

Journal of the hopeless

Posted by MosheF - 03 Nov 2010 13:16

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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 an honest mouse - 03 Nov 2010 23:13

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reb moshe, i relate strongly with what you write, i too have been at this for a while, not as long as you, but over 2 years, i go through periods of thinking like you, that im the only guy who cant recover. but bH it doesn't last too long. If you would look at me on the chart, you would see i have been trying to get 90 days since around Jan and I havent managed more than 25 and you know what, it doesnt bother me much, coz i know im headed in the right direction - just like david said 'progress not perfeccion'. (Im writing this to show that not everyone goes 90 so quick).

I also relate to your connecting more with real life, and that is a major part of this, one that we shouldn't overlook. The more we connect with real life, the less we need fakeness.

I will just conclude with what helps me, much of it is repeating kedusha (hey-he's a moderator, he knows what he's talking about!) removing my access, sharing with a partner, starting to *work* the steps and making falls hurt more usingg the taphsic method.

I think the real results are in the general attitude rather than how many times we act out. ie, as duvid cahim says, the quality of our recovery aside from the falls .

Much hatslocho, you are not alone!

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Re: Journal of the hopeless

Posted by MosheF - 04 Nov 2010 14:20

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Post 1 today

Am sober but it is not easy. I'm busy today, I have a good job and am good at it, but every time a little challenge comes up, even just the software working too slow or a complaint from a client, I get this urge to run to a little easier fun like watching some online videos.

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Re: Journal of the hopeless  
Posted by Kedusha - 04 Nov 2010 14:38

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Good morning Moshe,

Glad to hear that you're on board TODAY!

You've got a good job in this economy? A lot of people would give their eye teeth to have a BAD job these days!

I humbly suggest that those of us with good jobs try to think of a way to show our hakaras hatov

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Re: Journal of the hopeless  
Posted by Me3 - 04 Nov 2010 15:22

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Came across an interesting Gemora in Horiyos for those learning the daf. Gemara relates how Klall Yisroel brought 12 korbanos for sinning with Avoda Zara (Par Healam Davar). The Gemara asks "According to R' Yehuda who holds that each shevet requires their own korban I understand why they brought 12 korbanos. But according to R' Meir who holds that Bais Din brings 1 korban for all of Klall Yisroel, Why 12 Korbanos?"

The Gemara answers "Because Klall Yisroel sinned, did Teshuva, sinned again, did Teshuva

again...

12 TIMES!

Vicious cycle?

No end?

No they picked themselves up each time and tried again.

Eventually they won!

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Re: Journal of the hopeless

Posted by MosheF - 04 Nov 2010 19:29

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Thanks all for replying. One of my biggest fears of posting is what others will think, I have a lot of pride, so I decided to just post without regard of what anyone may think, it's hard.

Again, so many times at work, i get the urge to just drop everything and surf the web, it's just a click away (I have k9 but iv'e found plenty with it). Just not finding things, things being done wrong or a small challenge force me to run away.

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Re: Journal of the hopeless

Posted by ZemirosShabbos - 04 Nov 2010 19:40

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i also fear being rejected or being thought-bad-of and it took me a long time to actually post

anything. but lately it seems i have the opposite problem, i might post too much.

i think it would be great for you to keep posting. you will see that the people here are generally sincere good people who want to help.

all the best

zs

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Re: Journal of the hopeless

Posted by Yosef Hatzadik - 04 Nov 2010 19:57

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You guys are way ahead of me! I am **still** avoiding posting my 'down' days.....

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Re: Journal of the hopeless

Posted by ZemirosShabbos - 04 Nov 2010 20:14

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being a tzadik has it's price... ;D

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Re: Journal of the hopeless

Posted by an honest mouse - 04 Nov 2010 23:40

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moshe - i know *exactly* what you mean, as soon as im not entirely comfortable at work, i want to

escape, sometimes with shmutz and sometimes just plain timewasting/entertainment.

The only thing that stopped me these last 8 days was my taphsic method kaboloh - as kedusha kept reminding me, it has to hurt more to fall than not to fall. Maybe, its worth thinking about...

anyhow, i feel we're on the same page in this respect, feel free to pm me if you want to talk about it further.

Hatslocho!

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Re: Journal of the hopeless

Posted by MosheF - 05 Nov 2010 13:13

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I'm living is Escapo land, running away from life at every opportunity. My two escapes are work and acting out. Last night I got home late and couldn't wait to get out the house again. I had this urge that I couldn't control that "i just couldn't take it", I had to run away. What was wrong at home, nothing! putting my kids to sleep should be the nicest thing I can do but I got so nervous when my son delayed me from leaving the house for 10 minutes. Anyway, went to my office till 11pm, acted out twice.

I am finally beginning to notice that life is unbearable and porn makes me feel good. Living a fake escape life for 15 years and trying to face life overnight is impossible.

I'm feeling much more pain in life, feeling the need to run away much more. I think these pain feelings are a good sign although I'm not sure how I could have withdrawal symptoms while still acting out but at least i'm feeling something. I never felt anything, just ran away by default.

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Re: Journal of the hopeless

Posted by ZemirosShabbos - 05 Nov 2010 14:29

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being aware is the very first step and you cannot get anywhere without it so you are doing something right. see if you can intercept the escape instinct and try to dodge it for a bit. during that time either reach out to another person or try to give it up to Hashem.

posting about it is also a great thing. takes honesty and humility. so you have some really great hatzlocha!

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Re: Journal of the hopeless

Posted by bardichev - 05 Nov 2010 14:39

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moshe f

things going for you.  
my heart breaks for

u

you are so close

soo very close

u will not have peace

till you attempt to change

and change you can

moshe we here have all been there

our kids makes us nervous

cause we cant look them in the eye

moshe if chalila chalia your kid would have needed stitches in the er

would you have neglected him to run to the office

heck no!! you would have been the most

giving caring father in the world

the only thing is we underestimate the importance of the silly little things

like tucking in a child

singing hamalach

helping with homework



(yes we feel guilty singing hamalch and soon were off to the office singing hagalach)

but but but

what are you giving up??

and for what??

when children are young they dont need money or toys or nosh

they need to feel secure at home

tatty and mommy are a team

that love them without question

(no matter hoe imperfect either parent is)

with each child we get a one time shot at parenthood

moshe as we say in selichos

asay limaan yonkai shayim

assay limaan tinokos shell bais rabban

yes you can

yes i can

will i ever be perfect

probably not

will i try ??

heck yes

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Re: Journal of the hopeless

Posted by briut - 05 Nov 2010 14:47

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[MosheF wrote on 05 Nov 2010 13:13:](#)

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Last night I [...] had to run away. What was wrong at home, nothing! putting my kids to sleep

should be the nicest thing I can do but I got so nervous when my son delayed me from leaving the house for 10 minutes. Anyway, went to my office till 11pm, acted out twice.

I am finally beginning to notice that life is unbearable and porn makes me feel good. Living a fake escape life for 15 years and trying to face life overnight is impossible. [...] I never felt anything, just ran away by default.

Ouch. You're singing my life with your song, too. And I'm sure we're not alone here. And figuring out how to break the cycle of facing the pain while we give up the drug, well it sounds hard to us but the folks at the Betty Ford Clinic seem to have some way.

Anyhow, just wanted to commiserate and let you know that I've been there and done that. I've got some extra t-shirts I've bought that I could lend. But I can't quite give them away yet until I know that I'm not going to stay there much longer.

Good Shabbos.

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Re: Journal of the hopeless  
Posted by david712 - 05 Nov 2010 14:50

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Bardy- You hit it on the head

I Missed your unique posts.

Now i can say Sholem aleichem Welcome back!

Gut Shabbos.

David

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