

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 KiviYVY - 01 Dec 2010 15:38

Hey Moshe - I haven't posted in this thread yet, but I've been reading it and have been really feeling for you. I fear deep down that I'm like you and that it's kinda pointless to post and talk with others if I'm just going to fall anyway. What I've learnt though is that that's my Y"H talking and when I hear him say such things I try to tip my hat to him, thank him for stopping by, and wish him a farewell. It seems to work quite well - many brewing lusts have been nipped in the bud - B"H!

I got the feeling from this thread that you really really want to stop, but maybe that deep desire, as deep as it is, has not made it into the kishkes (maybe a parve kishke, but not into the fleishigeh kishke). I think the way to penetrate the fleishigeh kishkes is to dwell more on the physical threats of living with this lust. Maybe reading some of the stories about where lust has progressed for many of those here on GYE, how it's effected their family life, their wives, their children. Hit rock bottom while you're on top! But don't dwell TOO much on the negative. Think about those people who were at the bottom - so much lower than you and I - and have managed to put their lives back together and live clean and connected, to the world and especially to HKB"H whose loving embrace they've taken comfort in. HKB"H does Nissim, and He does them regularly for people who are absolutely ready to change. Ask people who have seen the Nissim in their lives.

It's Chanuka tonight, and just about right now for the Eretz Yisroel Chevra, and Chanuka is when HKB"H shows us his constant presence among us. Read Nesivos Shalom on Chanuka if you can get your hands on the Kuntres. His persistent message is that the Yivanim tried to darken the light of HKB"H b/c they knew that the survival of Klal Yisroel was dependent on the light of HKB"H bringing clarity to the world. Klal Yisrael can't survive without that light; life is black, lonely, filled with slips and falls in the dark. The Neis of the Menora, which is the Avoda on Chanuka, was HKB"H calling out to us amidst the dark, begging us to let Him shine for us as it were. His light is ever present. It may appear to be just a small flame on a window sill, but it's there and the closer you come to it the more you can see and the stronger you feel it's heat, it's power. Let the light in, come closer to it - HKB"H is calling out.

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Sorry for the Drasha - this was supposed to be a short comment but I got carried away
Freilechen Chanuka

my rambling with have some benefit
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Re: Journal of the hopeless

Posted by MosheF - 06 Dec 2010 14:46

I haven't posted in a week, but had a great week last week. One week of sobriety until yesterday, screwed up twice. I commit to reaching out to someone today when I feel weak, I'm feeling weak right now but don't have who to reach out to.

I don't know what's bothering me and what I'm running away from, it could be a looming full week of stress ahead.

[Yashuv-VYashuv wrote on 01 Dec 2010 15:38:](#)

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I'm not a droscha type of guy but this one was good, thanks for responding.

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Re: Journal of the hopeless

Posted by jewinpain - 06 Dec 2010 14:49

Reb moshe, u know were to reach me if needed

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Re: Journal of the hopeless

Posted by MosheF - 06 Dec 2010 15:46

Crisis is over b'h. I cried a little, begged a lot and kvetched even more and hashem got me over it. I'm able to work clear headed for now, thanks.

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Re: Journal of the hopeless

Posted by MosheF - 07 Dec 2010 14:27

I had a great day yesterday b'h. It's amazing how good it feels when I get home and realized how stupid acting out would have been. I was able to fill a full day of work, get things done, relate to my family and just live life. Acting out ruins all of that.

But this morning I get back into the office and all those thoughts, motivation and reasons not to act out disappear and the only logical thing to do now is surf some stupid Pxrn that I've seen a million times that has never satisfied me. What about pxrn makes me feel good? I don't even know but I'm uncomfortable with myself and Pxrn is a great temporary escape.

Talk about insanity!

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Re: Journal of the hopeless

Posted by silentbattle - 07 Dec 2010 14:31

Sometimes, thinking about how stupid it is helps. For me, it helps more to remember how good it feels when I'm clean. How, 5 minutes from now, I'll get a lot more pleasure from staying clean than acting out - which ruins the whole sales pitch of "this will make you feel sooo good" - because i already feel great, *right now* - better than any acting out can make me feel!

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