 29 Nov 2010 21:50

what rebbereber=DOV is saying is

is

if it is important work at at it

it's impotent to be sober??

is it??

imortant enough to do something about it?

or do you want it to go away like magic?

there is no magic on earth

work your "gatchis" off

b

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Re: Journal of the hopeless

Posted by Dov - 29 Nov 2010 22:06

Yes. And when I put in all the right effort and share, post, attend meetings, calls, whatever and steps *and do them all **right*** - it will **still** require a miracle, because *I can't do it*.

And that's just for sobriety.

No wonder the tzaddikim look after the whole business is over and admit that the giant mountain they conquered was obviously too big for them. They are shocked! And they should be. Because *they can't do it*. It is a neis for me to be sober today - and if those are just frum words, then I say it's garbage. It's the truth and I know it - and **act** like it.

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Re: Journal of the hopeless

Posted by jewinpain - 30 Nov 2010 04:56

Reb moshe, hope u r feeling stronger, thinking about for the last 48 hours almost non-stop

Let's find a way how to grab u outta there

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Re: Journal of the hopeless

Posted by Dov - 01 Dec 2010 10:51

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