

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. Statiscially, I fall about 5 times a week.

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Re: Journal of the hopeless

Posted by MosheF - 08 Nov 2010 20:33

I promised to post twice a day for a week, don't know how I can last posting, posting is hard. I'm having a very hard time staying sober, work is stressful and porn is a easy and great escape.

[Kedusha wrote on 05 Nov 2010 14:58:](#)

Moshe, you need some type of Geder to protect you - otherwise, you'll wake up in 50 years having wasted your entire life on this garbage.

Iv'e tried the tzedoka thing, been there done that and it didn't work. I have made many gedorim including no internet, white list only, accountability, giveing tzedoka unless I do something first and much much more.

I'm happy to hear it worked for you as I am happy to read how a thousand other things work for everyone else. that's what makes me soooo damm hopeless, that NOTHING works for me.

I know if I pick the phone before acting out it will help but I CAN'T pick the phone up, it's against my very nature, it's like telling me to just stop acting out, it doesn't work and just pick the phone up doesn't work for me either. Most of the recovery techniques work if you just stick to them

consistently. The thing is, I can't just do them consistently, posting on this site twice a day is a good idea but it's hard and I doubt it will last very long. I hate posting especially when I know I am being judged as a person who is unwilling to take the actions needed. It's even harder to pick the phone up and call someone.

Do I need to take recovery more seriously and not only when i'm desperate after acting out for a week, probably yes. The problem is that feeling of desperation doesn't last long when I'm sober. Have I hit bottom? probably not boruh hashem.

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Re: Journal of the hopeless

Posted by Kedusha - 08 Nov 2010 21:06

[MosheF wrote on 08 Nov 2010 20:33:](#)

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It seems that not doing any of those things isn't working either. At least this way, you'd be

I suggest that you give \$1.00 to Tzedaka if, c"v, you were to fall. Just \$1.00. How will such a small amount stop you? Well, the next time you have to give double. No problem, that's only \$2.00! Yes, but you see, it will keep doubling each time, until fall #10 will cost you \$512. You can modify the rules so that they work best for you.

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Re: Journal of the hopeless

Posted by Eye.nonymous - 09 Nov 2010 06:38
giving some Tzedaka!

[MosheF wrote on 08 Nov 2010 20:33:](#)

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Still, the regret for acting out probably feels much worse than feeling stupid and calling someone.

--Eye.

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Re: Journal of the hopeless

Posted by Kedusha - 09 Nov 2010 13:36

[Eye.nonymous wrote on 09 Nov 2010 06:38:](#)

[MosheF wrote on 08 Nov 2010 20:33:](#)

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--Eye.

By many orders of magnitude!

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Re: Journal of the hopeless

Posted by an honest mouse - 09 Nov 2010 13:49

[Kedusha wrote on 09 Nov 2010 13:36:](#)

[Eye.nonymous wrote on 09 Nov 2010 06:38:](#)

[MosheF wrote on 08 Nov 2010 20:33:](#)

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Still, the regret for acting out probably feels much worse than feeling stupid and calling someone.

--Eye.

By many orders of magnitude!

by more times than kedushas clean days and posts put together![]

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Re: Journal of the hopeless

Posted by Stuart - 09 Nov 2010 14:10

Instead of calling and speaking to someone, how about texting or chatting with people? There's less shame involved, especially since the person chatting doesn't really know you. I am sure there are a handfull of guys reading this (myself included) who are willing to be "on call" for you 24/6.

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Re: Journal of the hopeless

Posted by Kedusha - 09 Nov 2010 15:06

[Stuart wrote on 09 Nov 2010 14:10:](#)

Instead of calling and speaking to someone, how about texting or chatting with people? There's less shame involved, especially since the person chatting doesn't really know you. I am sure there are a handfull of guys reading this (myself included) who are willing to be "on call" for you 24/6.

And for those who understand how lethal this addiction is, you need to consider who you would reach out to on Shabbos, should the need arise.

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Re: Journal of the hopeless
Posted by frumfiend - 09 Nov 2010 15:14

Shabbos Wow! Thank you kedusha for putting that on the table.

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Re: Journal of the hopeless
Posted by jewinpain - 09 Nov 2010 15:47

Reb Moshe, I'm available anytime on Google Talk

Jewinpain

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Re: Journal of the hopeless
Posted by Kedusha - 09 Nov 2010 15:48

[jewinpain wrote on 09 Nov 2010 15:47:](#)

Reb Moshe, I'm available anytime on Google Talk

Jewinpain

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Re: Journal of the hopeless

Posted by jewinpain - 09 Nov 2010 15:55

On shabbos he's gana have to get me by calling the dispatcher & they will get me on the radio

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Re: Journal of the hopeless

Posted by Kedusha - 09 Nov 2010 15:58

Anytime, 24/7; or anytime, 24/6?

[jewinpain wrote on 09 Nov 2010 15:55:](#)

On shabbos he's gana have to get me by calling the dispatcher & they will get me on the radio

GYE should have its own branch of Hatzala, radios and all!

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Re: Journal of the hopeless

Posted by MosheF - 09 Nov 2010 16:26

I'm still sober although I almost acted out this morning. Here's the deal, I agree to reach out by either posting on this forum or to someone on Google Chat prior to acting out and if I don't then I will put a certain amount of money in the garbage (tzedoka makes me feel good). I am extremely tight in cash so I am using a small amount.

This agreement is in force until next Tuesday iy'h excluding shabbos or in middle of the night. Both of those times are generally not a problem for me.

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Re: Journal of the hopeless

Posted by ZemirosShabbos - 09 Nov 2010 16:32

reb MosheF,

what you just did is precious. ashrecha!

keep it up!

you are a winner because you are staying in the game. don't let anyone tell you differently.

ZS

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